



Top Tips

For Creating A Female Friendly Football Environment

- 1** Provide access to free period products
- 2** Ensure everyone is aware they can access period products & support should they need it
- 3** Provide clean & accessible toilets for training & match days
- 4** Ensure toilets are well stocked with sanitiser, hand wash and suitable hand drying facilities
- 5** Ensure that the cubicles are stocked with toilet roll, clean bins (and also add FabLittleBags to encourage good binning behaviour)
- 6** Avoid having white or light coloured shorts
- 7** Talk about periods openly and provide information on their impact on sport
- 8** Use positive language: Periods, Menstrual Cycle (As opposed to 'Aunt Flo', 'Crimson Tide' etc)
- 9** Help to educate everyone within the club, not just those that are experiencing periods