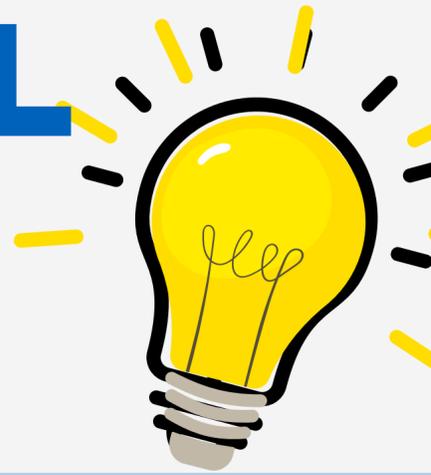




Female Athlete Education.

THE MENSTRUAL CYCLE : TOP TIPS FOR COACHES



How can I optimise the support I provide to the female athletes I work with?

Coaches, and all other performance staff have additional factors to consider when working with female athletes. For example, **one unique consideration specific for sportswomen is the menstrual cycle** which could influence an athletes health, participation, and performance/training in sport.

Reminder: Not every athlete might want to talk discuss/share their menstrual cycle information with you and that's ok, but it's important to still create spaces where this can be talked about, if wanted.



Communicate

It's important to be able to communicate with your athlete openly and honestly about the menstrual cycle. It might feel awkward at first, but **it's a topic not only relevant to their performance, but also their health/participation.** To get the conversation started try using posters in shared spaces educating about this topic - this will show athletes that you're receptive to this information.



Environment

We need to **create sporting environments that are designed for female athletes.** This could include things such as, ensuring that period products/ disposables are available in toilets, having conversations surrounding training kits (e.g., dark shorts instead of white shorts), and providing education surrounding female health.



Support



For some female athletes, participation as well as performance and/or training might be affected (both positively and negatively) by their menstrual cycle. As a result you might have to **provide support to minimise any issues and maximise any positives.** Reminder: everyone's experience of their menstrual cycle will likely be different so you'll need to **individualise support.**



Signpost

As a coach you're **not expected to have all the answers, but you should be able to signpost/direct** your athlete to further help (if it's required). This might be in the form of pointing them in the direction of medical support through a doctor/GP or educational support, such as the likes of our SHE Female Athlete Education Resources etc.

For more Female Athlete Education Resources see:

Website: www.SHEresearch.ie

Twitter: @SHEResearch_TUS



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