



Assignment: Create a Menstrual Health Inclusion Plan

Purpose

As a coach, you play a vital role in shaping a team culture that promotes understanding, trust, and inclusion. This assignment challenges you to design a Menstrual Health Inclusion Plan that outlines realistic actions you'll take this season to create a period-friendly and supportive sport environment.

Assignment

You will create a plan that demonstrates how you will support athletes' menstrual health, reduce stigma, and ensure access, comfort, and open communication across all team settings.

1. Inclusion Goals (1–2 paragraphs)

- Describe why menstrual health inclusion matters to your coaching philosophy.
- Explain how creating period-friendly spaces contributes to athlete wellbeing and performance.

2. Action Plan

Outline specific, realistic actions you'll take throughout the season to create a supportive environment.

Consider:

- Practice and game site readiness
- Locker room and travel accommodations
- Access to menstrual products and disposal options
- Language, communication, and culture within the team

3. **Wellness Check System (Product #1)**

Design a simple system or tool for athletes to share how they are feeling (physically, mentally, or emotionally) if they choose.

Examples include, but are not limited to:

- A color-coded mood board athletes can update anonymously
- A check-in journal prompt integrated into team meeting
- Share tools and/or strategies that athletes can use to track their cycles

4. **Period-Friendly Checklist (Product #2)**

Create a period-friendly checklist to ensure all environments (practice, games, travel, locker rooms) are inclusive and equipped.

Examples of items to include:

- Travel or locker room checklist for menstrual products, disposal, and privacy
- Flexible Uniform options (e.g., different colors and sizing)
- Diversity in menstrual products (e.g., different sized tampons, pads, cups, etc.)
- Be aware of cultural diversity on your team and how athletes' needs may differ when it comes to menstrual health
- Game-day readiness list for coaches or managers
- Team education or communication checklist

Deliverables

- A written plan or visual presentation (slides/poster)
- Two designed support products (e.g., checklist, wellness form, period kit outline, etc.)