

Period-Friendly Spaces



The Action Checklist

For Coaches: Normalizing the Conversation

TEAM CULTURE

- I have said “periods are part of the game” (or something similar) out loud to my team at least once this season
- I offer training modifications proactively (“stay in, scaled down”) instead of defaulting to “sit out”
- I have created space for athletes can share period-related complaints or advice without judgment

SIDELINE PREPAREDNESS

- My team has a stocked Menstrual Care Kit at every practice and competition
- The kit includes: pads, tampons, tissues or napkins, liners, wet wipes, hand sanitizer, opaque disposal bags
- The kit includes: at least one pair of dark-colored spare shorts or leggings
- The kit includes: a portable heating pad or disposable heat wraps
- The kit is in a consistent, accessible spot and athletes know where it is
- A coach, parent, volunteer, or team manager owns the restock schedule
- I am aware of common period symptoms and what I can do to help athletes manage symptoms.

ONGOING EDUCATION

- I have completed (or scheduled) the Coaching HER® Menstrual Health Modules (located in my organization’s LMS or learn.CoachingHER.com)
- I can recognize signs that an athlete may be ignoring missed periods or associating amenorrhea with peak fitness.
- I know where to refer an athlete who needs further menstrual health support

Use this checklist to assess and improve your environment this month. Check off what’s already in place, and circle your next three priorities.

