

## Version 1: Coach Note to Parents

Dear Parents,

Just like we keep band-aids, ankle wraps, and ice packs in our team bag to help athletes stay at their best, we're also including menstrual products. Period-related challenges should never keep an athlete from playing, practicing, or feeling comfortable. Having pads and tampons on hand ensures no one is caught off guard, and it helps reduce the stress and stigma that can come with managing periods in sport. Athletes are welcome to use what they need, when they need it — no questions asked. This is one more way we can support all athletes and help them focus on enjoying the game.

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With additional products:

Just as we keep band-aids, ankle wraps, and ice packs in our team bag to support athletes, we're also including menstrual products. Period-related challenges should never prevent an athlete from practicing or playing. To be prepared for any situation, our bag will include pads, tampons, wet wipes, disposal bags, small snacks, and even over-the-counter pain relief (with parental permission). These items are available to athletes whenever they need them — no questions asked. It's a simple way to reduce stress, promote dignity, and keep every athlete focused on the game.



## Version 2: Coach Note with Quick Facts for Parents

Dear Parents,

We want to make sure our athletes have what they need to feel comfortable, safe, and ready to play. That's why our team bag now includes menstrual products alongside band-aids and ice packs. We know period-related challenges can create real barriers for girls in sport — from anxiety about leaks to lack of access to supplies. By providing products, we're helping reduce stress, keep athletes in the game, and create an environment where they know their needs are supported.

### Did You Know?

- Nearly half of adolescent girls say their menstrual cycle negatively impacts participation due to pain, fatigue, or fear of leaks (Canadian Women & Sport, 2024).
- Menstrual stigma is one of the top three reasons girls miss or quit sport (Women in Sport, 2022).
- Less than 10% of coaches have training on body confidence or menstruation, yet support in this area improves athlete trust and retention (Canadian Women & Sport, 2022).

Providing something as simple as free products helps break down one of the barriers that can drive girls out of sport — and helps keep them playing confidently.



## Version 2: Coach Note with Quick Facts for Parents (with additional products:)

Dear Parents,

We want to make sure our athletes feel comfortable, safe, and supported in every way possible. That's why our team bag now includes more than just tape and ice packs. Along with menstrual products (pads and tampons), we'll also carry wet wipes, disposal bags, quick snacks, and — with parental permission — common pain relief. These small steps can make a big difference in helping athletes manage their needs with confidence and stay in the game.

### Did You Know?

- Nearly half of adolescent girls say their menstrual cycle negatively impacts participation due to pain, fatigue, or fear of leaks (Canadian Women & Sport, 2024).
- Menstrual stigma is one of the top three reasons girls miss or quit sport (Women in Sport, 2022).
- Less than 10% of coaches have received training on menstruation, even though support in this area improves athlete trust and retention (Canadian Women & Sport, 2022).

Providing these items is one more way to show athletes they are supported as whole people — helping them worry less about what's in the bag and more about what's happening on the field.

