

PERIOD FRIENDLY UNIFORM GUIDE

Your Choices Matter

Players should never feel anxious or excluded because of what they wear. Traditional uniform mandates can increase stress, especially during menstruation. Offering period-friendly, flexible kit options helps players feel comfortable, confident, and included.



UNIFORM OPTIONS FOR CLUBS

Ditch the light and go dark

Join the movement of teams no longer required to wear light shorts, and choose a black or navy colour scheme. This change aims to eliminate performance anxiety, particularly during menstruation, and supports mental wellbeing.

Flexible uniform policies

Permit players to select from multiple options - such as shorts, leggings, or breathable pants - so they can choose what helps them feel most at ease. A widely endorsed framework emphasises that inclusive choices boost participation and retention.

Breathable and functional design

Choose fabrics and cuts that allow for secure fitting of pads or period underwear that move with players and offer comfort on the field.

WHY IT MATTERS

- ▶ 64% of girls would prefer to wear dark-coloured shorts[^]
- ▶ Many women and girls express concern about the visibility of period products under body-hugging garments during sport.
- ▶ Inclusive uniforms reduce dropout rates, and boost participation
- ▶ Flexible policies support menstrual, cultural, and body diversity

[^] monashhealth.org/wp-content/uploads/2024/04/Inclusive-uniform-guide-for-sports-clubs.pdf

YOUR CLUB CAN LEAD THE WAY

Normalising period-friendly uniforms is a simple step towards inclusion.

For more information, and access to additional resources to help your club lead the way visit sharethedignity.org.au/end-period-poverty/advocacy/bloody-good-sport

