



The Period-Friendly Coach Checklist

For the start of the season, match days and tournaments

Before the season

- ☐ Players know who they can speak to, including a named female adult.
- ☐ Parents have had a short letter explaining the team's approach.
- ☐ The squad has heard the two-minute team talk.
- ☐ Coaches know how to respond to a first period, a leak and period pain.
- ☐ Period products and spare kit are in the match bag.
- ☐ Dark undershorts or shorts are allowed if your kit is light-coloured.
- ☐ Coaches know who the club welfare or safeguarding lead is.
- ☐ No player has to share cycle information to take part.

At the venue

- ☐ I know where the toilets are, and I have told the squad.
- ☐ There is a private place to change.
- ☐ There is a sanitary bin, or I have disposal bags.
- ☐ I know how rolling substitutions work in this league.

During training and matches

- ☐ Players can ask for the toilet without explaining.
- ☐ I respond calmly and privately when a player asks for help.
- ☐ I let the player tell me what they need.
- ☐ I adapt or stop activity when a player feels unwell.
- ☐ I know when to involve a parent or carer or follow first aid.

Team culture

- ☐ Leaks, puberty and body changes are never used to embarrass anyone.
- ☐ Nobody comments on weight or body shape.
- ☐ All coaches use the same calm, practical approach.
- ☐ Players know where to find trusted health information.



Match Day

The match bag, the venue check and the two-minute team talk

Match-bag checklist

- ☐ Pads in two absorbencies
- ☐ Period pants, if your club offers them
- ☐ Spare underwear in a range of sizes
- ☐ Dark spare shorts
- ☐ Disposal bags and bags for stained kit
- ☐ Wipes and tissues
- ☐ A heat pack

Venue check on arrival

- ☐ Toilets found, open, and the squad told where they are
- ☐ Sanitary bin, or disposal bags ready
- ☐ A private place to change
- ☐ A sink or hand gel
- ☐ Rolling substitution rules checked

The two-minute team talk

“Before you go, one quick thing. Football should be fun for everyone, so a few simple rules.

If you need the toilet at any point, just tell me or named adult. You don’t need to say why.

There are pads, spare shorts and other bits in the blue pouch in the match bag. Just help yourself, no need to ask.

If you’re not feeling great, for any reason, come and tell one of us and we’ll sort it.

And nobody makes jokes about anyone’s body, periods or kit. We look after each other. That’s it.”

Lady Talk Matters provides period products. If your club needs a supply, contact support@ladytalkmatters.org.