

Rally Report 2024 – Take Action

On The Menstrual Cycle: Help Normalize Girls' Experiences in Sport

Nearly half of girls aged 13 to 18 feel that their menstrual cycle negatively influences their sport and physical activity participation. Tackle the taboo and help normalize the menstrual cycle in sport environments.

Ensure access to private, clean changing rooms with proper amenities. Stock a variety of menstrual products where girls can access them readily: in facility washrooms, changing rooms, and equipment bags. Review this [checklist](#) to understand if your sport environment is up to standard.

Create a positive culture that normalizes menstrual health in your sport and physical activity environment. Encourage [open dialogue](#) that avoids stigmatizing language or assumptions about the menstrual cycle like using “she’s on her period” to explain girls’ behaviour, as this perpetuates harmful misconceptions.

Provide professional development opportunities to coaches and activity leaders in your organization, association, or club with [Power to Play Period’s](#) lessons that educate coaches and activity leaders about menstrual health.

Support girls’ ongoing participation by recognizing that energy levels naturally fluctuate throughout the cycle without indicating lack of commitment. Support modifications when needed while maintaining participant engagement – sitting out shouldn’t be the default response.

Learn about how menstrual cycle tracking can help identify [potential health concerns](#). Empower girls to monitor their cycles as part of their overall health management, recognizing that changes in cycle length, flow, or missed periods can signal issues with training load or inadequate energy availability. Encourage participants to discuss significant changes with healthcare providers, as menstrual health is an important indicator of overall wellbeing.