

CREATING A MORE BODY CONFIDENT SPORTING ENVIRONMENT



Communication: Use respectful language around bodies. Don't comment on, or compare physical appearance of athletes.



Focus on Wellbeing: Focus on overall physical and mental wellbeing and less on body shape and size. Don't weigh athletes.



Food First: Encourage athletes and teammates to fuel the body with enough nutritious food. Don't discuss dieting or attempts to change or control body shape.



Flexible Uniforms and Equipment: Provide options and flexibility in terms of what athletes and teams are asked to wear in terms of uniform and clothing.



Culture: Create a space that is welcoming, safe and inclusive. Don't exclude people for the way their body looks, and develop strategies to reduce teasing and body shaming.

These guidelines are based on the Body Confident Collective Sport Guidelines by Dr Georgie Buckley. Access the full guidelines document here: <https://www.bodyconfidentcollective.org/sport-guidelines>