

# HOW TO GET YOUR CLUB TO RECONSIDER SPORTS UNIFORMS



Sports Uniforms are a great way to ensure that young people look and feel like they belong. But what if you don't feel comfortable and confident wearing it? Young people, and particularly girls, are reporting that they drop out of, or don't join teams where they don't feel comfortable wearing the uniform. It's time we rethink the whole uniform thing- here are some tips to get started.

## COME BACK TO YOUR PURPOSE

- Why do you have a uniform? Are all of the parts of the current uniform necessary? Do they allow young people to perform at their best?

## TALK TO SOME YOUNG PEOPLE!

- Ask the young people in your club how wearing the uniform makes them feel... and now ask young people who aren't involved in your sport what they think of the uniform.

## THINK ABOUT THE OPTIONS

- How broad is the size range available? Could you just have a team top and let people wear what they like on the bottom?

## ACCESS THE DATA

- Researchers from Victoria University have conducted a story on what girls want in sports uniforms- you can access the results [here](#)

## CREATE A BODY CONFIDENT CULTURE

- What young people wear is just one piece of the puzzle. We need to ensure that the club setting encourages a culture of inclusion and body confidence- by ensuring that coaches and other players aren't commenting on appearance. For more on this, see the [Body Confident Collective Sport Guidelines](#).