

LET'S TALK PERIODS

Questions!

Listen to **Becky Adlington** an Olympic swimmer at <https://youtu.be/iCSnlhhDQQk> answer **QUESTIONS** such as:

"What age did you start your period?"

"How did you feel when you started your period?"

"I'm worried about starting my period, do you have any advice?"

"How do you manage your periods while swimming?"

"When I swim I worry I'll leak in the pool"

"I get period cramps any tips for easing them?"

"What about period myths?"

Further information on the topic from Becky Adlington can be found here: <http://www.rebeccaadlington.co.uk/lets-stop-swimming-around-the-topic-of-periods/>



YES!!!

Can I swim while on my period?

Products

There are many products out there that you can use. Feedback from other swimmers is that the Tampax Pearl are the easiest to use when starting your periods to ensure a good fit.

You can also find swimwear that is designed for when you are on your period. Such as the modibodi range. Where you can find briefs to wear under your costume or even a full racerback!

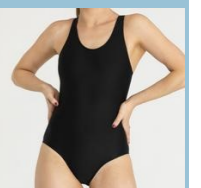
You may even feel like wearing both a Tampax and dedicated swimwear gives you better peace of mind.

Here are some links to the Modibodi range, there are bound to be more on the market.

<https://www.modibodi.co.uk/products/red-swimwear-bikini-brief-navy-light-moderate>

<https://www.modibodi.co.uk/products/red-swimwear-racerback-one-piece-black-light-moderate>

But don't forget that Pads are **not** to be worn in the pool!



WHAT IF I'M CAUGHT SHORT AT TRAINING?

It's best practice to make sure you are always prepared for your period. However, we know that sometimes you can get caught short. That is why as a club we have an emergency supply of products at all pools to take that worry away. Just ask any coach or team manager for "**Mary**" and they will be able to hand you a discrete bag, supplied with products for both during and after training.

