

WEEK 4 stands for one week out of four weeks that women get their period. It provides a discrete signal, so female swimmers are more comfortable communicating to their coach without anyone else knowing.



Just hold up four fingers when you need to go! This is a safe, simple way of letting your coach know that you need a break to handle your period. **FOR THIS TO WORK** you should use this only when on your period.

Additional Resources

- “How to Use a Tampon-Step by Step”: <https://youtu.be/lSEzy9f-UKw>
- Tampon Risk: TSS - <https://youtu.be/eP69SDbOd3w>
- Period-friendly swimsuits:
 - Rubylove (www.rubylove.com)
 - ModiBodi (us.modibodi.com)
- Nutrition Guide - <https://truesport.org/wp-content/uploads/TSNutritionGuide.pdf>



PROJECT | WEEK 4

Breaking the Stigma of Menstrual Cycles: Information for Female Swimmers

This pamphlet is one of several parts of PROJECT | WEEK 4. Isabella Cantone is a Girl Scout Gold Award Candidate and competitive Club Swimmer with First Colony Swim Team in Sugar Land, Texas. Thank you to Markell Lyng and Dana Skelton with FCST and Julie Bachman of Gulf Swimming for sponsoring this project.





Suggestions:

- **Share WEEK 4 pamphlet with your coach!** Need a copy? Email swimmonthlies@gmail.com for the coach's pamphlet version.
- **Start small** – discuss your period with your close friend(s) on the team. They will watch out for you and you will watch out for them.
- **Be prepared.**
 - Have products available in your bag in case you or your friend needs one.
 - Keep tampons available in different sizes too.
 - Accidents happen. Be prepared with a spare pair of shorts and suit.

REMEMBER:

- For everyone's safety you **MUST** have some sort of protection before entering a pool on your period
- If you are not comfortable using a tampon there are period-friendly swimsuits (see additional resources)
- You **CANNOT** use store-bought pads to swim in, they will immediately soak up all the water and not protect you

Solutions

- Track your cycle on a calendar so you are not caught unaware.
- Share the WEEK 4 hand signal
- Know exactly where your products are in your bag for easy access
- Know that Safe Sport does not allow for Coaches to answer your questions

