



BODY CONFIDENT COLLECTIVE SPORT GUIDELINES

A guide to creating sporting environments that promote positive body image for Athletes, Coaches, Parents, Supporters, Sporting Clubs, Sports Administrators and Sports Media; to champion body confidence, to encourage body diversity and inclusion, to prevent and protect athletes from harm

2: FOCUS ON WELLBEING

- + Do focus more on overall wellbeing and less on body shape and size
- Don't weigh athletes



4: FLEXIBLE UNIFORMS AND EQUIPMENT

- + Do give athletes uniform and clothing flexibility
- Don't restrict athletes' uniform and equipment options

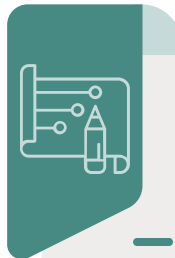


1: COMMUNICATION



- + Do use respectful language around bodies
- Don't comment on physical appearance or compare bodies

3: FOOD FIRST



- + Do fuel the body with enough food
- Don't diet or try to control body shape

5: CULTURE



- + Do create a space that is welcoming, safe and inclusive for all bodies
- Don't exclude people for the way their body looks

Learn more at bodyconfidentcollective.org/sports-guidelines