HOW TO KEEP WOMEN & GIRLS PLAYING

HELP PEOPLE FIND THE CLUB

Show women's rugby on the club website and social channels, with photos, training details and a contact. Signpost women's changing rooms clearly.

CLUB FACILITIES

Keep spare gum shields, period products, disposal bags, hair ties and a safe place for jewellery.

EXPLORE: Walking Tracks | Inclusive Facilities Grant

SUPPORT WELLBEING

Point coaches to women and girls coaching resources and guidance on breast health, periods and protective wear

EXPLORE: Breast Health | World Rugby Advice

OFFER MORE THAN ONE ROUTE

Ask teenagers what they enjoy. Make room for playing, coaching, volunteering, refereeing or mentoring

EXPLORE: Youth Volunteer Award | Give it a Try | Sidelines to Trylines

MAKE ESSENTIALS EASY

Keep period products, disposal bags, spare hair ties and a safe place for jewellery available. Review kit options available for women.

EXPLORE: Fab Little Bag | IRFU Age Grade Rugby Policy | World Rugby Regulations

CHECK IN

Begin training with a quick chat. Ask how everyone feels, whether they are ready and what they want to work on

EXPLORE: Coaching Women & Girls | World Rugby Training

BUILD BELONGING

Pair newcomers with a buddy and include volunteers and referees in training and social occasions

EXPLORE: Women in Rugby Whatsapp | Women in Rugby LinkedIn