



SWIM CONFIDENT Call to Action

**Creating positive body
spaces and changes
within SNSW**

for *Athletes*

Communication

- Call out body shaming when you hear it.
- Help your friends to focus on how their body feels on the inside, as opposed to what it looks like to support their body image.
- Focus on who your friends are being and what they are doing, rather than what they look like.
- Notice your own thoughts about your body, especially when there are negative ones and talk to yourself with kindness and self-compassion instead.
- Accept body changes as a normal part of growing up for yourself and your friends - change is normal!

Clothing

- Consider what you feel most comfortable wearing at training and competition.
- Advocate for yourself and others in your club to expand the clothing and equipment options so all swimmers feel comfortable in their bodies.
- Ask for what you need from parents, volunteers or coaches e.g. if you feel more comfortable receiving feedback in trackies, don't hesitate to ask for this.
- Provide support to teammates and peers who choose to wear what makes them feel comfortable, even if it isn't the fastest option.

Culture

- Celebrate, and talk positively about all types of bodies that are doing their best.
- Contribute to supportive and inclusive team environments where body shaming is not acceptable by shutting it down, calling it out and avoiding it yourself.
- Encourage peers and yourself to have lots of interests outside of swimming.
- Always remember why you enjoy swimming and come back to the fun and pleasure of moving your body.

Connection

- Eat a variety of foods to fuel your bodies before and after training, and competitions- and encourage others to do the same.
- Focus on food first instead of supplement use, and when supplements must be used, seek and follow professional advice.
- Connect to your body's needs - honour your hunger cues, your fatigue and emotional needs. Listen to when you are hungry or full and be sure to rest when you are tired, sick or injured.

You only have one body, and it deserves to be embraced!