



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

for *Coaches*

Communication

- Call out body shaming when you hear it.
- Reconsider your words so they are not about a swimmer's physical appearance, weight or body composition.
- Never say negative things about athletes' bodies in order to motivate them.
- Focus on body acceptance when bodies change shape or size.
- Encourage athletes to talk about their body functionality over their physical appearance (i.e. how their body feels, rather than how it looks).

Clothing

- Encourage your athletes to wear clothes that make them feel comfortable at training and competitions.
- Allow athletes to cover up or put clothing on when giving prolonged feedback.
- Don't comment on athletes' clothing choices.
- Advocate for a wider range of clothing options for athletes (colours, sizing, and shapes)
- Advocate within the club for uniforms and equipment that your athletes feel most confident using.

Culture

- Create inclusive and supportive team dynamics and environments with zero tolerance for bullying.
- Celebrate all types of bodies that are doing their best.
- Get curious about your biases around bodies, weight, and health - where they might have come from and whether are unhelpful for your athletes.
- Encourage a supportive and inclusive environment where swimming isn't always the focus (i.e. having movie nights or pizza dinner outings).

Connection

- Encourage athletes to fuel their bodies before and after training and competitions so they can perform best.
- Encourage your athletes to use a "food first" approach over supplement use, and when supplements must be used encourage professional advice, harm minimisation and batch testing.
- Never weigh athletes (especially in front of peers and on the pool deck) and prioritise other measures of health and performance over weight and body composition.

Be proactive and change the culture for the better!