



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

for *Volunteers*

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 engage in body shaming or body commentary.
- Encourage athletes to talk about their body functionality over their physical appearance (i.e. how their body feels, rather than looks).
- Notice your own thoughts about your body, especially when there are negative ones and talk to yourself with kindness and self-compassion instead.

Clothing

- Allow athletes in your club to wear clothes that make them feel comfortable at training and competitions.
- If you need to speak with athletes, support them to put comfortable clothes on if they want before engaging in conversation.
- Survey and assess what the athletes in your club feel most comfortable swimming in and wearing on pool deck.
- Use your power within the club to advocate for uniforms and equipment that your athletes feel most comfortable wearing and using.

Culture

- Consider how you have influence over providing safe psychological spaces for the athletes in your club, especially if you notice negative things in your club.
- Make an effort to celebrate all types of bodies that perform well or do their best (i.e. through social media, websites and posters around the club).
- Start to gently unpack your biases around different types of bodies (i.e. fat bodies, disabled bodies, black bodies).
- Encourage a supportive and inclusive team environment through social and otherwise engaging events.

Connection

- Encourage athletes to fuel their bodies before and after training and competitions so they can perform best.
- Encourage the athletes in your club to use a "food first" approach over supplement use, and when supplements must be used encourage professional advice, harm minimisation and batch testing.
- Encourage a no weigh policy in your club (especially in front of peers and on the pool deck) and prioritise other measures of health and performance over weight and body composition.

Volunteers have the capacity to change the culture for the better