

# Kit Checklist



**TIMING:** 25 mins  
**WHAT:** Reflection Activity  
**WHEN:** Pre-Season  
**WHO:** Coach & Group

## SET-UP AND GEAR

- N/A

## INTENDED OUTCOMES

- Players connect with their own motivation for coming to training and understand what they would like to achieve.
- Players learn more about their teammates and may be inspired by their peers' goals and ambitions.
- Coaches hear and understand their players' motivations and goals, placing them in a position to best support their players.

## ACTIVITY SUMMARY

Sportswear, jerseys, kit, or uniform can act as a hidden barrier to young people participating in sport. This activity is a tool for coaches to review the kit that players are asked to wear for training and games/matches.

## Activity Outline

**10-15 mins** It can be a challenge to take each individual player's unique context into consideration; however, reflect on the following questions to assess the suitability of the sportswear your players are asked to wear:

### Features and Fit

- Is the sportswear made from appropriate and comfortable material?
- How does it fit? Is it very tight or loose? Does the material stretch?
- Is the sportswear inclusive? If applicable, does it fit all genders equally well?
- What colour is the sportswear? Players are more comfortable in darker colours that don't show sweat or leaking (if they are on their period).

### Inclusion and Diversity

- Does the sportswear over-sexualise young players (tight/form-fitting/very short)?
- Does your kit list include sports bras for those who need them?
- Does the sportswear accommodate options for gender and sex diversity in players?
- Does the sportswear accommodate and respect religious or ethnic preferences?
- Does the sportswear support the needs of disabled and neuro-diverse people?

## Activity Outline

### Individual Choice

To ensure equitable access to participation in sport, it is important to provide and/or allow flexible sportswear options.

- Is there a choice, e.g. skirts, shorts, or tracksuit, long-sleeve, or short-sleeve?
- Can players choose what colour shorts they wear (especially important for young people on their period)?
- Is there flexibility for players to express themselves through what and how they choose to wear for their kit?

### Practicalities

- Is the sportswear appropriate for the weather? Do they have other options for very warm or cold weather?
- Is the sportswear expensive? Might there be players who struggle to afford the appropriate kit? Is there a bursary available for these players?
- If jerseys or singlets are given to players for a game/competition, are they freshly cleaned and folded?
- Do players have enough privacy/somewhere appropriate for them to change into their sportswear?

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**10-15 mins** It is important to include your players in this discussion and activate their voice. Once you have reflected on the above questions, you can instigate a team discussion around their sportswear preferences.

## Tips & Tricks

- It's hard to effect change on your own, so consider starting a wider discussion in your club or school. Consider setting up a committee to review sportswear policy and/or requirements.
- Even though it can be a financial challenge to change and fund new sportswear, having the discussion with your players and allowing them to choose what they wear to training is a great start.

### PILLAR INSIGHTS

Sportswear can be a significant barrier to participation, enjoyment, and performance in sport and physical activity. Sports kit and body image concerns are the most underrated barriers young people experience that can result in them dropping out of sport. As young people navigate their bodies changing, it is really important to ensure they are comfortable, confident, and ready to play.



#### BIOLOGICAL

Young people experience many rapid changes as they go through puberty (which can start as young as 10 years old). Many experience insecurities and anxiety around how their bodies look. In addition, it is important to be mindful that some players will also experience the onset of menstruation.