## WHAT DO I DO WITH MY STARTER BAG?

Keep this period pack in an accessible location (e.g. a kit bag)

Communicate where and what this period pack contains for any members to access when they need it i.e. players, coaches, volunteers, parents

Ensure the period pack remains well stocked throughout the season by the club

Ensure any facilities used by teams have clean and accessible toilets

Encourage open conversations, let's stop this being a taboo subject



