

## **IRFU and FabLittleBag (Period Positive Movement)**



As part of a series of initiatives in making Irish rugby more female friendly, the IRFU is setting a new standard of period care and awareness across its affiliated clubs.

**64% of women and girls reported that period management was a factor in dropping out of sport and 78% reported missing training and matches due to lack of support and facilities when on their period.**



### **What can your club do?**

It is important for clubs to get involved in the 'Period Positive' movement by giving women and girls access to the products they need to feel welcomed and included in rugby clubs and venues.

Playing rugby has many positive benefits for health and there is a growing female population in our clubs, and with this rise, comes some important issues that need to be addressed, such as access to sanitary bins, clean toilets, period products, especially for young girls who get their period unexpectedly, secure changing facilities and appropriate sanitary disposal. Such things make females feel unseen and unwelcome and can be addressed in a few short steps that don't cost a lot of money.

Fab Little Bags (FLB)'s eco-friendly period care products and easy period disposal solution help clubs create that welcoming, hygienic environment where players, volunteers and visitors feel welcomed and seen. Signing up to the period supportive movement is an important step in creating the right environment.

IRFU will sign you up if you are successful with the grant application process taking place between **8<sup>th</sup> to 19<sup>th</sup> March**, so you can start the movement; we have over 200 Starter Packs to distribute before the end of March. The grant will assist clubs and venues to put the right products in place to start a journey to creating that welcoming environment. Each pack will contain a FLB **dispenser** for discrete and hygienic disposal of products and a **coaches bag**, which can be added to the team's kit bag, that allows responsible management and disposal of products. In addition, each pack will contain a **personal bag** that can be made available to female match officials and/or visiting teams. [Apply here](#)

It is our hope that as many clubs as possible will sign up to the FLB Period Supportive Kitemark scheme over the next three seasons to normalise this topic for women and girls and to create a greater understanding of factors that can affect the performance of female players and the female coaches and volunteers who work with them to support their training.

For clubs who are not successful with the grant application process but wish to begin their period supportive movement, information can be found overleaf and on the FLB [website](#).

## **FABLITTLEBAG PRODUCT INFORMATION**

Freda Organic Tampons and Pads are made from pure organic cotton, with absorbent renewable wood pulp for absorbency, and packaged in biodegradable film. Freda pads and tampons are hypoallergenic, polyester and chemical-free, and kind to your skin and the environment. The pads are slim and the tampons are applicator-free, reducing landfill bulk without compromising comfort and confidence.

FabLittleBag's period care disposal system encourages users to continue on a sustainable period care journey by allowing them to discreetly dispose of their used products in the bin, thus preventing blockages and river and sea pollution caused when period care is flushed. Fabbing also keeps the bins clean and odour-free. FabLittleBags are made from sugarcane waste, recycled materials and vegan glue and are individually dispensed from a uniquely designed dispenser that adheres to the cubicle wall. FLBs are easy to use, opaque for discretion, and seal closed for good hygiene so that users can change and dispose of their used products with confidence and complete the eco-friendly cycle of their period care.

## **WHAT SHOULD I GET FOR MY CLUB?**

The package that works best for you will depend on the size of the Club, the number of cubicles, and the number of potential users, be it teams, visitors or that tournaments are held there. Have a think about what you can do with the resources you have now to get maximum impact.

If you have a lot of coaches working with teenage girls, it might be an opportunity to raise awareness of period management and its impact on training. You could supply each of the coaches with the essential coaches bag that can be added to the kit bag, so players know that they can easily access the products they need. If you have minimum facilities in and around the clubhouse you could ensure that areas where women and girls change have dispensers in the cubicles in the changing rooms. Or maybe you have limited number on female teams but you have a lot of females visiting your clubhouse. If so, it might be worth considering investing in dispensers only, with a supply of FLB bags to ensure all your public toilets are female friendly.

Whether you want to fit out the coaches gear bags/first aid kits, fit out the changing rooms and/or fit out the public toilets around the clubhouse, you can get the appropriate products by signing up to the [FLB website](#), to get discounts on all relevant products. You will also find downloadable resources for publication around venues.