

What to pack in your dry bag.

- Dark Towels
- Back up swim suit
- Extra tampons
- Pads or Period Underwear.
(Post swim)
- Wet bag
- Ibuprofen or other pain
management plan.



What to do if your period starts at a practice or meet?

DON'T PANIC.

1. Tell your coach or another trusted adult if you need help.
2. If you don't have any period products ask the coach for one or often the changerooms have a dispenser.
3. Bring your swim bag to the bathroom, or bring just what you need.
(Tampon and/or period swimwear)

You are NOT the first swimmer this has happened to.

How to talk to your coach.

You do NOT have to explain everything, but they are also not mind readers.

You can say:

"Can I talk to you privately?"

"I need a bathroom break."

"I'm having period symptoms and need a few minutes."

I have heard of other clubs that have a hand gesture of holding up 4 fingers, to indicate its period related.

(Represents the 4th week of your cycle.)

Issues? Speak with Coach Amber, even if she's not your direct coach.



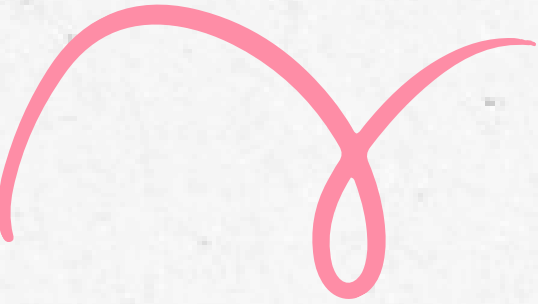
Cramps!

Managing Cramps



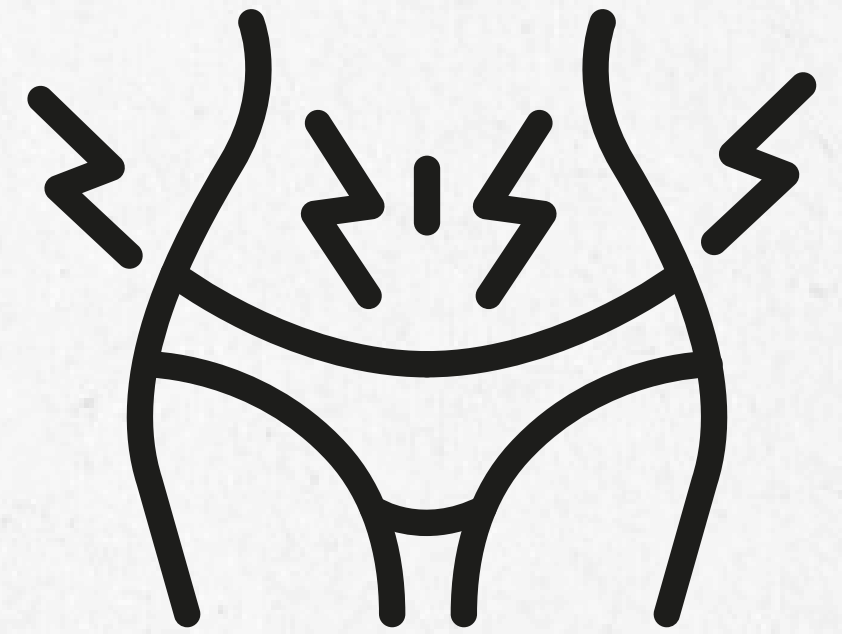
While exercise can actually help reduce cramps by increasing blood flow and releasing endorphins (natural pain relievers), severe cramps can still hinder performance.

- Warmth Before Swim: Applying a heating pad or to the lower abdomen or lower back before practice relaxes the uterine muscles and improves blood flow.
- Hydration and Electrolytes: Dehydration worsens muscle cramping everywhere in the body, including the uterus. Swimmers do sweat! Ensure you drink plenty of water paired with electrolytes (especially magnesium and potassium) before and after practice.
- Gentle Warm-Ups: If cramps are severe, you shouldn't start off with hard sprint intervals. A longer, easy warm-up in the pool can help loosen up the pelvic muscles gradually.



Cramps!

Managing Cramps



- Magnesium and Omega-3s: Incorporating foods rich in magnesium (spinach, pumpkin seeds, dark chocolate) and omega-3 fatty acids (salmon, walnuts) into your regular diet can naturally help reduce chronic inflammation and cramping intensity over time.

Over-the-Counter Pain Relief:

- Ibuprofen (Advil/Motrin): It's best to start taking 24 hours before cramps usually peak or at the very first sign of a period.
- Midol: (ages 12+) Relieves pain through acetaminophen while targeting broader premenstrual symptoms. It helps with cramps, bloating, water-weight gain, fatigue, and headaches.

*For cramps and pain its better to be ontop of pain, than playing catch up.



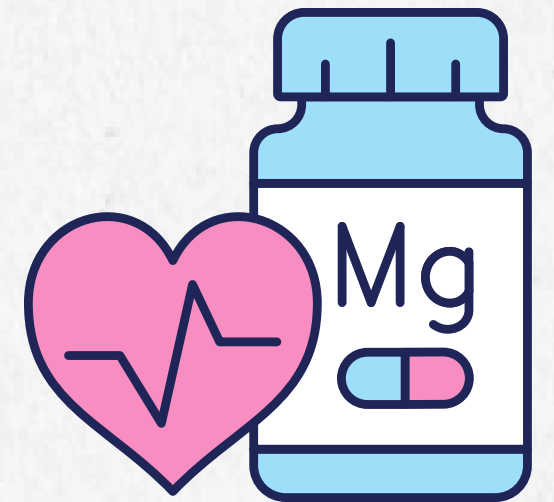


Cramps!

How Magnesium Works for Cramps

- Relaxes Uterine Muscles: Period cramps occur when the uterine muscles contract forcefully. Calcium triggers these contractions, while magnesium acts as a natural counterbalance to block excess calcium, helping the smooth muscle tissue relax.
- Lowers Pain-Causing Chemicals: Magnesium reduces the production of prostaglandins, the specific inflammatory chemicals in the body that trigger painful uterine cramps.
- Helps with Athletic Recovery: For a swimmer, magnesium offers a double benefit. It relieves uterine cramping while helping large swimming muscles (like shoulders, legs and calves) recover from intense workouts.

****Please talk to your medical provider to find out which dose is right for you!**



Poolside Hygiene Habits

Establishing a solid routine

- Right before practice, change into a period friendly swimsuit and/or change and insert a new tampon.
- As soon as practice is over, change out of the wet period swimsuit and/or remove the tampon immediately.
- Changing to a clean pad, putting in a fresh tampon, or changing into clean period underwear as soon as possible is important for preventing irritation and reducing the risk of infection*.

*Swimming with a tampon does not significantly raise your risk of getting an infection, provided you change the tampon promptly after you finish swimming.



WHEN SHOULD I ASK FOR HELP?

Talk to your parents/coaches or healthcare provider if:

- Your pain is severe or keeps you from normal activities.
- You regularly bleed through pads/tampons very quickly.
- Your period lasts more than 7 days.
- Your bleeding or symptoms interfere a lot with school, sleep, or swimming.
- You feel faint, very weak, or unusually tired.
- You have questions or something just does not feel right.

You deserve help, you do not have to “just tough it out.”

