

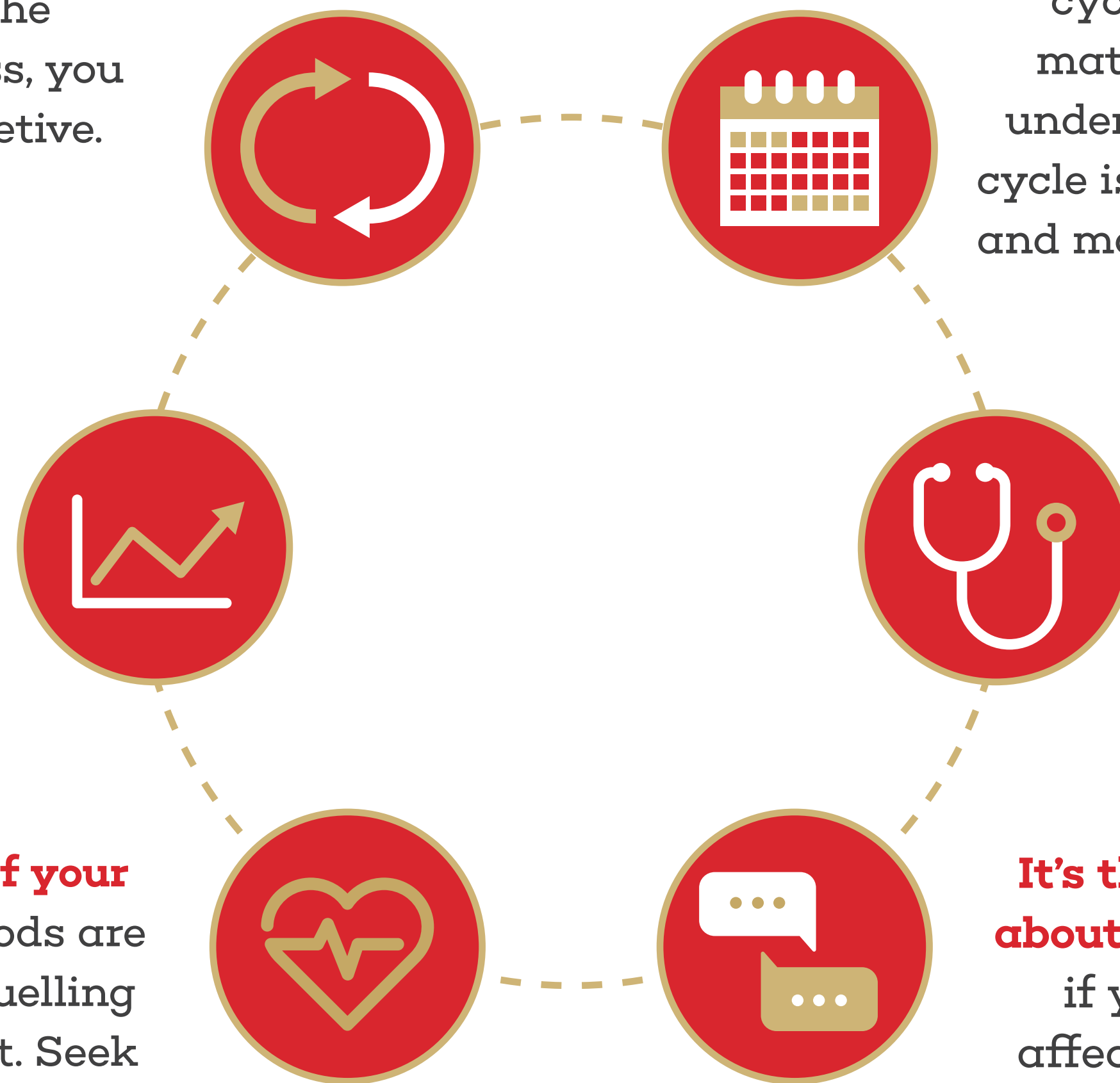
MENSTRUAL CYCLE AND RUGBY

Don't let periods stop you playing!

Periods are perfectly normal - the menstrual cycle is a normal process, you should not be embarrassed or secretive.

It's not just a period - the cycle is a **repeating pattern of fluctuating hormones**, normally 21-35 days, with a period lasting 3-7 days. Your experience is **unique**, any symptoms will vary from everyone else.

The menstrual cycle is a **useful sign of your overall health**. Irregular or missed periods are a useful sign that you may be under fuelling for rugby or something isn't quite right. Seek medical help if this occurs.



There are numerous strategies to manage menstrual cycle symptoms in relation to training and matches. **Track your menstrual cycle** so you understand **your** symptoms and how long each cycle is to plan how it might impact your training and matches. Day 1 is the first day of your period.

If your periods have not started by **15 years old**, if symptoms related to the menstrual cycle are severe, or if three months of periods are missed you should **seek medical advice from your doctor**.

It's the responsibility of all of us to talk about female health. Speak to your coach if your period and/or symptoms are affecting you in training or at matches.