



IWG
Women & Sport
Insight Hub

THE WELL HQ SAFER SPORT PROJECT: SAFEGUARDING POSTERS

Theme: Safeguarding

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The Well HQ

The Well HQ is an organisation using an expert-informed and science-based approach to supporting women in sport, bridging knowledge gaps and combating barriers. As part of their Safer Sport Project, The Well HQ has produced a series of Safeguarding Posters aimed at sports participants

from grass-roots to athlete level, covering important topics including pelvic health assessment, breast assessment and bra fitting.

Brighton + Helsinki Declaration Principles:

Education, training and development Sport information and research, Resources

Target audience:

Grass-roots sports, athletes, participants, coaches

Background:

The Well HQ identified a need for safeguarding materials and guidance to cover non-medical spaces, on key topics that affect women in sport. The organisation wanted to ensure that girls and women knew exactly what to expect when coaches, staff and third parties talked to them about things like breast support and pelvic health.

As a result, a series of posters were developed to be displayed in changing rooms, classrooms, public toilets and sport club walls. These are designed to act as a 'contract' to ensure all parties are well informed and safe. They outline who to consult, the benefits of health consultations, and lay out clearly what is normal and what is and isn't okay.

The posters are designed to be downloaded, printed and displayed.

Summary:

There are three safeguarding information posters created by The Well HQ.

1. Bra fitting: what to expect – this provides information on how to find the correct bra to provide support during sport, information on fitting and what to

expect during the fitting process, information on an individuals rights with respect to bra fitting and safety, and how to report any concerns.

2. Breast assessment: what to expect – this provides information on breast injury and health, advice on seeking medical help to address observed symptoms or injuries, what to expect during an assessment or during medical or recovery treatments such as massage, and information on an individuals rights and how to report any concerns.
3. Pelvic health assessment: what to expect – this provides information on what the pelvic floor is including the organs that constitute this area of the body, advice on when to seek advice and who to seek advice from including general practitioners, gynaecologists and/or coaches, what to expect during an assessment or treatment, and information on the rights of an individual during any assessment or treatment, including how to report any concerns.

Related Links



<https://www.thewell-hq.com/>



<https://www.thewell-hq.com/safeguarding/breast-health-and-bra-fitting-what-to-expect/>



<https://www.thewell-hq.com/safeguarding/pelvic-health-what-to-expect/>