



Every female swimmer deals with swimming while on their period – you can conquer it too!

Swimmers are tough and resilient!

Generally, swimmers are very open and comfortable talking about their periods. Its likely because they basically live in their swim suits, changing in front of each other often, so there's really nothing they can hide.

In fact, at some point in every girl's swim career she will likely hear "DOES ANYONE HAVE A TAMPON?" being shouted in the locker room in hopes someone will come to the rescue with a menstrual product - and they do! Extra tampons and ibuprofen are usually in supply - you just have to shout out!

The Cramps

Yes, there are the cramps. If they aren't debilitating and you can muster up the strength to get yourself to practice, you might be surprised! It has been proven that exercise actually decreases menstruation pain, but you need to get yourself moving – as hard as it may seem at the time.

Parents/Guardians

Don't be afraid to buy a box or two of tampons and give them to your swimmer to "practice" with. It takes awhile to figure it out, but once they do it will help them out immensely in the pool!

- Yes, you can absolutely swim and compete while you are having your period
- Swimming with a tampon is usually the best option, especially if you have just started your period. Another option is a menstrual cup which you can find online or at a drug store
- Quick Tip: Make sure you insert a fresh tampon right before going in the pool, then replace it with a new one immediately after you get out.

Why Not Swim in a Pad or Underwear?

When swimming, do not rely on a pad. Pads are worn outside the body in underwear and they absorb the blood that comes out of the body.

Since pads are made to absorb, they will soak up pool water too, and then no longer be able to absorb blood.

The water will also stop the adhesive on the pad from sticking, which could cause it to slip out of your swimsuit, and you definitely do not want that.

TAMPONS, TAMPONS, TAMPONS!

The most popular option for protection while on your period is the tampon.

While swimming, a tampon is your best friend. It is safe to swim in, comfortable to move around in, and it will stop blood from escaping.

Additionally, you don't have to worry about a tampon falling out. When properly inserted, the vagina holds it in place securely.

There are many different shapes and sizes of tampons, each tailored to different types of women.

You may need to try a few kinds to find what works best for you. In most cases, your favorite tampon is the tampon you should wear while swimming.

Swimming with a menstrual cup works well too...

If you do not like tampons, a second option is a menstrual cup.

A menstrual cup is a bell-shaped piece of silicon inserted inside the vagina. Unlike a tampon, the menstrual cup holds the blood instead of absorbing it.

For some, the menstrual cup is more challenging to insert and remove, but it is just as safe as a tampon to use while swimming.

If you have any questions, please reach out to your parent, a FAST Coach or fellow swimmer – we are all here for each other!