

Club Advocate Training Answers

Section 1: Choice & Comfort

The Charter is first and only inclusion-based sports and activity clothing standard. The Charter provides a standardised framework for schools, clubs, National Governing Bodies, and sportswear brands to create and implement sports kit policies that promote inclusivity, embrace diversity, and ensure every individual feels welcomed and valued in sporting environments.

Task 1: Match The Inclusive Sportswear Charter Principles To The Descriptions.

The Inclusive Sportswear Charter

01 WE ENABLE PARTICIPATION, PERFORMANCE, ENJOYMENT & BELONGING

02 CHOICE & EMPOWERMENT

03 COMFORT & PRACTICALITY

04 IDENTITY & EXPRESSION

05 COLLABORATION

CHOICE & EMPOWERMENT

- We commit to empower individuals through meaningful choice in their sports kit, moving beyond traditional stereotypes to ensure genuine autonomy in clothing decisions.

IDENTITY & EXPRESSION

- We commit to celebrate and embrace the expression of identity within sport, ensuring our products serve as a medium for personal and cultural expression while fostering unity.

COMFORT & PRACTICALITY

- We commit to prioritising comfort and practicality in our sports kit design and development, recognising these as fundamental to athletic participation, enjoyment, and performance.

COLLABORATION

- We commit to meaningful collaboration with our target groups, ensuring their voices actively shape our design processes and outcomes.

ENABLE PARTICIPATION, PERFORMANCE, ENJOYMENT & BELONGING

- We commit to supporting individuals to wear sports kit that enables belonging in sport, whether that is sports kit to promote participation, support enjoyment or raise performance.

Why Do We Need The Inclusive Sportswear Charter?

We enable Participation, Enjoyment, Performance, & Sense of Belonging

- The language of this pillar helps bring us back to the purpose of sports clothing and the purpose of sport. We must view sports kit and physical activity clothing as an 'enabler' of participation, enjoyment, performance and belonging.

Task 2: Match The Reasons And Explanations To Help You Understand Why This Pillar Matters:

- Appropriate sportswear enables full physical engagement in activities without discomfort or restriction.

PHYSIOLOGICAL IMPACT

- When individuals don't have to worry about their sportswear, they can focus entirely on performance and skill development.

PSYCHOLOGICAL IMPACT

- Feeling physically comfortable leads to greater confidence and reduced anxiety about participation.

EMOTIONAL IMPACT

- When everyone can participate fully, team cohesion and community building are strengthened.

SOCIAL IMPACT

We Support Choice & Empowerment

- Choice is at the centre of all sportswear decisions. Having the ability to choose what to exercise in and having the empowerment to choose what makes you feel confident in is key to belonging, safety and happiness in sport.

Task 3: Select Which Of These Statistics You Think Are Correct To Check Your Understanding.

At school, how many boys would like more choice in their PE kit? (Youth Sport Trust, 2024)

- 12%
 22%
 32% **1/3 of boys would like more choice!**

At school, how many girls would like more options to choose from in their PE kit? (Youth Sport Trust, 2024)

- 44%
 54%
 56% **Over half of girls!**

At school, how many girls feel confident in their PE kit? (Youth Sport Trust, 2024)

- 1/4 **Girls aren't feeling confident!**
 1/2
 3/4

How many women wanted to have sports kit choice at school? (Howard, 2023)

- 50%
 80%
 100% **All!**

Reasons And Explanations On Choice & Empowerment

Task 4: Match The Reasons And Explanations To Help You Understand Why Choice & Empowerment Matters:

- Different body types have different physiological needs. Different bodies respond differently to various fabrics, cuts, and designs; choice allows optimisation for individual needs.

PHYSIOLOGICAL IMPACT

- Having choice increases feelings of control and agency, leading to greater confidence.

PSYCHOLOGICAL IMPACT

- The ability to choose sportswear that aligns with personal identity reduces anxiety and increases comfort.

EMOTIONAL IMPACT

- Diverse sportswear options signal to everyone that the sporting environment values individual differences.

SOCIAL IMPACT

We Support Comfort And Practicality

- When clothing is comfortable and practical, individuals can focus entirely on their sport rather than adjusting, tugging, or worrying about their kit. Practical sportswear removes barriers to participation and enables peak performance for all body types and abilities.

Task 5: Select Which Of These Statistics You Think Are Correct To Check Your Understanding.

At school, how many boys feel confident in their PE kit? (Youth Sport Trust, 2024)

- 24%
 54% **Just over half of boys are confident!**
 84%

How many teenage girls would wear sports bras currently? (Youth Sport Trust, 2024)

- 2/3
 1/2
 1/3 **Only one third!**

We Support Identity And Expression

- Through inclusive kit policies, we acknowledge that sports clothing is a powerful medium for expressing personal, cultural, and social identities. When individuals can authentically express themselves, they bring their whole selves to sport, enriching the experience for everyone.

Task 6: Click To Find Out Why This Pillar Matters In These Example Case Studies.

Religious Expression

- A 25-year-old woman joins a local football club that offers a range of uniform options, including long-sleeved shirts and hijabs.

LGBTQ+ Inclusion

- An LGBTQ+ athlete feels celebrated and included when their tennis club's sportswear policy supports the use of pride colours or symbols.

Religious Accommodation

- A Jewish footballer feels respected and included when his club's sportswear policy allows him to wear a Kippah in team colours during matches.

Gender-Neutral Options

- A teenage non-binary individual feels more included when their school's swim team allows the choice for everyone to wear either a one-piece swimsuit or swim trunks and a rash guard.

Why Are Sports Bras So Important in Schools?



- True inclusivity cannot be achieved without genuine collaboration with those who wear the kit. By actively involving diverse voices in the design and policy-making process, we ensure sportswear meets real needs rather than assumed ones. Collaboration transforms sportswear from a potential barrier into an enabler of participation for all.

Task 7: Tick All The Different Ways Promoting Collaboration Matters:

Promoting active collaboration with target groups in sportswear design

- TRUE

Ensuring diverse voices shape the development process

- TRUE

Creating sports kit that resonates with unique needs and preferences.

- TRUE

Being included in the design process increases psychological investment in the sport and team.

- TRUE

When athletes' input is valued, they feel respected and develop stronger emotional connections to their sporting community.

- TRUE