



JUST IN SPORTS CLUBS



WHY DOES IT MATTER?

46% of autistic people have decided not to participate in a sporting activity due to the kit.



WHY YOU?

Are you part of a sports club? Whether player, staff member, or coach, you can help make the club more comfortable for autistic people.

Whatever kit you use, it could be important to consider small adjustments for teammates.



WHAT CAN YOU DO?

- 1: Share the More Than Just Clothes Pledge with your team, coach or organiser to start the conversation about inclusive clothing in sports.
 - 2: Speak to all teammates about how comfortable the kit and equipment are and any allowances that could help.
 - 3: If your club has taken the pledge, print out the 'JUST-FRIENDLY CLUB' poster and put it up to show you recognise the clothing needs of autistic players. And signal to new joiners that you're an inclusive sports team.
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#MORE THAN
JUST
CLOTHES



Ambitious
about Autism

WE ARE A



FRIENDLY CLUB

We recognise that clothes are more than just clothes and the right kit and equipment can help autistic teammates thrive. We always take these 4 simple steps:



Leave **JUDGEMENT** out of clothes so people feel free to wear what they feel most comfortable in.



Build **UNDERSTANDING** around autism to recognise how clothes impact different areas of life.



See clothes as **SENSORY** tools that can provide regulation in different ways for different people.



Help everyone **THRIVE** by accommodating the clothing needs of autistic people.

Our kit is what brings us together, but we take our teammates' comfort very seriously too. If you find the kit challenging, speak to your coach.

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