GENERAL FAQ ON THE *BODY CONFIDENT SPORT PROGRAM*

USAVolleyball

Where can I find more information about the Body Confident Sport program development and curriculum?

All information on the Body Confident Sport program's history and development by the Tucker Center for Girls and Women in Sport and Centre for Appearance Research can be found on its publicly available website: *https://bit.ly/49iCCUX*. (We encourage you to use this specific USA Volleyball link to access the website, as it helps track traffic to the website from our stakeholders, for grant purposes; however, you can also be directed to the website by their main URL: *https://www.bodyconfidentsport.com/*).

How is the program designed?

There are two elements that are critical to the effective implementation of the program, as designed:

1.) Facilitators of the program should complete the BCS Coach Facilitator training. This provides facilitators with an understanding of the research behind the program. This training includes three modules, with each module taking 15-20 minutes to complete.

2.) The Body Confident Sport curriculum is a 3 x 1 hour set of discussions pertaining to body image and body talk within sport. The BCS researchers developed a step-by-step facilitator guide to leading these discussions that allows the facilitation to be effective and easy. All BCS program resources are publicly available on the BCS website for your use.

Does this program contain conversation that could be potentially triggering my athletes?

Yes. While the BCS program does not include an explicit trigger warning on the material, we have created parent and athlete communication materials that you, as coaches and club directors, can use in implementing this program that contains a trigger warning.

The material does not explicitly address triggering topics (e.g., eating disorders, body dysmorphia), however, the creators and our NGB recognize that even peripheral discussion on the topic of body image can trigger these thoughts in our athletes who may currently or have previously struggled with these mental health issues.

While rare, the disclosure of these topics may happen. We are offering communications tools to assist you, and any athlete who has concerns about their mental well-being on the topic may opt out of the discussions without affecting your team's eligibility for contest awards.

What is a trigger warning, and why might I need to communicate this to parents and athletes?

A trigger warning is a short statement that appears before content that may be sensitive in nature. They are presented as a courtesy to the participant to allow them the choice to engage with the content based upon whether they believe that content could be harmful to their mental health.

Given that body image comments in sport can affect how an athlete views their own self-image and trigger previous mental health struggles, there is a trigger warning placed on this program that we recommend asking athletes and parents to review to guide the conversation and their consent to participate.

We strongly feel, as do the researchers who created the Body Confident Sport program, that this program has far more benefit to our female athletes than potential to cause harm. The ability to create a safe space for female athletes to discuss body image candidly with one another, and trusted mentors, allows them to find support, reassurance and empowerment in regard to making healthy choices for their own bodies in sport.

BODY CONFIDENT SPORT

USA VOLLEYBALL CONTEST FAQ

USAVolleyball

The program sounds great - how do I officially register?

The program registration runs from October 6 - November 7, 2025. The registration link will be shared with regions and all members in a direct email communication and linked to all promotions of the program on social media throughout this timeline.

Registration will require that you submit proof of having completed the BCS coach facilitator training (screenshot of the end screen/certificate) BEFORE completing your registration. As such, please account for this taking ~1 hour of your time before officially registering your team.

Note: Only ONE coach for a team needs to complete the registration. On the registration form, you can list any other facilitators who will help run the program. One registration form per team; multiple teams within a club may participate.

Is there an issue with a male coach facilitating this program with his female team?

No! The Body Confident Sport facilitator training was designed to equip coaches of any gender to facilitate the program with their team, as the researchers recognize that many youth female teams have male coaches.

However, if you are a male coach who wants this program implemented with your team but feel uncomfortable facilitating the program directly yourself or feel it would be better received by a female facilitator, we have created resources that can help you ask for this support within your club. If this is the case, we do still require that you complete the facilitation training as part of registering your team (and believe it's great coach professional development!) so you understand the program and can consider how to uniquely implement the values of the program within the culture of your team.

If I am NOT one of the first 80 coaches/teams to sign up for the program, am I still eligible for one of the five "best practice" awards at the end of the program?

Yes! The participation awards are being given as an incentive to sign up and commit to implementing the program early. However, let's say you are #256 to sign up- you will NOT receive a participation award; however, by completing all elements of the program, your team remains eligible for consideration of the awards being given for the most creative and impactful ways in which the program was implemented into your club culture. We also want to equally celebrate ALL teams that choose to participate in this program through publicity and recognition to your team.

Are there any funds to support implementing the program (e.g., getting athletes dinner, space rental)?

Unfortunately, no. However, we believe there may be several options available to help provide you this "structural" support to implementing the three sessions that could be creatively explored within your region or club. As such, we encourage you to discuss these possibilities at that level.

BODY CONFIDENT SPORT

USA VOLLEYBALL CONTEST FAQ CONTINUED

USAVolleyball

I have never facilitated a program like this before and I feel unsure about doing it well, even with the BCS resources provided. Are there any additional resources that will be available to me?

Yes! Through the process of implementing this program with our NTDP programs and the club pilot program, we have developed a robust set of resources that will be found on USA Volleyball's Body Confident Sport website (which will launch by the registration deadline of November 7). This digital "toolkit" includes things such as:

- Parent and athlete communications about the program
- Lessons learned thus far from implementing with volleyball athletes
- Resources for club directors to help support the program
- Facilitation "best practices"

Additionally, USA Volleyball educational staff are available to answer questions you have directly about the program. As a participant, you will receive periodic communications with reminders on the program's deadlines.

How can I ensure I don't forget about program deadlines?

You will receive periodic email reminders of upcoming deadlines to remain eligible in the program three times nearing every critical date (2 weeks out, 1 week out, day before). Those critical dates are:

- January 7 (deadline to finish conducting the 3 x 1-hour BCS sessions and have coach and athlete surveys filled out)
- February 14 (deadline to submit your "proof" of creative/effective implementation of BCS values into your own program)

If I am one of the first 80 to sign up and complete all aspects of the program to keep me eligible for the participation award, when will I receive confirmation that my team is receiving this award?

- After the January 7 deadline has passed OR as soon as you complete all parts of the program required before the January 7 deadline (i.e., if you complete all parts on December 2, you will receive quicker confirmation).
- Participation awards will be sent out directly to the club, in bulk, to those that qualify no later than March 31, 2026. Coaches and clubs will be notified when these have been sent.

If I am one of the five "best practice" award winners, when will I receive confirmation that my team is receiving this award?

You will receive notification after the panel has chosen the five winners (by March 15, 2026). Each of these teams will have their teams featured in a TBD way with our Marketing, Communications, and Creative department. Awards will be sent out directly to the club no later than March 31, 2026. Coaches and clubs will be notified when these have been sent.

BODY CONFIDENT SPORT