

HIJAB PLAYBOOK



Made
to Play



OVERVIEW

Nike believes in the power of sport to move the world forward, starting with kids. We know that active kids are not only healthier but do better in school, in their communities and in their future careers. This is especially true for girls who are often less active and have fewer opportunities to play than boys.

The right product can make a big difference in how girls experience sport—and for some girls, this includes wearing the hijab. For girls who choose to wear it, the hijab can be a source of power and strength, both on and off the playing field.

This guide will help you give hijab-wearing athletes—and their teammates—the information and support they need to keep playing.

Because a girl should never have to choose between what she plays and what she believes.

Thank you for all you do to get more girls moving!



"My mission in telling my story is to encourage the next generation to be involved in these unlikely sports where traditionally we haven't been provided the access or the space to be a part of fencing or swimming or gymnastics or whatever it is".

—**Ibtihaj Muhammad**

Olympic Medallist Fencer & First Muslim American woman to win an Olympic Medal

"My advice to a young hijabi baller is to never give up. Take pride in your Muslim identity, take pride in your hijab, push the barriers and never, ever doubt yourself. And when people expect the least from you, always surprise them with the most".

—**Yasmin Said**

Muslim Women's Summer Basketball League

Source:

<https://www.c-span.org/video/?453818-3/olympic-fencer-ibtihaj-muhammad-discusses-memoir-proud>

*This playbook was developed in consultation and partnership with Fitriya Mohamed, Hodan Hussein and Amreen Kadwa of Hijabi Ballers and Houda Loukili—Favela Street Foundation/Sport Consultant and Coach.

INTRODUCING THE HIJAB

HIJAB BASICS

A hijab is a head covering worn by some Muslim women. It's traditionally a symbol of modesty and privacy and is important for religious, cultural or family reasons.

Girls choose to wear the hijab at different ages. For some, it could be the start of puberty or even before. For others, it could be marriage, a particular age or just a time she decides for herself. Some wear it whenever they choose to; others wear it only during religious activities; and others wear it whenever they are in the presence of male non-relatives.

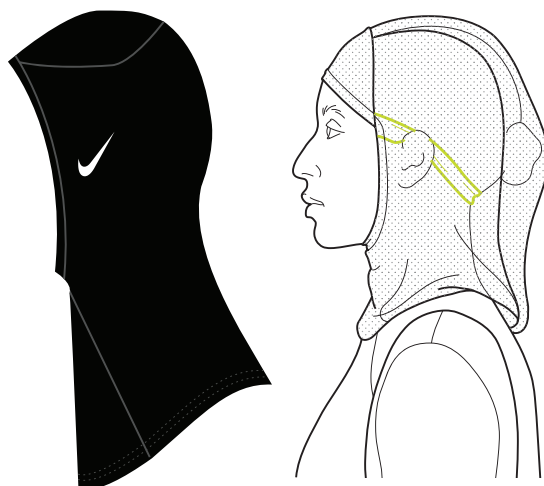
Wearing a loose hijab during sport can be difficult and dangerous. Just like any other gear, loose-fitting, non-breathable materials that fall into the eyes or trap sweat can be challenging in sports like football or basketball. A sport hijab (or a snug hijab without pins or fasteners that can come loose) allows girls to move. And girls who move, move the world.

In addition, girls may choose to wear long sleeves, long trousers or leggings. While this is an individual choice, it may be mandatory for her participation.

FOCUS ON HIJAB FIT

A hijab should offer comfort and coverage. The Nike Pro Hijab is specifically designed for play and movement. Here are a few tips to help girls find the optimal fit:

- Make sure the elastic that fits over the top of your head isn't too far down on your forehead. If it is, it could mean the hijab is too large and will move and slip while you play. There's also an interior strap to help secure coverage and keep the hijab from slipping. Make sure it's snug, but comfortable.
- Try tucking the hijab into the neckline or collar of your top to make sure it doesn't move around while you play your best.
- Some hijabi athletes recommend wearing your hair in a low bun, so the hijab will fit better and feel more comfortable.
- The Nike Pro Hijab may fit a bit differently to other hijabs, so try it out a few times to see which way feels best for you.



MEET A FEW HIJABI ATHLETES



FARAH, CANADA

In Farah's family, wearing the hijab is a personal choice made by each girl. She hasn't worn a hijab before, but she's inspired by her older sister and is interested in giving it a try.



AMARA, FRANCE

Amara comes from a traditional Muslim family for whom wearing the hijab starting at puberty is a rite of passage. She started wearing a hijab in the past year and is excited to have a sport hijab as part of her kit.



HADIA, EGYPT

Hadia's parents stress the importance of the hijab, but the choice is Hadia's. She is worried she'll have to give up sport if she wears the hijab like her mother did when she was a girl.



KHADIJA, USA

Most of the women in Khadija's family are non-hijabi Muslims. She became curious about the hijab when she saw Ibtihaj Muhammad wear one in the 2016 Olympics.

Girls come in all shapes and sizes, and develop at different rates and ages. Refer to the chart below for insight on what girls are experiencing.

DEVELOPMENTAL STAGES FOR ALL GIRLS

DEVELOPMENTAL STAGES	PRIMARY SCHOOL AGES 5–7	JUNIOR SCHOOL AGES 8–11	HIGH SCHOOL AGES 12–16
THEIR BODIES	- Girls are comfortable in their bodies and love to move and run - Still developing, so coaches should focus on motor skills and coordination. Sport-specific skills aren't as important - Modify equipment and field dimensions and take lots of breaks to accommodate their smaller size and low endurance	- Some girls are experiencing pre-puberty and may be less comfortable with the changes happening to their bodies - May be full of energy and constantly on the move - Have varying levels of coordination and can start to introduce skill development - Modify equipment and field dimensions for success	- Girls are going through major physical and hormonal changes, and that experience can be new and uncomfortable - Energy will vary from tired to hyperactive - Focus on skill development and competition
THEIR BRAINS	- Girls at this age take instruction very literally - Short attention spans mean coaches should keep instructions short and rotate activities often	- Girls are eager to learn and seek out opportunities to try new skills - Varying abilities to understand directions and expectations - Sensitive to distractions and may need continuous redirection	- Seek structure and routine in an atmosphere of exploration - The complex reasoning part of the brain is developing at a fast rate (but still under developed), making it a great time to practise decision-making - Girls will look for opportunities to contribute their ideas and advice and will test boundaries
THEIR FEELINGS	- Just starting to develop the ability to control strong emotions - Will verbalise what they are feeling and say whatever comes to mind - Thrive on encouragement and positive feedback	- Still developing the ability to control strong emotions - May be "wiggly" and "giggly" - Sensitive to sarcasm and criticism; thrive on encouragement and positive feedback	- Part of the brain responsible for experience of emotions is in overdrive; girls are STILL developing the ability to control strong emotions - Look for opportunities to share their emotions - Highly sensitive to personal criticism; actively seek recognition for positive efforts
THEIR TEAMS	- Make friends easily, tend to have a lot of friends, fewer deep friendships - Starting to understand the concept of teams; need concrete examples of what it means to be a good teammate	- Start to develop deeper friendships, want to spend time with girls they know best - Crave attention from adults; value teamwork	- Highly value their peer group—deep need for peer approval and acceptance - Seek connections with role models - Interested in having a voice in their experience and exploring leadership potential

STAGES FOR HIJABI ATHLETES

BEFORE PUBERTY	DURING PUBERTY
Some girls may already wear hijabs depending on their culture and family expectations, while other girls may still be learning about Muslim culture and may look up to their mother, sister or other female role models and their choices to wear or not wear hijabs. A girl may wear a hijab during religious activities before puberty as well.	When a girl hits puberty, she may or may not begin to wear a hijab depending on her parents, personal choice and culture. The hijab often symbolises protection from objectification. Once a girl goes through puberty, some people, families and cultures may choose to separate by gender in sport and other activities to create privacy.

HIJAB DISTRIBUTION PREP

LET PLAYERS AND PARENTS KNOW WHAT'S HAPPENING

Wearing a hijab is a very personal decision and an important experience in a girl's life. Her parents will help make the decision and must be given an opportunity to ask questions about the sport hijab donation.

- Reach out to parents in advance to let them know girls will be receiving a sport hijab to enable them to participate in sport and play. Ensure parents provide consent in order for girls to participate.
- If your programme has a mix of Muslim and non-Muslim girls, find what works for the Muslim girls. If you do decide to lead a session, make sure you emphasise that for the non-Muslim girls in the programme, this is an opportunity to learn and support their Muslim teammates.
- Let the girls know when you will distribute the sport hijabs and why they are important.
- Be encouraging and enthusiastic. A sport hijab allows girls who choose to wear them to play to their full potential.

PLAN YOUR HIJAB DISTRIBUTION

Determine the most appropriate way to distribute the hijabs. This will depend on available space and circumstances. Here are a few options that have worked well for other teams:

- **Option 1:** Hold a session where you explain the product, walk through what a sport hijab is, the benefits of wearing a sport hijab, and have the hijabi athletes try it on and play in it.
- **Option 2:** Hold a session where you explain the product, walk through what a sport hijab is, the benefits of wearing this type during sport, and then send hijabi athletes home to try them on. Encourage them to play and move in it.
- **Option 3:** Hand out the product along with the inspiration card and have hijabi athletes explore and try them on at home. Encourage them to play and move in it.

IDENTIFY YOUR DISTRIBUTION TEAM

A safe, inclusive and all-female environment is an essential part of this experience. No male coaches, teachers or teammates should be present. If men coach your team, you'll want to engage women to lead girls through this experience. A few tips:

- Try to have at least two women lead the experience, preferably one who wears a hijab.
- If you know a coach, mentor or parent/caregiver who wears a hijab, invite them to be part of the distribution team. All girls need role models!

- Review the Product Playbook and Inspiration Card and share them with your distribution team in advance so that everyone is aligned.

PICK AN APPROPRIATE TIME AND SPACE

Work together with your team to prepare a plan that includes the hijab distribution as part of the overall activity session:

- Set aside the time and space for girls-only distribution during your regular training.
- Any conversation about hijabs should take place in an entirely private space for girls only, with female staff. If it's a shared gym, find a classroom or a separate area to hold the conversation and distribution. It's important to foster a safe and inclusive environment where girls feel supported and seen.
- A private space is needed for girls to try on the hijabs if you choose option 1. A private changing room or stall—both with individual areas—is perfect.

GATHER YOUR DISTRIBUTION DAY MATERIALS

Here's what you'll want to have on hand:

- Hijab Playbook
- Hijabi Inspiration Card
- Nike Pro Hijabs for all participating girls
- The parent letter explaining this project (in case anyone asks for a reminder)



DURING DISTRIBUTION

TALK ABOUT THE HIJAB

Help get girls excited about the sport hijab with an enthusiastic introduction:

- **What is a hijab?** A hijab is a head covering worn in public by some Muslim women. It usually covers the chest and head and represents modesty and privacy. Women start wearing hijabs at a variety of ages—often between 12 and 15. Some people wear them all the time and others wear them occasionally. The hijab is a symbol of independence, assertiveness, power and self-expression for Muslim women.
- **Help get girls excited about the session with an enthusiastic introduction:** We are all athletes! We all love to play sports together, develop skills and get stronger and most of all, have fun. A sport hijab can help Muslim women play with confidence. You'll receive a sport hijab today, you'll learn how it should fit and feel, you'll put it on in private and then we'll do a few activities to get you moving.
- Girls follow rules best when they're involved in creating them, so ask girls what will help the session go well and work together to establish some ground rules. Girls might suggest things like showing respect, not teasing others, listening and giving each other privacy. You can suggest those rules if they don't.
- Make sure you give girls plenty of opportunities to ask questions.

ICEBREAKER QUESTIONS

- **What's your favourite part about being active?**
- **What are ways we can support our teammates on and off the court/pitch?**
- **Has anyone here worn sports equipment designed specifically for girls/women or a sports hijab before?**

PLAN FOR HIJAB DISTRIBUTION

It's the distribution team's job to make the session feel comfortable and inclusive. Here are a few essentials:

- Trying on the sports hijab needs to be something the girls experience on their own in private.
- Girls should be directed to a private dressing room, changing room or stall to try on the sport hijabs, but if they want to wait until they are home, that's OK, too.
- The changing room should be off-limits to anyone not involved in the session. Privacy is paramount.
- If you don't have access to private changing rooms, ask the girls to take the sports hijab home to try on, using the Inspiration Card as a guide.



IF YOUR PROGRAMME IS A MIX OF MUSLIM AND NON-MUSLIM GIRLS

We encourage you to use the Playbook to drive conversation and a positive experience for your girls. Make sure you do not put Muslim girls on the spot. Use this Playbook as a guide and find what works best for your group. Talk to the Muslim girls to see if they want to receive them during training with the full team or before/after training in private.

It's important as a coach or programme facilitator to ensure this is a positive and comfortable experience and not one that causes embarrassment. When you are ready to distribute the hijabs, give the girls a hijab, inspiration card and the parent's letter. Regardless, use the icebreakers to bring all the girls together and focus on a theme of togetherness for the training.

DOs AND DON'Ts

DOs

Make sure that a female coach or leader is running the session.

Set a positive and upbeat tone, and emphasise that the girls are in an inclusive and safe space.

Make sure you understand that for girls wearing a hijab is a personal choice. She may also need to wear long sleeves, long trousers or leggings. As a coach or mentor, you're there to offer information, support and encouragement in whatever they decide.

Tell girls how the sport hijab should fit and feel.

Provide a private space where girls can be comfortable trying on their sport hijabs.

No changing room? No problem. Let the girls take their sport hijabs home to try on.

Ensure parents are aware and give consent for their daughters to participate.

DON'Ts

Don't create an uncomfortable environment for girls by including men or boys in the session. That includes male coaches, teammates, parents, guardians, peers or siblings.

Don't judge or offer an opinion about whether or not girls choose to wear a hijab.

Don't force the hijab on any girl who doesn't want to try one on.

Don't avoid a question you can't answer. Leverage the tools and resources provided. If you don't have an answer, let her know you'll follow up with her.

Avoid masculine language, such as calling groups of girls "guys". For more information about this, check out the How to Get (And Keep) Girls Playing Guidebook.



Zahra Lari

Emirati figure skater and five-time
Emirati National Champion

PARENT LETTER

Dear Parents and Guardians,

We believe in the power of sport to move the world and that all kids are made to play. Not just some kids, but all kids. Not just some girls, but all girls, including hijab-wearing girls. And they must be given every opportunity to reach their full potential. That's why we are partnering with Nike to help girls play with confidence. Our goal is to work together to break down barriers, build community and help girls find their strength and potential through the power of play and sport.

As part of that, Nike is donating Nike Pro Hijabs to young hijab-wearing athletes around the world. Made from Dri-FIT material and breathable mesh, the sport hijab has no pins and features a snug fit to help keep your daughter comfortable and safe while she plays.

The hijab is an important spiritual symbol as well as a sign of power, choice and autonomy in addition to being a rite of passage for many girls. We recognise this is a choice and if your daughter isn't interested in wearing the hijab, she is still invited to participate and support her peers.

On [DATE], an all-female hijab distribution team will hold a special session with the girls.

[SESSION OPTION 1: They will introduce the sport hijab, share the significance of the hijab more broadly, hold a discussion session with the girls to answer any questions, and talk about the rules for a fitting session. The distribution team will then give a sport hijab to any Muslim girl who would like one.

SESSION OPTION 2: They will introduce the sport hijab, share the significance of the hijab more broadly, and hold a discussion session with the girls to answer any questions. The distribution team will then give a sport hijab to any Muslim girl who would like one. The girls will then be sent home to try and play with the hijab in private.

SESSION OPTION 3: Girls will receive a sport hijab and an inspiration card and then will be sent home to try on the hijab in private.]

We all know that active kids do better—they're healthier, happier and more resilient. And, according to The Aspen Institute Project Play, physically active kids score up to 40% higher on tests and are 15% more likely to go into further education, on average. As the parent or guardian of an athlete, you know better than anyone how important sport is to her. Wearing the hijab shouldn't get in the way of any girl's experience of sport. It should be a part of helping her realise her full potential.

If you have any questions or concerns about the programme or your daughter's participation, please contact [COACH/MENTOR/ORGANISER] on [CONTACT #] prior to the distribution session on [DATE].

Lastly, we encourage you to reach out if any hijab-wearing women in your family or community are interested in participating in the distribution as a team mentor. We would love to have additional role models for the girls.

Kind regards,

[COMMUNITY ORGANISATION NAME]

ADDITIONAL RESOURCES



**WOMEN'S SPORTS FOUNDATION
COACHING THROUGH A GENDER LENS**



**INSIGHT PACK: MUSLIM WOMEN AND
GIRLS**



**MADE TO PLAY
COACHING GIRLS GUIDE**



**CANADIAN WOMEN & SPORT:
SHE BELONGS**



Visit <https://nike-public.box.com/v/MadeToPlay-Resources> to view these resources online

INSPIRATION CARD

PLAY EQUALS POWER

**HIJABI GIRLS WHO MOVE,
MOVE THE WORLD.**

**THERE IS NO RIGHT OR WRONG WAY TO PLAY.
THE ONLY THING THAT MATTERS IS THAT YOU
PLAY.**

Whether you choose to wear it once, on occasion or all the time, a sport hijab lets you play hard how you choose, when you choose.

Nike is working to break down barriers, build community and help girls find their strength and potential through the power of play and sport.

Learn more at nike.com/madetoplay

Made to Play
Nike



DOES THIS SPORT HIJAB FIT RIGHT?

Even if you're a pro at wearing the hijab, you might wonder about your first sport hijab. It's a bit snug and may take some time to get used to. It's also got a strap to keep it from sliding when you're playing hard.

Here are some tips to find the right fit:

WATCH FOR SLIPPAGE

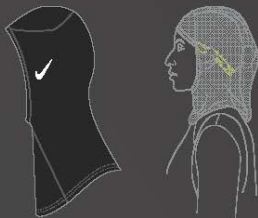
Make sure the elastic over the top of your head isn't too far down to prevent too much movement and slippage while you play. Also, use the strap to make sure it stays in place.

STYLE YOUR HAIR FOR FIT AND COMFORT

Some hijabi athletes recommend wearing your hair in a low bun so the hijab will fit better and feel more comfortable.

PLAY AND PLAY HARD

The Nike Pro Hijab comes in multiple sizes. We want you to find the one that's right for you. So play and play hard. Put your hijab to the test. If it doesn't measure up, let your coach or mentor know you need another size.



TUCK IT IN

If you're wearing a jersey, try tucking the hijab inside the neckline or collar to make sure it doesn't move around while you play.

GIVE IT A FEW TRIES

The Nike Pro Hijab will fit differently than everyday hijabs, so try it out a few times to see what feels best for you. The bottom line is you should never feel like it gets in the way of playing your best.

"The Nike Pro Hijab will help advance the conversation around hijab and Muslim women in sports, and further make sports an inclusive space".

—Ibtihaj Muhammad
USA Fencer



HIJABI GIRLS WHO MOVE, MOVE THE WORLD. PLAY EQUALS POWER

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THE ONLY THING THAT MATTERS IS THAT YOU
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Whether you choose to wear it once, on occasion or all the time, a sport hijab lets you play hard how you choose, when you choose.

Because a girl should never have to choose between what she plays and what she believes.



**Made
to Play**
NIKE

HIJAB BASICS

A hijab is a head covering worn by some Muslim women. It's traditionally a symbol of modesty and privacy and is important for religious, cultural or family reasons.

Girls choose to wear the hijab at different ages. For some, it could be the start of puberty or even before. For others, it could be marriage, a particular age or just a time she decides for herself. Some wear it whenever they choose to; others wear it only during religious activities; and others wear it whenever they are in the presence of non-relative males. Just like any other gear, loose-fitting, non-breathable materials that fall into the eyes or trap sweat can be challenging in sports like football or basketball. A sport hijab (or a snug hijab without pins or fasteners that can come loose) allows girls to move. And girls who move, move the world.

MEET A FEW HIJABI ATHLETES



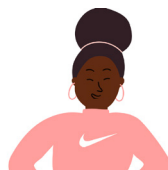
FARAH, CANADA

In Farah's family, wearing the hijab is a personal choice made by each girl. She hasn't worn a hijab before, but she's inspired by her older sister and is interested in giving it a try.



AMARA, FRANCE

Amara comes from a traditional Muslim family for whom wearing the hijab starting at puberty is a rite of passage. She started wearing a hijab in the past year and is excited to have a sport hijab as part of her kit.



HADIA, EGYPT

Hadia's parents stress the importance of the hijab, but the choice is Hadia's. She is worried she'll have to give up sport if she wears the hijab like her mother did when she was a girl.



KHADIJA, USA

Most of the women in Khadija's family are non-hijabi Muslims. She became curious about the hijab when she saw Ibtihaj Muhammad wear one in the 2016 Olympics.

WAYS TO SUPPORT YOUR HIJABI ATHLETE

- Create a safe, inclusive and respectful environment for sport and play
- Listen to her and respect her
- Respect her choice for when she does and doesn't want to wear a hijab
- Don't put her on the spot to explain her beliefs
- Incorporate conversations that focus on being a supportive teammate and ally

ADDITIONAL RESOURCES

HIJAB PLAYBOOK



INSIGHT PACK:
MUSLIM WOMEN AND GIRLS



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A photograph of two young women of African descent wearing black hijabs and white t-shirts. They are standing back-to-back, looking over their shoulders towards the camera. The t-shirts have the words 'MOVE THE' printed on the back in black capital letters. The background is a blurred outdoor setting. The image is framed by a bright green border on the right and bottom edges.

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to Play**

