



The Athlete Wellbeing Process – Checklist

QAS management, staff, contractors and network service providers require a set of guidelines directing the management of genuine at risk athlete situations. The QAS Athlete Wellbeing Framework details the steps that should be taken when an athlete's wellbeing is considered to be at risk.

Step 1: Is your athlete's wellbeing at risk?

Does your athlete display:

- | | YES |
|--------------------------------------------------------------|--------------------------|
| • Abnormal eating / weight control behaviours | <input type="checkbox"/> |
| • Self injurious behaviours | <input type="checkbox"/> |
| • Prolonged and unexplainable withdrawal / depression | <input type="checkbox"/> |
| • Burnout / overtraining | <input type="checkbox"/> |
| • Substance abuse | <input type="checkbox"/> |
| • Prolonged reaction to a significant life event | <input type="checkbox"/> |
| • Increased incidence of injury | <input type="checkbox"/> |
| • Suspected clinical disorder (eg aggressiveness, psychosis) | <input type="checkbox"/> |
| • Indication of physical, sexual, psychological abuse | <input type="checkbox"/> |
| • Do you have other indication that an athlete is 'at risk'? | <input type="checkbox"/> |
| • Does your athlete report suicidal thoughts? | <input type="checkbox"/> |

IF YES, go directly to "What to do if you think your athlete is suicidal" Form.

Ticking any of the above boxes indicates that you may be dealing with an athlete whose wellbeing is at risk.

Step 2: Contact a member of the Athlete Wellbeing Review Panel

- | | COMPLETED |
|-------------------------------------|--------------------------|
| • High Performance Director | <input type="checkbox"/> |
| • Performance Health Senior Advisor | <input type="checkbox"/> |

A Case Conference will then be convened.

Step 3: Attend Case Conference if required

	COMPLETED
	<input type="checkbox"/>

Step 4: Ensure the Athlete is notified of the steps you have taken

	COMPLETED
	<input type="checkbox"/>