

The Athlete “At Risk” Process for Coaches

NSWIS management, staff, contractors and network service providers require a set of guidelines directing the management of genuine “at risk” athlete situations. The NSWIS “At Risk” Athlete Process details the steps that should be taken when an athlete is considered to be “at risk”. For more information please refer to “At Risk” Policy and the “At Risk” Operating Protocol.

Step 1: Is your athlete “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 (attached).

Ticking any of the above boxes indicates that you may be dealing with an “At Risk” athlete.

Step 2: Contact a member of the Athlete Review Panel

- | | | |
|--------------------------------------|-----------|--------------------------|
| • Senior Psychologist | COMPLETED | <input type="checkbox"/> |
| • Manager Coach and Athlete Services | | |
| • Manager Sport Science | | |
| • Deputy Director | | |

Then an “At Risk” Case Conference will be convened.

Step 3: Attend Case Conference when required

COMPLETED



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

COMPLETED



What to do if you think an athlete is suicidal.....

Part II

**If your athlete is experiencing suicidal thoughts,
it is important that you follow the steps below immediately.**

Step 1: Call the local Mental Health Crisis Team

COMPLETED

And tell them: " I know someone who is seriously contemplating suicide".

If they cannot help you they will be able to suggest the best steps to take. The number of the local Mental Health Crisis Team can be found in the front of the white pages under Community Services in the front of the phone book.

Step 2: Provide the athlete with the phone number of the local Mental Health Crisis Team.

COMPLETED

Step 3: Contact a member of the Athlete Review Panel

COMPLETED

- Senior Psychologist
- Manager Coach and Athlete Services
- Manager Sport Science
- Deputy Director

An "At Risk" Case Conference will then be convened.

Step 4: Ensure the athlete is currently in, and is Going to a safe environment.

COMPLETED

Make sure the athlete is around supportive people. Ask the athlete where they are, who they are with and where they are going. If the athlete is unable to remain in a safe environment, remain with them until you contact the Mental Health Team. If you are not with the person, and can't get there soon, let the Mental Health Team know that the person is alone. See if someone else can sit with the person until the Mental Health Team can come.

**If there is immediate risk to a person's safety for any reason, please
call the police.**