

WORKING WITH FEMALE ATHLETES DO YOU KNOW YOUR RESPONSIBILITIES?



SUPPORT

Sporting organisations, coaches, and all performance support practitioners have an important role in supporting female-athlete health, wellbeing and performance.



COMMUNICATION & PLANNING

Effective education, open conversations, and active management will nurture an environment where female-specific topics can be effectively addressed.



RISK PREVENTION

Athletes at risk of health implications or poor performance can be identified early and connected with the appropriate support and resources to ensure performance will be optimised.



FEMALE PERFORMANCE & HEALTH INITIATIVE

For further information visit: www.ais.gov.au/fphi