

# Training needs of the Athlete Health and Performance team members to safeguard athletes from interpersonal violence in sport

## Objective

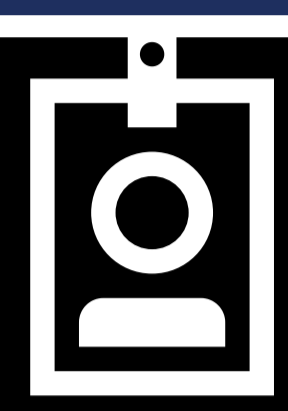
Synthesize knowledge about the roles, readiness to change and training needs of Athlete Health and Performance (AHP) team members to navigate interpersonal violence (IV) in sport.

## Methodology

- Keyword-based bibliographic search on 3 databases
- 43 selected studies published between 2010 and 2024 inclusively

## Types of AHP team members

1. Medical and paramedical staff
2. Sport managers
3. Mental performance and mental health practitioners
4. Strength and conditioning coaches and other training support staff



## Roles of AHP team members

- All four type of AHP team members studied have a role to play in protecting athletes from IV in sport.
- Sports managers seem to play a key role in establishing a culture of safe sports practice.



## Readiness to change of AHP team members

- AHP team members who are former athletes may have been socialized in a performance-oriented sports culture, which may lead them to normalize or fail to recognize certain abusive practices.
- Sport managers need to pay attention to the organisational tolerance of IV and question the conformity to traditional values in sport.

## Common training needs of AHP team members

### Knowledges of IV in sport

- Definitions and prevalence of the different types of IV
- Signs and symptoms of IV
- Risk factors and consequences of IV
- Perpetrators of IV
- The modus operandi of perpetrators of IV

### Disclosure and reporting

- Challenges related to disclosure
- Appropriate response to a disclosure
- Reporting procedures and laws (Know why, when, how, where to signal known or suspected cases of IV in sport)

### Others common needs

- Limits of interpersonal relationships between AHP team members and athletes
- Issues of diversity, equity and inclusion
- Develop clinical competencies in trauma-informed practice to prevent retraumatization

In addition to common needs, three of the four types of AHP team members have specific training needs.

## Specific training needs of AHP team members

### 1 Medical and paramedical staff

- Know existing safeguarding policies;
- Develop a best practice guide to prevent IV in their interactions with athletes;
- Screen for IV by creating a climate of open and reassuring communication and using appropriate screening tools;
- Know the best practices for supporting, caring for and treating athletes affected by IV.

### 2 Sport managers

- Understand the barriers to disclosure;
- Define ways of facilitating behavioural change;
- Provide support and resources for victims;
- Implement policies and codes of conduct that address the risk and protective factors associated with victimization AND perpetration.

### 3 Mental performance and mental health practitioners

- Know more about safe sport, notably protection policies, regulations, or laws for minors or children;
- Identify appropriate intervention strategies;
- Be able to implement prevention strategies.

### 4 Strength and conditioning coaches and other training support staff

- No study has identified the specific needs of this type of AHP team member.

## Implications for practice

The necessity to provide evidence-based training to all AHP team members on the topic of IV in sport is widely supported by the scientific literature.

Therefore, the development of a training program for AHP team members should include a common core of knowledges on IV in sport, the notions of disclosure and reporting, as well as the other common needs listed. In addition, a section representing the specific needs of each type of AHP team members would be relevant to a complete training program.

### Reference:

Gillard, A., Mountjoy, M., Vertommen, T., Radziszewski, S., Boudreault, V., Durand-Bush, N., & Parent, S. (2024). The role, readiness to change and training needs of the Athlete Health and Performance team members to safeguard athletes from interpersonal violence in sport: A mini review. *Frontiers in Sports and Active Living*, 6. <https://doi.org/10.3389/fspor.2024.1406925>

### To refer to this infographic :

Gillard, A., Parent, S., Belley-Ranger, E., Fréchette, C. (2024). Capsule #14 : Les besoins de formation des intervenant.e.s sportif.ve.s pour protéger les athlètes de la violence interpersonnelle en sport [Infographie]. Chaire de recherche Sécurité et intégrité en milieu sportif (SIMS). (LIEN WEB - Émilie)