

# HOW COACHES CAN SUPPORT ATHLETES WHO ARE RETURNING TO SPORT



@BELIEVEPHQ

working with



Be aware of and understanding of the different ways your athletes will respond to return to sport



Set aside the first 10 minutes of training to see how people are feeling and how they are doing



Regularly debrief with your athletes and check in with how they are feeling



Calmly share your worries and concerns about the return to sport and talk through about what you are doing to manage them



Listen to your athlete's needs. Be patient and understanding when talking to them



Take a holistic approach by paying attention to things that are going on outside of training



Encourage athletes to stay connected to their friends, family and teammates



Be accessible to your athletes so it is easy for them to talk to you if they need to



Consider providing a checklist to your athletes to help them be organised in their return to sport



Reassure athletes that you have taken the appropriate precautions to keep them safe

