



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Behavioral Protocol

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It is important to have a behavioral protocol in place for when warning signs are noticed in an athlete.

Behaviors should be observed precisely so that they can be accurately reported during communication with the athlete or family.

It is important not to act without ensuring that the protocol guidelines are being followed.



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Guidelines:

- after noting the warning behaviors, contact the sports club psychologist if possible;
- once the concerns are confirmed, if the athlete is a minor, contact the family to schedule a meeting and discuss the problem; if the athlete is an adult, assess how to communicate directly.



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Communication:

- find an appropriate setting and time for the conversation;
- follow the guidelines on how to communicate;
- always emphasize that one is acting in the best interest of the athlete;
- maintain a non-judgmental but objective attitude, describing what has been observed;
- remember one's own role, which is not that of an expert but of an observer of the situation.



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It is essential to remind the person you are speaking with that professional help is available for addressing both the physical and psychological aspects of the problem, and that it is best to address the situation as soon as possible.

Refer any guidance, including on how to continue physical activity, to the opinion of the professional.



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