**Female Athlete Health Strategy Template**

**Developed exclusively for The Pro Game by The Well-HQ 2024**A black and white logo

Description automatically generated

|  |  |
| --- | --- |
| Club |  |
| Date |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Section 1: Our Female Athlete Health Strategy Roles and Responsibilities** | | | | |
|  | | | | |
| **Role** | **Name** | **Contact** | **Registration Details** | **Governance (Reporting Lines)** |
| Female Athlete Health Lead (FAHL) |  |  |  |  |
| Head of Medical |  |  |  |  |
| Nutrition |  |  |  |  |
| Psychologist |  |  |  |  |
| S&C |  |  |  |  |
| Performance Wellbeing |  |  |  |  |
| Parent / Other |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Section 2: Our Female Athlete Health Training and Education Plan** | | | |
|  | | | |
| **Audience** | **Female Athlete Health Leaders Programme** | **FootballHER CPD For All** | **Other**  **(description / delivered by)** |
| FAHL |  |  |  |
| Coaching Staff |  |  |  |
| Performance Support Staff |  |  |  |
| Players |  |  |  |
| Management |  |  |  |
| Players |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Section 3: Operationalising our Female Athlete Health Strategy** | | | |
|  | | | |
| **Menstrual Health** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrition and RED-S** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Pelvic Health** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Breast Health and Bra’s** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Injury Risk / Resilience** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Kit Considerations** | | | |
| Female Provision Considerations | Kit Providers | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Support of the Pregnant and Post-Natal Player** | | | |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **The Built Environment / Facilities** | | | |
| Factors Considered | Long Term Ambitions | Player Education / Engagement | Interdisciplinary Team |
|  |  |  |  |

|  |
| --- |
| **Section 4: Our Collaborative Female Athlete Health Protocols** |
|  |
|  |

|  |
| --- |
| **Section 5: Our Data Acquisition, Integration and Privacy Protocols** |
|  |
|  |

|  |
| --- |
| **Section 6: Our Safeguarding Considerations for Female Athlete Health** |
|  |
|  |

|  |
| --- |
| **Section 6: Our Female Athlete Health Research Strategy** |
|  |
|  |