**Female Athlete Health Strategy Template**

**Developed exclusively for The Pro Game by The Well-HQ 2024**

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| Club |  |
| Date |  |

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

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

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| **Section 3: Operationalising our Female Athlete Health Strategy** |
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| **Menstrual Health** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **Nutrition and RED-S** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **Pelvic Health** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **Breast Health and Bra’s** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **Injury Risk / Resilience** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **Kit Considerations** |
| Female Provision Considerations | Kit Providers | Player Education / Engagement | Interdisciplinary Team |
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| **Support of the Pregnant and Post-Natal Player** |
| Screening and Monitoring | Referral Protocols and Network | Player Education / Engagement | Interdisciplinary Team |
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| **The Built Environment / Facilities** |
| Factors Considered | Long Term Ambitions | Player Education / Engagement | Interdisciplinary Team |
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| **Section 4: Our Collaborative Female Athlete Health Protocols** |
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| **Section 5: Our Data Acquisition, Integration and Privacy Protocols** |
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| **Section 6: Our Safeguarding Considerations for Female Athlete Health** |
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| **Section 6: Our Female Athlete Health Research Strategy** |
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