

Female Athlete Health Strategy Template

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

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				

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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

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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

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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

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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