



Know your Athlete

You are an expert in the athlete(s) you're raising or training. You know what behaviors you can expect of them, and when they're showing you something new or different.

Teaching athletes the difference between discomfort (worth pushing through) and danger (the time to stop and get help) requires knowing where that line is for each individual. Use this assessment to develop a checklist for each athlete. Consider asking them to help you fill this out, so that you can support them in their development as a more knowledgeable person and help them develop the skills they need to excel in their sport with excellent mental health as well.

Athlete's name: _____

Red flags:

These are signs of potential danger in your athlete, and should urge immediate investigation:

- Substance use
- Intentional self-injury
- Talking about how to die or wishing to die or someone being better off if they were dead
- Significantly decreased food intake
- Binging on food and then purging through vomiting or intense periods of cardio/exercise
- Intentionally damaging or ending relationships
- Repeated violence towards others or objects
- Complete withdrawal from school/sport/friends
- What else have you seen or can you think of that's a red flag in your athlete?
- _____
- _____

Check the boxes that are areas of possible concern for this athlete.



Yellow flags:

This is your expertise. Think of what you know about this athlete, and changes in their behavior that you've seen when they're overwhelmed, ashamed, sad, angry, afraid or otherwise struggling.

What changes would concern you in their

Eating habits: _____

Sleeping patterns: _____

Communication style: _____

Commitment to sport: _____

Perseverance: _____

Family relationships: _____

Friendships: _____

Behavior during competition: _____

What other behaviors have or would surprise you? _____

When an athlete surprises you, get curious and ask: What's happening for you? What do you need?

Lastly, ask this athlete to answer:

When I'm curious or concerned, how and when would you like me to reach out to you about it?
