



PREVENTION AND MANAGEMENT OF EATING DISORDERS

This more specific policy statement is developed to ensure the ideal and optimum care for the National Team Athlete (NTA) suffering from Eating Disorders. It is designed to provide preventative strategies and safe treatment principles. Inherent in this policy is the strict adherence to confidentiality and athlete consent.

1) Strategy at the Club Level

Targeting of this issue at the Club level is critical. As eating disorders are potentially serious health problems, they should be identified and treated at the Club level. By targeting the problem at the early stages in the home environment, prognosis for successful recovery is enhanced. A multidisciplinary team consisting of a family physician, nutritionist, and psychotherapist is imperative.

- All National Team athletes will be encouraged to use the maximum nutritional evaluation and counseling services available to them through the National Training Centers located throughout the country.
- The Clubs, in conjunction with Synchrono Canada, will develop a support system for additional medical visits for those athletes who may need to utilize services in this area. This may include support and time away from training for medical and psychological specialists appointments.
- The nutritional counseling will be partnered in collaboration with the sport psychologists at the National Training Centers (Victoria - Vancouver, Calgary, Winnipeg, Toronto, Montreal and Halifax) as necessary.
- Synchrono Canada's NT Physician will establish a direct link of communication with the National Training Centre's nutritionists. Synchrono Canada's nutritionist will function as an advisor to the Sport Centre nutritionists. This may include general "synchrono specific" education as well as individual support for the athlete's care (with consent from the athlete).
- Synchrono Canada's NT Physician will establish a direct link of communication with the National Training Centre's physicians. Synchrono Canada's NT Physician will function as an advisor to the Sports Centre physicians. This may include general "synchrono specific" education as well as individual support for an athlete's care (with athlete's consent). Specific medical management guidelines will be provided to the physicians.

- Educational sessions regarding eating disorders may be given at National Team Trials or training camps for athletes, parents, coaches and judges by the NT Physician and/or Synchro Canada's nutritionist when appropriate.
- Synchro Canada will provide all Clubs and National Team Coaches with the following communication regarding Eating Disorders:
 - Copy of this policy statement for the Prevention and Management of Eating Disorders.
 - Contact information for the nearest National Training Centre.
 - Contact information for NT Physician.
 - Contact information for Synchro Canada's Nutritionist.
 - Notification of upcoming educational seminars when appropriate.
 - Copies of all educational materials/papers on Eating Disorders provided by NT Physician and Synchro Canada's Nutritionist.

2) Strategy for Training Camps

Ideally, the identification and treatment of Eating Disorders should occur at the Club level. Management of this illness is difficult in the training camp setting.

It is the NTA, the NTA's parents, and the Club coach's responsibility to inform the SC-Director Technical Development (DTD) if an athlete is suffering from or suspected of suffering from an eating disorder. This would give the SC-DTD the necessary time to contact the athlete and her physician to receive necessary documentation of health and fitness prior to training camps.

Notification should be done in advance of arrival at the training camp (approximately 2 months) to allow sufficient time to arrange the necessary and appropriate support in the city of the training camp. This information will be kept in strictest confidence.

An athlete with an eating disorder will be allowed to remain at the training camp provided that the following criteria are met:

- The athlete must receive ongoing, appropriate multidisciplinary team treatment at a reputable treatment facility. This treatment program must be approved by the NT Physician.
- A training contract must be developed outlining the criteria for safe participation. This contract must be signed by the athlete, the treating physician, the NT Head Coach, and the CEO. The contract must be approved by the NT Physician.
- Evaluation of fitness to participate must be ongoing at time intervals determined in the training contract.
- Should the health and safety of the athlete come into question during the training camp, the athlete must provide an updated Certificate of Fitness to participate.

- The training contract will also ensure that support and time for ongoing care for the athlete will be provided. This will include time for necessary appointments with professionals such as nutritionists, psychologists, and physicians.

Synchro Canada will provide the National Team coaches and the Camp Physician with the contact information for the National Training Centers, the NT Physician, NT Nutritionist, and a psychotherapist.

3) Strategy for Competitions

Should an athlete become ill with the complications of an eating disorder at a competition, the athlete must seek medical attention.

Prior to the resumption of training and/or competition, the athlete must provide a certificate of health ensuring "Fitness to Compete" by an independent physician.

4) Certificate of Fitness to Participate

Unless exempted in writing by the NT Physician, an athlete with an eating disorder must provide the following documents as certification of health and fitness prior to attending a National Team Camp, National Team Trials, and National Team designated competition or event:

- Letter of health outlining the medical history, course of the illness, treatment plan, medications, treatment goals, results of treatment, prognosis, and recommendations for treatment;
- Certificate of health including a Body Mass Index evaluation and a complete physical examination;
- Normal ECG;
- Normal Biochemistry Profile including electrolytes, calcium, magnesium, renal function, liver function, serum protein, albumen, thyroid function, iron, B12, and folate;
- Normal CBC;
- Normal clotting profile including INR, PTT, and platelet count;
- Bone mineral density.

All required documentation and results should be compiled by the treating Sports Medicine Physician and/or psychiatrist and be representative of the recent health situation (within 2-3 weeks prior to first day of event, i.e. Camp, Trials, etc.) and must be submitted to the NT Physician for evaluation and approval prior to admittance to training.

** This policy was formulated by Dr. Margo Mountjoy; MD, CCFP, Dip Sport Med.; NT Physician, Chair FINA Sports Medicine Committee (October 2003) Revised, October 2015