HPSNZ GUIDANCE FOR SPORTS: ESTABLISHING HEALTH AND WELLBEING SUPPORT FOR YOUR COACHES AND STAFF

Health and wellbeing of coaches and staff is essential for a thriving high performance sport ecosystem. It can be difficult to navigate and access the options available to coaches and staff as employees of sports. The purpose of this resource is to provide guidance about available options and recommendations that support health and wellbeing of coaches and staff across the system.

What you need to know and do	How	Other notes
NSOs should provide health and wellbeing education and clarity to coaches and staff about the rationale and benefits of coaches and staff enrolling with their own GP and (if practicable) securing health insurance	NSOs provide educational health and wellbeing sessions with coaches and staff that offer dedicated time for Q&A and sharing of resources[1]	Ensure dedicated time at regular intervals with the most current information shared with your coaches and staff – consider talking to relevant HPSNZ staff to review what you might want to share for accuracy and currency Highlight the benefits of continuity of care with your own GP/doctor
Enrol with a GP and other health professionals (e.g., dentist)	Speak with your GP to see if you are eligible for specific support for individual circumstances See: Care & Support | Healthify	GPs can access health and wellbeing support through funded avenues if appropriate including sessions with specialist mental health providers
Consider investing in health insurance for long term health support, and make informed decisions about coverage	Review and compare different providers to find the best one for your needs	Consider surgical and specialist cover, as well as diagnostic imaging as a priority. Individual needs may be varied.
Plan and prepare BEFORE heading on tour / overseas to travel well and remain healthy while away	Evaluate current health needs with your GP and coordinate a plan prior to departure for overseas training and competitions	Consider sharing any specific travel needs or concerns with appropriate staff and NSO management to include on a travel health and safety register

[1] There might be nuances to each sport regarding who is the designated employer for their coaches and staff; therefore, consideration should be given as to who is the responsible person/s in relation to ensuring coaches and staff are appropriately made aware of health and wellbeing support/resources.

CHECKLIST:

- ☐ Am I enrolled with a regular doctor / GP?
- ☐ Do I know how ACC works and how to make a claim?
- ☐ Do I know when to see a physio and who to contact when injured?
- ☐ Do I know where to get mental health support?
- ☐ Do I understand what insurance cover I have and how to make a claim?
- ☐ Do I know what medications/supplements I take and who my emergency contact is?
- ☐ Do I know where to find trustworthy health information?

