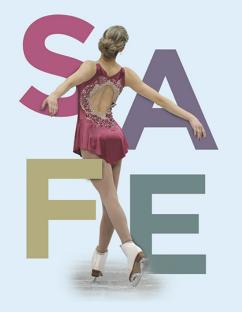
BODY POSITIVE GUIDELINES



Goals of the Guidelines



EDUCATE

skaters, coaches, and officials about what factors contribute to body image.



CREATI

boundaries on what is acceptable practice, language, and behaviour.



PROMOTE

a healthy and safe training and competition environment for all individuals.



PROVIDE

resources that support the promotion of positive body image.



an individual holds towards and about their body.

Positive body image can:



- self-care behaviours
- self-esteem



- · harmful dieting behaviours
- disordered eating

Body Image and Sport

Athletes are at an INCREASED RISK

for experiencing negative body image.

13 - 16% of athletes

of athletes will experience disordered eating. Those ages

are most likely to experience body image concerns.



PROMOTE THE **HEALTH** AND **WELLBEING** OF ATHLETES WHILE SUPPORTING POSITIVE BODY IMAGE



Growth & Development

- The rate of an athlete's growth has implications to their physical training and performance.
- For more information, refer to the <u>Canadian Sport for Life Long-Term Development in Sport and Physical Activity resource</u> and <u>Skate Canada's Guide to Long-Term Development</u>.



Nutrition

- Proper nutrition and adequate fueling is critical for athlete growth, health, and performance.
- Athletes may face conflicting information about nutrition and how to fuel their bodies.
- Refer to Appendix A of the Body Positive Guidelines for more information on where to access guidance from a nutrition professional.



Iraining

- Off-ice training should be based on the developmental age of the athlete.
- Information regarding developmentally appropriate training and certified strength and conditioning professionals can be found in Skate Canada's Guide to Long-Term Development and Appendix A of the Body Positive Guidelines.



Communication & Language

- An athlete's body image can be heavily influenced by those around them and comments can hold enormous amounts of influence.
- Examples of giving factual, performance-based feedback, rather than comments on skater's appearance can be found in Appendix B of the Body Positive Guidelines.

