

# BODY POSITIVE GUIDELINES



## Goals of the Guidelines



### EDUCATE

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



### CREATE

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.



## What is body image?

THOUGHTS, FEELINGS, BELIEFS, ATTITUDES, AND BEHAVIOURS

an individual holds towards and about their body.

## Positive body image can:



### INCREASE

- self-care behaviours
- self-esteem



### REDUCE

- harmful dieting behaviours
- disordered eating

## Body Image and Sport

Athletes are at an **INCREASED RISK** for experiencing negative body image.

**13 - 16%** of athletes will experience disordered eating.

Those ages **13 - 24** 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 Canadian Sport for Life Long-Term Development in Sport and Physical Activity resource and Skate Canada's Guide to Long-Term Development.



### 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.



### Training

- 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.



To read the Body Positive Guidelines please visit [skatecanada.ca/safe-sport](https://skatecanada.ca/safe-sport)