

AIS and National Eating Disorders Collaboration (NEDC)

In these unprecedented times due to COVID-19, even the most resilient athlete will face challenges. Physical distancing, isolation, and disruption to training and competition may negatively affect athletes' body image and eating behaviours.

The AIS and National Eating Disorders Collaboration (NEDC) have partnered to develop targeted resources for athletes, coaches, and performance support staff. These include:

1. [A video for athletes](#)
2. A factsheet for **athletes** to accompany the video - Attached and on the [AIS Website](#)
3. A factsheet for **coaches and HP staff** - Attached and on the [AIS Website](#)

The information includes tips to help recognise warning signs of poor body image and/or disordered eating, and to encourage athletes to seek help.

For support, athletes are encouraged to reach out to:

- AA National Sport and Exercise Physician Paul Blackman pblackman3@bigpond.com,
- AA Lead Sport Psychologist Jonah Oliver jonah@jonaholiver.com
- AA Nutrition Lead Jess Rothwell jessica.rothwell@athletics.org.au

AA also have a list of [recommended service providers](#) nationally who can provide support. Athletes within State Institutes or Academies are encouraged to reach out to their local health professionals (Sports Doctor, Sport Psychologist or Sports Dietitian) for support. The [AIS Mental Health Referral Network](#) is also available for all NASS funded and alumni athletes.