



Non-Nomination Guidelines

The reality of high-performance sport is that losses, de-selection, and non-nomination are real possibilities. The AST Performance Team is committed to supporting athletes in these challenging times. The following guidelines are designed to complement and support the ongoing work athletes have with the AST Performance Team.

Two Days Post Nomination Date

Action	From	To	Purpose
Athlete(s) and coach(s) who have missed nomination are contacted. Depending on context, best case scenario the coach will be contacted first. If the coach is not available the athlete will be contacted	Athlete Wellbeing and Engagement Advisor and Lead Psychologist	Non-nominated athletes and coaches	Provide individualised support or appropriate referral for treatment plan to manage non-nomination. Communication depending on connection to service
Email NIN AW&E advisor and NIN Psychologist for each athlete to inform of non-nomination and primary support service	Athlete Wellbeing and Engagement Advisor and Lead Psychologist	NIN AW&E Advisor and NIN Psychologist network	Update NIN AW&E and Psychology network to ensure no double handling occurs and stream line support service to all non-nominated athletes

Athlete Wellbeing and Engagement Advisor and Lead Psychologist to meet and discuss vulnerable athletes and coaches that may require focused support over the coming weeks	Athlete Wellbeing and Engagement Advisor	Lead Psychologist	This meeting is to consolidate information from AW&E and LP to ensure athletes and coaches are getting tailored and consistent support
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2 Weeks Post Nomination Date

Action	From	To	Purpose
Coach check-in to support any needs they may have and discuss any support needed for athlete(s)	Athlete Wellbeing and Engagement Advisor	Non-nominated coach(s)	Check-in the wellbeing of coaches and follow up any non-communication from athletes. Further offer access to AIS Mental Health Referral Network
Coach and athlete check-in for any emotional support	Lead Psychologist	Non- nominated athlete(s)	Ongoing athlete support building on previous engagements
Discuss with non-nominated athletes what their sporting future looks like and what they are planning to do over the coming weeks and months	Athlete Wellbeing and Engagement Advisor	Non- nominated athlete(s)	Gain further clarity on the intentions of non-nominated athletes with their sporting careers

Ongoing

Action	From	To	Purpose
Provision of continuous support for athletes and/or coaches with wellbeing concerns	Athlete Wellbeing and Engagement Advisor, Lead Psychologist or AIS MHRN	Any athletes and coaches with identified wellbeing concerns	Provide continued support to successfully transition out of sailing
Athlete retirements	High Performance Manager	Retired athletes	Contact athletes to offer transition support and notify NIN network of athlete's decision. Support provided on ADHOC basis depending on athlete context