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TIS Prevention & Management Policy;

Low Energy Availability (LEA)

Relative Energy Deficiency in Sport (REDS)

Disordered Eating (DE)

Eating Disorder (ED)

Tasmanian Institute of Sport

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Statement of Commitment (Purpose)

The Department of State Growth Tasmania is responsible for developing and supporting opportunities for Tasmanians to lead active and healthy lifestyles through participation in sport and recreation.

The Tasmanian Institute of Sport (TIS) enables the Department of State Growth Tasmania to fulfil its responsibilities through supporting Tasmania's elite athletes and identifying developing athletes.

The TIS is committed to the prevention, early identification and appropriate management of Low Energy Availability (LEA), Relative Energy Deficiency in Sport (REDs), Disordered Eating (DE), and Eating Disorders (ED) in athletes training in the TIS daily training environment (DTE).

TIS LEA, REDs, DE & ED Prevention & Management Policy

The TIS has developed this policy as it recognises LEA, REDs, DE and ED are all problems that can result in a reduction in athlete health & performance. Athletes are a population group at increased risk of engaging in disordered eating behaviours and developing eating disorders. The TIS recognises that DE and ED are serious and complicated issues that often require management assistance outside the TIS Sports Medicine Network (SMN).

The TIS prioritises the health and wellbeing of athletes and believes all role holders in the sporting system have a part to play to support the prevention, recognition, early intervention, and management of LEA, REDs, DE and ED.

Who must comply with this Policy

This TIS Prevention & Management Policy is a shared responsibility. This policy applies to all persons working for or with the TIS or within the TIS DTE, including but not limited to TIS Persons, TIS Athletes and Parents and Guardians.

Definitions

TIS Athlete means an athlete who receives support services from the TIS.

DTE means TIS Daily Training Environment.

TIS Persons means all persons working for or with the TIS or working at or from the TIS's premises, including but not limited to the following persons:

- Temporary and Permanent Employees
- Contracted employees
- Consultants and Contractors
- Visitor working from the TIS' premises
- work experience or industry placements

Policy Statement

Education

TIS staff, TIS athletes and Parent and Guardians will be educated on this policy as part of their induction to TIS and through ongoing education.

Ongoing education will be driven by the Performance Health Lead in consultation with TIS Staff.

Nutrition Support

The TIS and its staff are committed to providing nutrition support within the TIS training environment. This includes practical nutrition provisions for athletes in TIS training environments. Sports Dietician advice and education will be delivered to athletes to ensure the highest standards of nutritional care.

All staff members will promote and support performance nutrition within the DTE. This collective effort ensures that the message of adequate energy via nutrition is consistently reinforced throughout an athlete's journey with the TIS.

To ensure athletes receive personalised nutrition support, the following steps will be taken:

- An initial nutrition assessment for TIS athletes within three (3) months of commencing their scholarship, completed by a TIS Sports Dietitian.
- Providing ongoing nutrition education to athletes to enhance their understanding of the role of nutrition in performance and health.
- Providing general nutrition options wherever possible in TIS training environments.

The TIS will ensure that nutritional advice and education are delivered by appropriately qualified and experienced practitioners.

Athletes can access individual nutrition support through various referral methods:

- Self-referral
- Coach referral
- Referral by TIS persons
- Parent/guardian referral

Together, we aim to create a supportive and performance focused nutrition environment for all TIS athletes.

Body Composition

TIS staff will be responsible for ensuring the TIS implements the AIS Body Composition Guidelines and for the formation of individual plans for athletes identified as needing to change body composition. For athletes under the age of 18 parental/guardian involvement and appropriate medical advice is required when developing an individual athlete plan.

The Performance Health Lead/Chief Medical Officer are to be consulted when managing body composition change when requested by the athlete or sport.

TIS Strength and Conditioning and Sport Science staff will be responsible for ensuring the weighing of athletes occurs in a private and 'blind' manner. Weight can be disclosed to an athlete if they request in a private and confidential way.

Use of Language

TIS staff, external consultants and external coaches are required to use appropriate body positive language when communicating with athletes – education is provided for this purpose.

Prevention, Identification and Management of Low Energy Availability (LEA), Relative Energy Deficiency in Sport (REDS), Disordered Eating (DE) / Eating Disorders (ED)

Prevention and Identification:

The TIS is dedicated to the well-being of our athletes by proactively utilising the LEA REDS, DE, ED Prevention, Identification, and Management Procedure (Appendix 1). This procedure will assist our staff to identify and manage issues related to low energy availability (LEA), Relative Energy Deficiency in Sport (REDS), disordered eating (DE), and eating disorders (ED). This procedure is supported by a Healthy Sport System framework (Appendix 2).

By implementing this framework, we ensure that our athletes receive the necessary support to maintain their health and performance. Our commitment is to foster an environment where early detection and appropriate management of these issues are prioritised, promoting the overall well-being of every athlete.

Assessment and Management:

The TIS Performance Health Lead or CMO should be informed if a TIS Athlete falls into any of the following categories to ensure timely support and assessment can be facilitated:

- Any athlete with known or suspected disordered eating or diagnosed eating disorder
- Any athlete with known or suspected low energy availability
- Any athlete who is diagnosed with bone stress injury
- Any athlete with repetitive overuse injuries or repetitive illnesses
- Any athlete with known or identified menstrual dysfunction.

Assessment and management will follow the TIS Early Identification and Management Procedure (Appendix 2).

Responsibilities to this policy

TIS must administer this policy and manage education and compliance.