

STAY CONNECTED

Whether you're competing or preparing, physically distanced or training in person, it's important you continue to foster social connection and engagement. The more connected you are, the more likely you are to notice when someone might be struggling. Here are some ideas of how to stay connected.

Hey Sport,
R U OK?[™]

**BUDDY
UP**

Establish a buddy system to promote regular check ins. It doesn't have to be complicated - something as simple as sending a text message asking how their week has been, or allocating 10 minutes each week to a phone call can make a difference in someone's day. A buddy might also be the one to notice behaviour changes that could indicate someone needs support, like turning up late to training or avoiding team or group activities.

Hey Sport,
R U OK?[™]

**TRAIN
& TREAT**

Encourage connection by planning social activities after training sessions. It's a good idea to put these in the calendar in advance so people can make time. However always be mindful of people's existing responsibilities and make sure anything you plan is not an added stress but a welcomed activity.

Ideas include:

- ☐ Canter and coffee
- ☐ Stretch and smoothies
- ☐ Park session and picnic
- ☐ Train and trivia