



***** Please be aware that we are updating our server and as a result, all emails sent to Diving Canada staff this week may be temporarily interrupted. *****

COVID-19 UPDATES

DPC continues to monitor the rapidly changing landscape related to COVID-19. Much of our information has come from the Government of Canada, the Sport Medicine Advisory Committee that has been set up by Own the Podium, the International Olympic Committee (IOC) as well as FINA - all of whom are following the World Health Organization's lead on appropriate actions and precautionary measures.

Mental Health Resources

COVID-19 has led to changes to our daily routine, a constant influx of information, and uncertainty about the future. As a result, the COVID-19 Mental Health and Mental Performance Taskforce Group is seeing a range of reactions by the sport community including increased anxiety and stress, fluctuating motivation, concerns about training and deconditioning, fear of prolonged isolation and lack of connection, but also positive adaptation and resilience.

Here are some mental health related resources that may be helpful during these challenging times:

- [Game Plan's COVID-19 Resource Hub](#)
- [Canadian National Team Athlete Mental Health Resource Guide](#)
- [Athlete 365 – International Olympic Committee](#)
- [Mental Performance Recommendations for Optimizing Performance Preparation with COVID-19](#)

Safe Sport Resources (available on diving.ca)

A reminder to everyone that DPC has an independent Third Party Safe Sport Resource Officer who is available to receive questions and concerns from participants in Canadian diving who believe that they or others are potentially unsafe for one reason or another including abuse, harassment, discrimination or bullying. The Third Party Safe Sport Resource Officer is completely independent of DPC and is in place to review such issues and provide guidance on addressing safe sport situations as well as determine if issues fall within the parameters of DPC's Conduct Policy.

Here are her coordinates:

Diane Aubé Lazenby
DPC Safe Sport Resource Officer
Diane@DALlaw.ca

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Another resource is the Canadian Sport Helpline which provides experts who can give advice, guidance and resources on how to proceed or intervene appropriately in safe sport circumstances.


Website: <http://abuse-free-sport.ca/en/>
Email: info@abuse-free-sport.ca
Phone/Text Message: 1-888-83SPORT
1-888-837-7678
Business Hours: 8 am – 8 pm (Eastern Time)
7 days a week

Coach Education & Online Courses

For coaches looking to earn Professional Development points, there are some courses available through the locker on the [coach.ca website](http://coach.ca).


1. Making Head Way – Generic
2. Safe Sport Training ****New****

Both will earn you Professional Development Points towards your maintenance of certification.




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eLearning

 Multi-Sport ▼ Coach & Coach Developer ▼

AVAILABLE
A Coach's Guide to the New Brunswick Interscholastic Athletic Association (NBIAA)
Coach Initiation in Sport
Coaching Athletes with a Disability
Developing Athletic Abilities pre-workshop session
Leading Drug-Free Sport Online Evaluation
Managing Conflict Online Evaluation
NCCP Emergency Action Plan
NCCP Sport Nutrition
Make Ethical Decisions (MED) Online Evaluation
Making Head Way
Safe Sport Training
IN PROGRESS
Making Head Way in Sport



Safe, inclusive sport environments help make sport rewarding and enriching for all. By completing Safe Sport Training you will gain the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport.

After completing Safe Sport Training you will be able to:

- Understand that everyone has a role to play in keeping sport safe, how the misuse of power leads to maltreatment, and the principles of the Universal Code of Conduct.
- Understand the various types of maltreatment, the conditions that enable them, and how to recognize signs that they may be happening.
- Know what to do if you suspect maltreatment, and how you can create a culture that protects all participants. As of April 1, 2020, all Sport Canada - funded organizations are required to have training in abuse and harassment available to everyone under their immediate authority. Please identify the role for which you've been requested to completed this training. Your selection will trigger the appropriate version of the training.

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