

TRAVEL ATHLETE WELLBEING PLAN

The Wellbeing plan aims to ensure that Australian Surfing Athletes maximise his/her wellbeing in the lead up and during an event.

It consists of practical tips so everyone can better prepare and take care of each other and themselves in what can be a challenging environment.

PRE-DEPARTURE

Understanding how you will perform is important to your readiness to travel. In addition, it is important to understand how you organise your down time, who will back you up in that down time.

TIPS	YOUR STRATEGY
Buddy Who will you buddy up with to check in on and encourage each other to prioritise wellbeing needs?	
Down time When and how are you going to take down time, are others aware of this and what will you do in your down time?	
Other considerations Is there anything that you need while you are away to be able to maximise your wellbeing – i.e., exercise capacity, rest, time to talk to family.	

STAYING CONNECTED

Feeling connected with others is a base Human Need, being away from family and friends can take its toll.

TIPS	STRATEGY
Family Contact What would be a reasonable expectation for how often you will be able to be in contact? Are there any periods that contact will not be possible? Would you prefer to work out a set communication routine, or would you prefer to be spontaneous?	
Technology How will you stay in touch? Call, text, Skype, message, email - whatever works to	

stay in touch. Consider a closed social media group if you do not want to 'spam' your friends or the other way around.	
Connection What will make you feel more connected while you are away? Regular updates from friends and family?	
Special Occasions Check for important events? Birthdays or anniversaries? Chat about how you might celebrate?	
Challenges Work out a plan for managing potential crises at home. Who can help coordinate things and keep you up to date while you are away? There are times when life throws a curve ball, like an accident or an illness, and you cannot be there - you will feel better knowing a plan is in place if the unexpected happens.	

DURING EVENT

Look out for yourself and others when you are living in proximity with others, tiny issues can quickly become big problems. Keep conversations frequent, open, and honest. You could even try a simple check in at the end of each day.

TIPS
Be considerate and read the mood. Sometimes, people will be in a good place enjoying music, games, and chats. Other times, people will be exhausted and just want to rest, be irritable and just want to get things done. Be aware of those around you and know you are all in this together, so work together to find a happy medium.
celebrate success! Let people know what you appreciate about their work. Share something that is genuinely felt, rather than being positive because you feel you should.
Be curious. Seek to understand, rather than to blame. By asking curious a question there is a greater chance the other person will share their situation and take responsibility for their actions. In most cases, problems occur due to miscommunication, so check in to see if you both share the same version of success?
Check In Consider the people around you and who you can check in with. Checking in is a great way to show kindness which has benefits for both you and the individual.

LOOK AFTER YOURSELF

You will be at times in a high energy environment or travelling countries in a challenging period that requires adaptability and responsiveness daily for up to a 3-month period. For everyone to sustain wellbeing over time, we must look after ourselves.

TIPS	STRATEGY
<p>Downtime Aim to press the PAUSE button every 3 hours or so; Consider doing something for 10-15mins that is not related to the Challenger Series; Examples: listen to music, watch a short YouTube video, mindful colouring, etc.</p>	
<p>Nutrition Maintain a regular and wholesome nutritional intake; Stay hydrated - it is easy to forget when focused on serving others; Do not rely on sugar/caffeine to boost energy when tired: rest or move</p>	
<p>Sleep Follow a 'going to bed' routine that winds you down; Use 'white noise' to reduce the impact of surrounding noise and enhance sleep continuity (Rain, Rain App)</p>	
<p>Family / Friends Create a routine to stay connected with family or friends via online mechanisms</p>	

“SMELL THE ROSES”

Purpose: is to enrich your life by looking for experiences outside competing while travelling to new places. Do not forget to 'stop to smell the roses' could be sightseeing, meeting locals, culture, food, music, history art, anything that interests you or take a chance on something new.

COUNTRIES	EXPERIENCES

ONGOING SUPPORT AVAILABLE

Prior to departing, we encourage you to speak to Michelle Mitchell (Athlete Wellbeing & Engagement Manager), Jason Patchell (Psychologist) about any of these wellbeing considerations and how you can access ongoing support to maximise your wellbeing while away.

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