

# Crisis Management for Athletes with Diverse Abilities

## Key Strategies



### Give Space

Unless the situation requires physical intervention to ensure safety, take a step back.



### Remove the audience

Move other participants away and offer privacy.



### Consider your surroundings

Remove objects that could be thrown or kicked, and consider where the exits are.



### Stay calm & wait

Watch for signs the participant is de-escalating. If more than one coach is on-hand, only one person at a time should speak.



### Assess returning to the activity

The participant may need more time. Consider whether the activity needs to be adapted before continuing.



### Make a plan

Reflect on what triggered the crisis and consider how it could be avoided in future. Make other coaches aware of the plan.