



Basketball Queensland
“Bouncing Along”

Welfare Program

*A special initiative pilot program for Players, Coaches and Referees
commencing in 2018*



Aim



To ensure coaches, referees and players of the Queensland Basketball League and Performance Programs are informed of the support available for personal wellbeing and career planning.



Why is BQ trialing this pilot program?

BQ believes that its' performance players, coaches & referees may need assistance in key welfare educational areas and as a result has developed this pilot welfare program

What's the identified need?

Welfare and career advice

How will it help make a difference?

This program will provide the tools for self care both on and off the court. It will result in a reduction of factors that lead to poor mental health and an increase in career options for players, coaches & referees



Coach Leader Education

To provide Queensland Basketball League , state & referee coaches with 'Mental Health First Aid Training'.

Older Player Career Advice

To provide a specified number of Queensland Basketball League players, 28yrs and over, with a 'Career Action Plan'.

Performance Youth Athlete Education

To deliver educational lectures on wellbeing to athletes & young referees of the National and State Performance program.

1. Coach & Leader Education



- We will offer Mental Health First Aid (MHFA) training, to increase the understanding of mental health and mental illness, reduce stigma and encourage help seeking behaviour.
- MHFA is the initial support provided to a coach, referee or player developing a mental health problem, or the worsening of an existing mental health problem.
- MHFA training will empower coaches to assist players & referees during times of personal change, challenge or crisis.
- The Player Welfare Officer is available to all coaches and clubs during times of tragedy and crisis.

2. Career Coaching



The Player Welfare program will assist a limited but targeted number of athletes with the identification of career interests away from sport. The planned service;

Step 1: The targeted athletes will complete a careers interest activity, which is the starting point for a discussion about education, training and/or employment.

Step 2: The Player Welfare Officer will assist with the development of the 'Player Career Plan' which includes specific goals, actions, time frames and resources.

Step 3: The Player Welfare Officer will schedule 2-3 follow up meetings called 'check points' to monitor and review the athlete career plan.

3. Performance Youth Athlete Education



The Player Welfare program will include the delivery educational seminars or workshops to athletes & young referees of the National and State Performance program.

FDP 14s: Cyber Smart (Social Media)

SPP 16s: Nine 2 Five (Education & Third Party Providers)

SPP 18s: Bouncing Back (Mental Health)

NPP: Anti-Doping. Personal Branding.



Player Welfare Officer - Jason Fiddes

Jason has extensive experience in training, consulting and pastoral care to athletes. He has presented on a wide range of wellbeing topics to semi-professional and professional sporting organisations and corporate, including the National Rugby League, Brisbane Broncos, Queensland Academy of Sport, Queensland Secondary Schools Sport, and Australian University Sport.

Announcement



Helping our Coaches, Players & Referees to Bounce Back

Basketball Queensland is pleased to announce that implementation of a pilot player ,referee & coach welfare program that will impact all levels of the game in Queensland. The aim of this pilot program is to ensure players and coaches are well informed of the support available for wellbeing, career planning and crisis management.

This will include the delivery of mental health first aid training for coaches, career coaching for representative players, educational seminars on a range of topics to national and state performance program athletes & referees, and a response service for clubs and coaches during times of tragedy. Basketball Queensland is proud to pioneer such an initiative and further invest in the lives of its members.

“Personal welfare is a key concern for BQ and its members. This pilot and targeted welfare program is a very special initiative and one we hope meets the needs of coaches , referees , players young and older and then develops further in future years” commented Warwick Cann General manager Game Development. “It’s a pilot program at this stage but one that has enormous potential. I’m excited for our performance level players, referees and coaches because I think this is needed and invaluable. It’s a first in Australian Basketball”

This pilot program will be facilitated by Basketball Queensland’s Player Welfare Officer Jason Fiddes. Jason has extensive experience in training, consulting and pastoral care to athletes, in both semi-professional and professional sporting organizations, including the National Rugby League, Brisbane Broncos, Queensland Academy of Sport, Queensland Secondary Schools Sport, and Australian University Sport. “This is a very exciting time for Basketball Queensland and all of its members” commented Jason Fiddes. “We all need a hand a times and that’s what we’re offering. Whether it is personal or professional, we want to help and see our members reach their full potential on and off the court. It’s an honor to be involved.”

Further information about the program delivery will be distributed to clubs and coaches throughout March and April.

