



Coaching Association of Canada
Association canadienne des entraîneurs

Mental Health, Sport and COVID-19 Task Force Terms of Reference

Name	Mental Health, Sport and COVID-19 Task Force
Background	<p>As participants return to sport across Canada, coaches have a vital role to play. Their influence, observation, and personal connection in working with children, youth, and young adults place them in a critical role to support those who are experiencing low mental health as a result of the COVID-19 pandemic. Educating coaches about mental health has been proposed as a method of improving the mental health of athletes and participants.</p> <p>The Coaching Association of Canada is collaborating with the Canadian Centre for Mental Health and Sport (CCMHS) to provide coaches in Canada mental health literacy training to ensure they are comfortable and empowered to help. While well positioned to support the sport participants they are coaching in dealing with mental health challenges, many coaches do not feel they have the knowledge, skills, or confidence to do so.</p> <p>All objectives are centered around meeting the mental health literacy needs of coaches in all levels of sport and in all provinces and territories, in both official languages. While this will benefit all coaches who participate, we are specifically targeting coaches in marginalized and disadvantaged communities who we have not yet reached. Target populations to be reached include coaches in:</p> <ul style="list-style-type: none">• Remote communities• Indigenous communities• Socioeconomically disadvantaged communities• Communities of New Canadians / newcomers to Canada• Schools• Canadian Forces Morale and Welfare Services
Mandate	<p>The Mental Health, Sport and COVID-19 Task Force is a task force of the Coaching Association of Canada and Canadian Centre for Mental Health and Sport that will support the following project objectives:</p> <ol style="list-style-type: none">1) Update content of coach mental health literacy courses to improve accessibility and increase delivery to disadvantaged audiences2) Adapt the CAC Mental Health webpage to be an accessible, national resource hub3) Strategically promote and market the content and national resource hub to new and diverse audiences across Canada.

	<p>The Task Force will be involved in a research project, responsible for providing expert and contextual advice on mental health literacy and achieving the objectives above, while ensuring cultural safety and trauma-informed practice.</p>
<p>Roles and Responsibilities</p>	<p>The Task Force will perform the following key duties:</p> <ul style="list-style-type: none"> • Review outputs and provide feedback for the Mental Health and Sport project, including but not limited to: <ul style="list-style-type: none"> ○ Canadian Centre for Mental Health and Sport’s three workshops and delivery strategy ○ NCCP Workshop and eLearning module delivery strategy ○ Branding and other marketing and communication assets ○ Online resource hub for mental health and sport resources • Provide recommendations with the following perspectives: <ul style="list-style-type: none"> ○ improving mental health literacy; ○ improving equity, diversity, and inclusion; ○ ensuring cultural safety and trauma-informed practice; ○ meeting the needs of the partners • Contribute recommendations for resources • Assist in outreach to relevant partners as required
<p>Composition</p>	<p>The Task Force will be comprised of the following representatives:</p> <ul style="list-style-type: none"> • Two Coaching Association of Canada representatives (Director, Education Partnerships, and Manager, Projects) • Two Canadian Centre for Mental Health and Sport representatives (Executive Director, and Director of Education) • One Game Plan representative (Mental Health Manager) • One School Sport Canada representative • One Kids Help Phone representative • One Aboriginal Sport Circle representative • One Provincial/Territorial Coaching Representative • One Canadian Forces Morale & Welfare Services representative • One Black Canadian Coaches Association representative • Up to a maximum of three coach representatives • Up to a maximum of two athlete representatives • Up to a maximum of three Subject Matter Experts with dual credentials: licensed mental health practitioner and mental performance consultant (professional member of the Canadian Sport Psychology Association) • Up to a maximum of two representatives from community organizations, working in mental health and/or supporting one or more communities identified within the specific audiences. <p>The CAC’s project manager will Chair all Task Force meetings and manage all meeting logistics.</p>

	<p>As an organization in a diverse and multi-cultural country, the CAC embraces equity, diversity, and inclusion. We recognize that it is important to respect and reflect the diversity of experiences, perspectives and backgrounds of people in Canada and reflect that in our workplace and our projects. In accordance with the CAC's Equity, Diversity and Inclusion policy, the task force will be formed to represent the diversity of people living in Canada, which includes women, visible minorities, persons with disabilities, Indigenous Peoples, and people that identify with the 2SLGBTQI+ community. By leveraging Canada's diversity, we can positively impact the sport community, better develop coaches and athletes, and play an important role in Canada's continued growth and success as a sporting nation.</p>
Decision-making process	<p>The Mental Health, Sport and COVID-19 Task Force is a collaborative effort on behalf of the CAC that will produce final recommendations to the CAC and CCMHS whom will have the final authority.</p>
Meetings	<p>The Mental Health, Sport and COVID-19 Task Force will meet throughout the course of the project at the following approximate and proposed times:</p> <ul style="list-style-type: none"> • Kickoff Meeting – Week of November 28 or December 5, 2022 • Up to a maximum of 6 meetings, scheduled between December 2022 – February 2024 • Project Closure Meeting – March 2024 <p>All meetings will be held virtually on a video conferencing platform. Length of meeting will vary.</p>
Acknowledgement	<p>The Coaching Association of Canada will publicly acknowledge all Task Force members' work to the Mental Health, Sport and COVID-19 project.</p>