

HIGH RISK: NO START RED LIGHT	MODERATE RISK: CAUTION YELLOW LIGHT	LOW RISK: GREEN LIGHT
<p>Anorexia nervosa and other serious eating disorders</p> <p>Other serious medical (psychological and physiological) conditions related to low energy availability</p> <p>Use of extreme weight loss techniques leading to dehydration induced hemodynamic instability and other life threatening condition</p>	<p>Prolonged abnormally low % body fat measured by anthropometry and / or BMI calculation</p> <p>Substantial observable weight loss</p> <p>Low EA of prolonged and/or severe nature (determined through questioning from Head of Physical Support)</p> <p>Abnormal menstrual cycle: functional hypothalamic amenorrhea &gt;3 months - No menarche by age 15y in females</p> <p>History of 1 or more stress fractures associated with hormonal/menstrual dysfunction and/or low EA</p> <p>Athletes with physical/ psychological complications related to low EA+/-disordered eating</p> <p>Diagnostic testing abnormalities related to low EA +/-disordered eating</p> <p>Prolonged relative energy deficiency</p> <p>Disordered eating behaviour negatively affecting other dance students</p> <p>Lack of progress in treatment and/or non-compliance</p>	<p>Appropriate physique that is managed without undue stress or unhealthy diet/ exercise strategies</p> <p>Healthy eating habits with appropriate EA</p> <p>Healthy functioning endocrine system (determined by regular menstrual function)</p> <p>Healthy musculoskeletal system</p>

Table 1 – Risk assessment for dancers identified as having a low energy availability (adapted for dance students from the IOC relative energy deficiency in sport, clinical assessment tool [RED-S CAT])

HIGH RISK	MODERATE RISK	LOW RISK
No competition  No training  Use of written contract	May train as long as he/she is following the treatment plan  May compete once medically cleared under supervision	Full sport participation

Table 2 – Return to dance recommendations (adapted for dance students from the IOC relative energy deficiency in sport, clinical assessment tool [RED-S CAT])

RED-S management contract (adapted for dance students from the IOC relative energy deficiency in sport, clinical assessment tool [RED-S CAT])

RED-S Treatment Contract for: \_\_\_\_\_

Multidisciplinary Team Involved (tick all that apply):

- GP
- Psychotherapist / Psychiatrist
- Head of Physical Support
- Dietitian
- Endocrinologist
- Head of Registry and Student well-being
- Director of Dance Studies
- Other

Requirements (tick and complete all that apply)

Meet with:

- The psychotherapist at intervals recommended by the health professional treatment team
- The dietitian at intervals recommended by the health professional treatment team
- The GP at intervals recommended by the health professional treatment team
- Follow daily meal plan developed by the health professional treatment team
- Follow the adapted training plan developed by the health professional treatment team
- If underweight, weight gain expected to be \_\_\_\_ kg per week /weight stable within week
- If underweight, must achieve minimal acceptable body weight/fat of kg/percent by \_\_\_\_\_
- Regular weigh-in at the following time intervals of week (s) \_\_\_\_\_

After this date, (dd/mm/ yyyy), must maintain weight and % fat at or above minimal acceptable body weight/fat mass of (kg/%)

Other If ALL requirements are met and the eating behavior (and other severe conditions) are normalized the Head of Physical Support and Head of student well-being will decide if cleared for dance practice.

I \_\_\_\_\_ have read this contract and all of my questions were answered.

Dancer Name

Dancer Signature

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Head of Physical Support Signature

Date

Head of Registry and Student Well-Being Signature

Date