



TRAUMA AND GRIEF SUPPORT POLICY

Revision Date: December 9, 2023

PURPOSE

This policy outlines the protocols and support measures Caboto Soccer Club will implement in the event of a traumatic incident or the death of someone close to a member of our community. Our goal is to provide compassionate and timely support, promote mental health awareness, and foster a caring environment during difficult times.

SCOPE

This policy applies to all members of the soccer club, including players, coaches, staff, and families.

PROTOCOLS IN THE EVENT OF TRAUMA OR LOSS

1. Immediate Response

- Notify club leadership of the incident to coordinate a response.
- Ensure all affected individuals are supported with sensitivity and care.

2. Communication

- Share news of the event with the team and other relevant parties in a respectful and appropriate manner.
- Designate a point of contact to provide updates and information as needed.

3. Support for the Team

- Arrange a group session with a trained counselor or facilitator to address grief and provide an open space for discussion and emotional support.
- Provide additional individual counseling sessions if requested.

4. Mental Health Resources

- Offer a list of accessible resources to all team members and their families:
- [Good2Talk 24/7 Support Line for Teens](#) – Phone or text support for teens struggling with mental health.
- [American Foundation for Suicide Prevention \(AFSP\)](#) – Resources for Parents – Guidance for parents on supporting teens.
- [CMHA Youth Hub](#) – Local resource geared towards youth mental health, including group programs.
- [988 Crisis Line](#) – A national suicide crisis number for support or concerns about another person.

5. Ongoing Support

- Maintain open communication with affected individuals to ensure continued support.
- Encourage team members to check in on one another and foster a supportive team environment.

COMMITMENT TO MENTAL HEALTH AWARENESS

The club is committed to promoting mental health and well-being through education, awareness, and access to resources. We encourage all members to seek help when needed and to support one another with compassion and understanding.

CONTACT INFORMATION

For further support or assistance, please contact Caboto Soccer Club - admin@cabotosoccerclub.com.

POLICY NAME	TRAUMA AND GRIEF SUPPORT POLICY	POLICY TYPE	GOVERNANCE POLICY
DATE CREATED	DECEMBER 9, 2024	REVISION DATE	DECEMBER 9, 2024
APPROVED BY	CABOTO SOCCER CLUB BOARD OF DIRECTORS	DATE OF APPROVAL	DECEMBER 9, 2024
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Any questions or inquires can be sent to: Club Admin of Caboto Soccer Club at admin@cabotosoccer.com.