

AusTriathlon Chaplaincy Services

A confidential and independent person to talk to

AusTriathlon is pleased to introduce a new Chaplaincy Service for AusTriathlon members, delivered in partnership with Sports Chaplaincy Australia (SCA).

Sport is an important part of our lives, but sometimes things happen that can affect us well beyond training and competition. Whether you're dealing with a difficult personal situation, experiencing grief or loss, facing a challenging period in your sporting life, or simply need someone independent to talk to, the chaplaincy service provides a safe and supportive option.

A sports chaplain offers a person-centred, nonjudgemental and independent approach to wellbeing, supporting the whole person rather than focusing solely on sporting performance.

The service is available to AusTriathlon members at no cost.

What is a sports chaplain?

A sports chaplain is someone who provides pastoral and wellbeing support to people involved in sport.

Unlike a coach, selector or other member of a performance team, a chaplain is independent of sporting performance and selection decisions. This provides members with an opportunity to speak openly with someone outside the usual sporting structures.

The chaplain's role is focused on wellbeing, connection and support, rather than performance or competition outcomes.

The service is also inclusive. You do not need to be religious, or belong to a particular faith, to access chaplaincy.

How can a chaplain help?

You don't have to be experiencing a crisis to speak with a chaplain.

A chaplain can provide support when you are going through a difficult time, help you work through what's happening and, where appropriate, connect you with other professional or community services.

Support may include:

- **Wellbeing conversations** – having someone independent to talk to about what's happening in your life.
- **Support during difficult times** – providing a listening ear when you're experiencing personal or sporting challenges.

- **Support following an accident or traumatic incident** – helping members and those affected by difficult events.
 - **Grief and loss** – providing pastoral support following the death of a member or other significant loss within the triathlon community.
 - **Community support** – helping strengthen connection and belonging within our triathlon community.
 - **Referral and connection** – helping you identify and connect with appropriate professional or other support services where required.
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You don't have to wait for a crisis

Sometimes, talking to someone early can make a difference.

You might choose to contact the chaplain because you're:

- Going through a challenging time
- Struggling with something that is affecting your wellbeing
- Dealing with grief or loss
- Finding it difficult to manage a situation within or outside of sport
- Affected by an accident or traumatic incident
- Looking for someone independent to talk to
- Unsure about what support you need and would like help finding the right pathway.

You don't need to have all the answers before making contact.

Independent from performance and selection

An important part of the chaplain's role is their independence.

The chaplain is not involved in athlete selection, performance assessment, coaching decisions or governance decisions.

This means the service provides a different type of support to the services and people already available within the sport.

The chaplain works alongside AusTriathlon's existing wellbeing, mental health, integrity and safeguarding frameworks, rather than replacing them.

Inclusive and voluntary

The AusTriathlon Chaplaincy Service is available to members regardless of their faith, religious beliefs or non-faith perspective.

The service is:

Inclusive

Everyone is welcome, regardless of faith or belief.

Voluntary

There is no obligation to use the service.

Wellbeing-focused

The focus is on you as a person, not your performance.

Non-judgemental

The chaplain provides a supportive space to talk openly.

Independent

The chaplain is separate from selection and performance decisions.

Trauma-informed and safeguarding-aligned

The service operates within AusTriathlon's safeguarding requirements.

Confidentiality

Conversations with the chaplain are intended to provide members with a safe and confidential space to talk.

As with other support services, confidentiality may have appropriate limits where there are concerns relating to safety, safeguarding or other legal obligations.

If you have questions about confidentiality before accessing the service, you can discuss these directly with the chaplain.

A different kind of support for our triathlon community

AusTriathlon recognises that our members are people first and athletes second.

The introduction of chaplaincy services provides another way for members to access independent, compassionate support when they need it.

Whether you need someone to listen, are navigating a difficult period, have been affected by an incident within our community, or simply aren't sure where to turn, the chaplain is there to support you.

If you think a conversation could help, reach out.

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