APPENDICIES

**Appendix A: Terminology and Types of Maltreatment**

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| Terminology | Author | Discipline | Types |
|  Maltreatment |  Stirling (2009) | Behavioural Sciences | * Sexual Abuse
* Psychological Abuse
* Physical Abuse
* Neglect
* Harassment
* Bullying
* Discrimination
 |
|  Virtual Maltreatment (Direct or non-direct) Kavanaugh et al. (2016) | Behavioural Sciences  | * Sexual Maltreatment
* Psychological Maltreatment
* Physical Maltreatment
* Discrimination
 |
|  Violence |  Non-Accidental ViolenceMountjoy et al. (2015, 2016) | Medical Sciences | * Psychological harassment and abuse
* Sexual harassment and abuse
* Physical harassment and abuse
* Neglect
 |
| Interpersonal ViolenceVertommen et al. (2016) | Criminology | * Self-inflicted Violence
* Interpersonal\*Violence
* Collective Violence
 |
|  Exploitation | Brackenridge (2001) | Women Studies/Sociology | * Sexual Abuse
* Sexual Harassment
* Sexual Discrimination
 |

**Appendix B. Examples of Maltreatment in Sport**

|  |  |
| --- | --- |
| Form of Harm | Example |
| Physical harm | Punching, beating, kicking, biting, shoving, striking, shaking, throwing, choking, burning, or slapping Hitting an athlete with sporting equipmentRequiring an athlete to remain motionless in a seated or plank position for a period beyond reasonable training demandsForcing an athlete to kneel on a harmful surface Isolating an athlete in a confined spaceDenying access to needed water, food, or sleep Forced physical exertion beyond the physical capabilities of the athlete (e.g., forcing an athlete to train until they vomit or lose consciousness) Medical abuse: misuse of medication or medical procedures |
| Sexual harm | Any sexual relations between an adult and child athleteUnwanted or coerced sexual relationsUnwanted or inappropriate sexual propositions Inappropriate sexual contact (e.g., groping of an athlete’s breasts or buttocks)Exchange of reward in sport for sexual favors Vulgar or lewd sexual comments, jokes, or gesturesForcing an athlete to wear unnecessary sexually revealing attireExposure to pornographic material  |
| Psychological harm | Vulgar or lewd comments targeted at an individual or groupTeasing, degrading or embarrassing jokes, spreading rumors, threatening comments, name-calling, humiliation, or ridiculeUnwelcome, offensive, or hostile facial expressions or body gesturesCreating written or graphically derogatory material about an individualIntimidating or threatening acts of aggression with no athlete contact (e.g., throwing equipment against a wall)Intentional denial of attention and/or support Referring to an individual’s gender / race / sexual orientation in negative, vulgar, or derogatory termsIsolation from social activitiesNon-acceptance in a peer groupHazing or initiation ritualsExclusion of a person based on gender / race / sexual orientationMicroaggressions (\*see description and examples below)  |
| Neglect | Not providing adequate recovery time or treatment for a sport injuryNot providing adequate counseling for an athlete exhibiting signs of psychological distress Disregard for the nutritional well-being of the athlete Inadequate supervision of an athleteFailure to ensure the safety of athletic equipment Disregarding the use of performance-enhancing drugs Disregard for educational requirements and well-being Not recognizing the social needs of the athleteFailure to provide medical care when requiredFailure to intervene when made aware of maltreatment |

\* Microaggressionsinclude everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership. They are often indirect or casual acts of racism, sexism, ageism, homophobia, or ableism. Examples of microaggressions, include: questioning qualifications or intelligence, challenging authority, making offhand comments about accents or hairstyles, using offensive language or the wrong pronoun, questioning identity or ability, e.g., “I don’t see colour”; “you’re too sensitive”; “Where are you really from?”57

**Appendix C. Clinical Presentations of**

 **Athlete Maltreatment**

Unexplained or unwarranted injuries (e.g., bruises, sprains, fractures, overuse injury)

Decline in performance

Nightmares or trouble sleeping

Poor self-image

Inability to trust others

Aggressive or disruptive behavior

Intense anger or rage

Acting out sexually

Self-destructive, self-abusive, or suicidal behavior

Sad, passive, withdrawn, or depressed

Difficulty forming new relationships

Drug or alcohol use

Avoid going to certain places (e.g., home, training facility)

Change in behavioral patterns

Fear of certain adults/peers (e.g., coaches, parents, teammates)

Eating disorders, disordered eating

Risk taking behaviours

Adapted from Matthews.58