

Frequently Asked Questions of Performance Nutritionists by Elite Athletes (delivered by Olivia Busby and Felicity Hares from Sport Wales)

Applied practitioners are often faced with 'quick fire' questions in the field. Whether this is at an athlete training venue or competition you are unlikely to have access to usual information sources to support your response. Furthermore athletes and coaches have limited time, so it is important to make an impactful response. The audience were asked to discuss questions including; "should I take XX supplement?" and "how can nutrition impact on my performance?". A diagnostic tool for handling these situations was discussed. The first step of the tool is to determine if you are able to respond immediately? If so, check the "why's, what's and how's", use reflections and summarise the information given to you before providing your response. If you do not feel able to respond immediately – don't! Use your network or peers, mentors, lecturers and experts in this area to help guide your response. Apply the evidence, considering sport specific factors and performance goals. Then tailor your impact by considering the individual athlete, environment and method for responding.

Breakout Session:

Olivia and Felicity answered questions posed by the audience on effective multidisciplinary working, challenges and opportunities faced by practitioners when working in the field with elite athletes and also on career pathways.