



WINSPORT™



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INFORMED CONSENT FORM

MENTAL PERFORMANCE SERVICES AT THE NATIONAL SPORT SCHOOL

The purpose of the informed consent form is to set the parameters and guidelines for the sport performance services provided by Perri Ford at the National Sport School. Perri Ford is an independent contractor hired by the Palliser School Division to support the student-athletes.

Services Provided - The National Sport school has a mental performance consultant (MPC) that student-athletes can access at no cost while they are at the school. During sessions with the MPC, students will learn a number of techniques, approaches, and mental skills geared toward high performance. Because each student has unique goals, strengths and needs, session content is based on an initial assessment and ongoing check-ins throughout the duration of the working relationship. It is important to note that sessions are not clinical and the MPC is not a registered psychologist. Referrals will be discussed should an issue fall out of the scope of practice of the MPC. The MPC will be working in partnership with the NSS Family School Liaison Counselor to ensure the student receives the appropriate form of support.

Limits to Confidentiality - All content discussed during client-MPC interactions is confidential and will only be shared at the request of the client. *Exceptions include:*

- If the MPC has reasonable belief that the student will harm themselves or another person.
- If the student discloses incidents involving abuse of a minor or dependent adult.
- If the student’s file is requested by a court of law.
- If the MPC has reasonable belief that the student’s mental, emotional, or physical safety is at risk, this includes disclosed incidents of bullying.

This informed consent is valid until **June 26, 2024** from the signing date below.

Signing this agreement indicates that you have read and understand the content and are aware of the parameters of services provided.

Print Name of Student-Athlete Signature of Student-Athlete

Print Names of Both Parents/Guardians

Signatures of Both Parents/Guardians

Perri Ford, M.A. Sport Psychology, CSPA

Date

*Please return signed copy to NSS- Attention Perri Ford