

# NASS Athlete Retirement Guidelines



	Action	Who
Start of transition	Potential Retirement	If you are considering retiring from competition, we recommend you reach out to your AA athlete wellbeing provider to confirm and/or discuss your plan. Athlete
	1:1 AW&E meeting	Your wellbeing provider will talk through your work/study commitments for the next 12 months, key support networks and identify other areas that AW&E can support you during your transition away from competition. Athlete, AW&E
0-1 months	Retirement confirmation	To officially confirm your retirement, you will need to complete the AA Retirement Form <a href="#">HERE</a> . Athlete
	SIA, SPA & SIS/SAS notified	A <a href="#">Retirement Notification</a> to Sport Integrity Australia needs to be completed. Now is a good time to inform your SPA and any relevant state institute / academy staff if you haven't already. Athlete, AW&E support
1-2 months	Retirement announcement	Announce your retirement to celebrate your career. This can be in collaboration with Australian Athletics (if desired). Athlete, AA marketing team
	Letter of thanks and congratulations	You will receive a letter of acknowledgment from Australian Athletics. AA HP Team
	Future plans meeting	You will be invited to a transition interview where you have the opportunity to provide feedback to the sport about your experiences throughout your journey and make recommendations about things that can be improved. Athlete (and/or support person), AW&E,
3 months	3 months check in	You will be offered a 3 month check in with your AW&E manager to talk about your transition thus far and identify any support you might like to use. Athlete, AW&E
6 months	6 months check in	Connect with AW&E 6 months post competition retirement to discuss how your transition is going, work/career, and other areas of interest or support available. Athlete, AW&E
12 months	12 months check in	Connect with AW&E 12 months post competition retirement to review your transition experience and determine if you would like to continue connecting / ongoing support for the next 12 months.