

TECHNOLOGY GUIDANCE FOR SAFE AND EFFECTIVE INTEGRATION THAT SUPPORTS HEALTH AND WELLBEING



Promotion of health and wellbeing can involve a wide range of tools and methods. Increasingly, sports are seeking out technology to enhance the experience and performance of individuals, including athletes, coaches and support staff, in daily training environments (DTEs) and high performance environments (HPEs). Based on best practices outlined in the literature, this document provides guidance for safe and effective integration of technology, considered here to broadly include software, hardware and any tools, devices, methods or techniques deemed to provide in/direct performance benefits.

HPE-relevant considerations			
SAFETY	RESOURCING	STRATEGY ALIGNMENT	BENEFITS
<ul style="list-style-type: none"> What does the research tell us? Is there sufficient peer-reviewed support for the wellbeing tool/technique relevant to those for whom it is intended (safety, usefulness)? Is there adequate validity and reliability from credible and, wherever possible, independent sources? Has there been approval by a recognised regulatory body (e.g., FDA), as appropriate? How is user data maintained and kept safe and confidential? If personal information (athletes, coaches, staff) will be collected/used, speak to your Privacy Officer. (See Office of the Privacy Commissioner for resources/information) 	<p>Is there a sufficient ecosystem of support for the wellbeing tool/technique?</p> <ul style="list-style-type: none"> Commitment from leadership Expertise to vet the tool/technique; administer, analyse, interpret and apply data/findings; evaluate the full implementation cycle Analytical tools/software Coordinated technical support (e.g., IT security, equipment, data management) Coordinated wraparound provisions from start to finish to optimise engagement, provide 1:1 and/or aggregate feedback, and ensure all parties have relevant support Budget 	<ul style="list-style-type: none"> Does the integration of the wellbeing tool/technique align with your HP strategy? Similarly, is there alignment to your NSO and the HPSNZ health and wellbeing metrics and objectives? <ul style="list-style-type: none"> See: Wellbeing Programme (e.g., framework, health check alignment, and measurement materials) 	<ul style="list-style-type: none"> Is the wellbeing tool/technique easy to use? What is known about the likelihood of compliance to maximise benefits? What are the known benefits? What does the evidence tell us about likelihood of effective behaviour change due to use of the wellbeing tool/technique? What timeframe is optimal to receive benefits?

Note. Please seek consultation and guidance to support you in this process which may include assistance with review of materials.