



Working actions factor Prevention Policy

Actions for coaches/trainers

- Learn about strategies / best practices, implement strategies on how to keep youngsters involved in sport.
- Inform yourself on dropout factors and be aware.
- Talk to your youngsters about dropout and show interest in their opinions.
- Try to improve your club policies on dropout, based on your experience and in the best practices available.

Actions for clubs

- Monitor the reasons of dropout and take countermeasures.
- Clubs need to tailor their coaching policy to ensure the youngster is at the centre of their focus 100% of the time and to create the right environment to ensure retention.
- Promote the club dropout policies through direct (e.g. information and experimental sessions) and indirect (e.g. social media) methods.
- Organise a meeting at the club with trainers to discuss dropout prevention.