

Nordiq Alberta

Health



Mental and Physical Health & Well-Being

Mental and physical health and well-being allow individuals to participate more fully as Nordiq Alberta members. NA supports the physical health of its members through the application of age-appropriate skill development and training programs and methods, as outlined in the NCCP LTAD framework for cross country skiing.

To further support the health of its members, Nordiq Alberta has a [Concussion Policy](#), [Concussion Action Plan \(CAP\)](#) and a [Return to Play \(R2P\) Concussion Plan](#) and implements these policies and plans for internal programming and events and provides the resources to its membership.

Nordiq Alberta is committed to sharing mental health resources with its members.

RESOURCES:

[COC Health & Wellness](#) – tools and resources

[Mental Fitness resources](#) – COC Health & Wellness

[Healthy Minds in Active Bodies](#) – Resource of the Canadian Active After School Partnership

[Promoting Mental Health Amongst Girls and Women](#) – CAAWS

[Caring for Kids](#) – The Canadian Pediatric Society mental health resources

[Promoting positive mental health in children](#) (video of the Canadian Pediatric Society)

[Resiliency & Recreation](#) – High Five Summary Report

[Children's Mental Health](#) – High Five Training