

# SAFE SPORT

JESSICA DALLIDAY

*Award*



**"CHANGING THE SPORT AND  
FITNESS LANDSCAPE TO BE AN  
INCLUSIVE AND SAFE SPACE"**



SAFE SPORT AWARD

# BACKGROUND

The Ontario Athletic Therapist community and Members of the OATA joined in mourning the death of the former OATA Board Director and well-known and respected healthcare entrepreneur, Jessica “Jess” Dalliday (nee Patterson) and her newborn daughter back in 2021. The deaths were the result of a tragic and rare complication during the final stage of the pregnancy taking both Angeline and Jessica.

The Association participated in the first anniversary of their deaths through a donation to the Bereaved Families of Ontario Butterfly Release Walk to Remember in her honour. It just never felt like enough given the tragic circumstances and all that Jess had done advancing the AT profession.

In keeping with Jess’s remarkable, giving spirit, her organ donations, described by her husband, Mike, were something of a silver lining to the profound tragedy.

According to Mike, “Her heart went to save a young man and each individual kidney went to a different adult male to save their lives. Her lungs were also donated to a young woman, but turned out to not be viable.”

The OATA Board wanted to find another way to honour Jessica and pay tribute to her many contributions and indefatigable spirit.





# SAFE SPORT

As owner and CEO of Pilates on Demand, Jessica fulfilled her own passionate commitment to “Changing the sport and fitness landscape to be an inclusive and safe space.”

Jessica also used her business to help with her own personal journey to conquer body image issues and an eating disorder. Courage was one of her many character assets.

By her conduct and passionate commitments, Jessica was an early Safe Sport and Body Basics Model Ambassador. It was those pursuits for safe sport, safe spaces and positive body image that prompted the decision to name the OATA Safe Sport Award in her name.

The OATA commitment to Safe Sport dates back to 2021, advanced by its 2022 Safe Sport Summit and the mandatory requirement for ATs to renew for their 2023 membership with a completed Safe Sport training certificate.

As of April 1, 2020, all Sport Canada-funded organizations are mandated to have training in Safe Sport available to everyone under their immediate authority.

Nominations for the 2023 Award are being announced in conjunction with Mother’s Day, again in honour of Jessica and her remaining family, daughter Rachel and husband Mike. Mike Dalliday has agreed to serve in promoting the Award and will serve on the Safe Sport Award Nominations Working Group and the nominations selection committee reviewing the annual nominations.

***"I want to express my sincere gratitude to the OATA for creating this very special award and for naming Jess as the inaugural recipient. For her values and mission around body positivity and inclusion to be carried forward in such a meaningful way is truly an honour. To know that her vision will live on and continue to impact sport and exercise is a legacy she would be so proud of and something my daughter and family are extremely grateful for the OATA for initiating."***

MIKE DALLIDAY



The OATA has shared news of the Award and the Nominations process with Coaches Ontario, the Ontario Sport Network and others who hire and work with ATs in numerous sports teams and sporting events to identify ATs worthy of this recognition for their efforts in Safe Sport activities.

# NOMINATIONS CRITERIA

Nominate an Athletic Therapy Ontario Member who clearly embodies the principals and the responsibilities of a Safe Sport practitioner.

Nominees to the OATA Jessica Dalliday Safe Sport Award possess and demonstrate the following:

- Certified Athletic Therapist in good standing with the Ontario Athletic Therapist Association;
- Athletic Therapist who has completed the Coaches Association of Canada's Safe Sport training certificate;
- An Athletic Therapist dedicated to the principle that safe, inclusive sport environments help make sport rewarding and enriching for all;
- An Athletic Therapist who clearly and consistently demonstrates through their actions the knowledge and skills to create safe, inclusive environments by recognizing, addressing and preventing maltreatment in sport;
- An Athletic Therapist who, through direct contact with athletes or through their work in the background of sporting events or with sport teams, promotes physical, psychological, and social health, in line with the Universal Code of Conduct to Prevent and Address Maltreatment in Sport;
- An Athletic Therapist who embraces the BodySense Model and ensures the 10 BodySense Basics are present in an athlete's school and/or sport environments including helping them with a positive approach to food, exercise and sport and their unique qualities making them who they are and loving their bodies for their natural size and shape;

- An Athletic Therapist who practices True Sport principle that support the goal that those who participate in sport and physical activity do so for fun, challenge and a love of movement while respecting the abilities and limitations of their bodies;
- An Athletic Therapist who helps athletes build healthy coping and problem-solving skills advancing their enjoyment of sport and physical activities; and,
- An Athletic Therapist distinguished by superior ethical standards and conduct.

# N O M I N A T I O N P R O C E S S

[DOWNLOAD  
HERE  
NOMINATION  
FORM](#)



**Announcement and Opening of Nomination:**

Friday before Mother's Day 2023 |  
Friday, May 12, 2023

**OATA Jessica Dalliday Safe Sport Award Promotion:**

Nominations Period including  
throughout AT Month in June.

**Nominations close:**

Wednesday, August 30, 2023

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# JESSICA DALLIDAY

Jess was many things to many people - a mother, an entrepreneur, a teacher, an Athletic Therapist, a Pilates instructor and so much more. But one part of her life that she was most passionate about was using her story and her influence to support and lift up others.

From humble beginnings in the small Northern Ontario town of Hornepayne she went on to touch the lives of thousands of people and is still isn't done making her mark.

After completing degrees at McMaster, then York University she felt she wanted to give back to the academic community that had given her so much and so began teaching in the AT program at York, eventually also holding the position of Interim Head of the York AT Certificate program.

She also served on the OATA Board of Directors and was a mentor to many AT students following in her footsteps. When she struggled with body image issues, over-exercising and disordered eating, instead of retreating into her own negative thoughts, she made the brave decision to share her story and vulnerability openly.

Jess shared her story online and opened the door for so many others to feel safe sharing theirs, helping them feel seen and supported. She became a Pilates Instructor and built her own online studio that preached body positivity, inclusivity and equity. She believed that everyone deserved to love and appreciate their bodies as the amazing vessels they are, no matter what they looked like.

Her vision and mission will continue to live on through the incredible legacy she's left behind, including the OATA Jessica Dalliday Safe Sport Award which will honour individuals who exemplify the ideals Jess strived to promote.



# OATA SAFE SPORT JESSICA DALLIDAY AWARD

The OATA took the position its Members would embrace the Safe Sport mission and principles and it would be mandatory for OATA Members to complete the Safe Sport Training to best equip them to make decisions that promote athletes' physical and mental wellbeing and empowers sporting organizations to foster a culture that contributes to athlete success.

OATA membership renewal and registration for 2023 required the Safe Sport Training Certificate. Safe Sport was incorporated in the OATA's Diversity, Equity and Inclusion program and commitments.

Now, we are taking the step of not just encouraging ATs as Safe Sport Ambassadors, but launching a recognition program for sports teams, sporting organizations, varsity organizations and all involved in the Ontario Sport Network to nominate Ontario Athletic Therapists, in good standing with the OATA, for the OATA JESSICA DALLIDAY SAFE SPORT AWARD.

It's about Athletic Therapists (ATs) leading by example. Practising to these ethical standards and best practices while ensuring and maintaining maltreatment-free sports environments is critical to all involved in athletics devoid of physical, sexual and psychological abuse. Keeping sporting activities a positive experience for all includes understanding and embracing the BodySense Basics Model and the 10 BodySense Basics: Promoting Positive Body Image and Preventing Disordered Eating in Sport.

The first OATA Safe Sport Award is bestowed posthumously. The 2022 recipient is Jessica Dalliday on the second anniversary of her tragic death. The Award is named in her honour.

Nominations for the 2023 OATA JESSICA DALLIDAY SAFE SPORT AWARD are now open. Please be sure to read about Jessica, her role as a BodySense Basics champion and a Safe Sport practitioner.

The e-brochure includes the Award criteria and process. Nominations are open for 60-days throughout June, as an Athletic Therapy Month program. One of Jess's blog posts spoke directly to her passionate commitment all now share: "Join the mission to dismantle systems of body-based oppression."

[CLICK HERE FOR MORE INFORMATION](#)



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Safe Sport Award