



Stay Safe & Have Fun In Sport

Information for young people

When you take part in sport, you have the right to be safe and have fun.

Don't let anyone spoil it!

Here is a guide, put together with the help of young people, on what you and your coach need to do for you to have fun and stay safe.



Your coach

Your coach is there to look after your wellbeing and help you learn and enjoy the sport in a safe way

What does this mean for me?

It means respecting me as a person and a player by:

- Having the right qualifications for the job
- Putting me before winning or achieving goals
- Not bullying me to make me do things
- If they need to have physical contact with me to show me a technique in sport, explaining this to me, where possible, and asking if I am ok with it. If I'm not comfortable with this I have the right to say no
- Treating me as an individual
- Never speaking to me in a way that makes me feel uncomfortable
- Making sure equipment is safe for me to use
- Being a good role model
- Making sport fun!



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Produced by **Children 1st** and **sportscotland**

For more information about Child Wellbeing and Protection in Sport contact

Children 1st on **0141 419 1156** or at **cwps@children1st.org.uk**



www.children1st.org.uk

You the player or athlete

Just like your coach has responsibilities to make sport fun and safe, so do you!

What does this mean for me?

It means respecting the people who are there to teach me the sport and other players by:



- Accepting what the coach asks me to do within the rules of the game
- Being prepared and on time for training and competitions
- Playing to the best of my ability at all times
- Not making insulting comments or swearing at the coach or other helpers at the club



- Never bullying the other players either myself or in a group

BULLYING means things like:

name calling, hitting, shoving, stealing or damaging belongings, spreading rumours, making threats, sending/posting nasty messages

- Telling my parent/carer where I am or if I'm going to be late.

and not forgetting spectators

Spectators are there to support me as a player by:

- Being enthusiastic to get involved and cheer. Not laughing at us or embarrassing us
- Never arguing with the referee. His/her decision is final.
- Supporting us. Respecting everyone nearby. Not shouting abuse.

Worried about something? Don't keep it to yourself!

There is someone you can turn to.

You could speak to an adult you know and trust such as a parent, a teacher, a Child Wellbeing and Protection Officer at your club, a doctor or school nurse.

If there isn't someone you feel that you could talk to, you can contact **ChildLine** on **0800 1111**. It's a free and confidential helpline for children and young people who need someone to speak to. It's confidential because you don't need to tell them who you are if you don't want to. Or you could go to the ChildLine website at

www.childline.org.uk

The child protection officer at my club is

Their contact number is