

For coaches



See something? Do something!

The athletes really like it when I ask them what they would like to do during the warm-up.

A couple of the players I coach made inappropriate comments about the skin color of one player. I asked them to stop immediately and told the whole team that such comments are not allowed here. This made the team feel seen and protected.

In our club, we agreed to always knock on the door before entering the locker room. This is how we show that we respect everyone's privacy.

One of the athletes had a bad knee injury and its parents forced the athlete to not tell me so they wouldn't miss the match. Luckily I knew the athlete well and decided to bench the athlete instead of playing.



This is how I as a coach can make athletes feel safe in sport:

○ Listen to the team and create a safe environment in which they feel safe and supported in speaking up.

○ Show the team it's okay to have personal boundaries, how to show them and how to respect those of others.

○ Lead by example.

○ At the beginning of the season, make clear what behavior and values you expect, both on and off the field. Enforce this during the season.

○ Inform the team about the club's safeguarding officer.

What can I do if it goes wrong?

○ REACT

- Respond immediately.
- Stop the behavior.
- Make sure everyone is safe.
- Inform the parents.

○ EXPLAIN

- Talk about what you saw or heard.
- Explain why this behavior is inappropriate.
- Make sure the athletes understand that the behavior cannot happen again.
- Report to the club safeguarding officer if needed.

○ BE AVAILABLE

- Ask how everyone is doing.
- Tell them they can always come to speak with you.

3 out of 4 youth athletes experience at least one form of harassment and abuse in their club. It is your responsibility to keep the athletes safe at all times.



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