

Sport Participants

User Tips



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Extra tips for using the conversation cards for sport participants

Not sure how to get started with the conversation cards for sport participants? Here you will find a few tips and ideas for facilitating the exercises. Please read this appendix before you begin.

Who can use the conversation cards?

Every coach or safeguarding officer within a sport club can use the conversation cards, but first we recommend that you consider the group of sport participants you will be working with. Is there a sufficient feeling of openness and communication? Would they be comfortable sharing their honest opinions and experiences with coaches, and teammates? Is there an atmosphere of safety, understanding and respect for each other and for different ideas and opinions?

Who will supervise the discussion?

We recommend that the coach or safeguarding officer acting as moderator reads the assignments out loud and also guides the discussion. Before choosing to moderate these exercises, be sure to ask yourself the critical question of whether or not you are the right person to guide these conversations; are sport participants comfortable discussing difficult topics with you?

How do you prepare as a moderator?

Decide in advance which conversation cards you would like to use. Make yourself familiar with the exercises and note the extra background information provided on cards as well as in this manual. It is especially important that the moderator has an eye for interaction among the sport participants and keeps the discussion moving by asking open-ended questions. This will give the sport participants not only the opportunity to share, but to also learn from each other's experiences and opinions. Be mindful to give all sport participants the time and opportunity to share their opinions with others.

Before you begin, it is important to actively discuss how you will create a safe, open, and supportive atmosphere in which to do these exercises. At the top of the session discuss this with the sports participants and make ground rules, for example, always respect others when they are speaking, no interrupting, or having only one person may speak at a time. When you come up with your list, ask them which ground rules they think are most important. Feel free to refer back to them during the exercises if or when needed. If you have any questions or concerns after the conversations, know that you can always contact a helpline in your country. Clearly communicate to the sport participants that if they have questions or concerns, they can always contact youth helplines.



Tips for exercise 1: Square game



Part 1: 15-20 minutes

Part 2: 15-20 minutes

- **Tip 1:** Communicate that the sport participants should follow their own feelings. The most important part of this game is the discussion after each situation.
- **Tip 2:** In part 2 of the exercise there are no right or wrong answers. It is especially important that the sport participants indicate what elements of the situation influenced their decision to rate situations as okay or not okay. Encourage a conversation that includes those who think the situation is okay, those who think it is not okay, and those who are not sure.

Tips for exercise 2: Game of statements



10-15 minutes per situation

- **Tip 1:** Before beginning, make sure the moderator/facilitator knows who the safeguarding officer is at the club and how sport participants can contact them. Share this information with the sport participants when discussing the situations.
- **Tip 2:** The most important message to communicate during this exercise is that sport participants can and should inform an adult if a situation does not seem okay.
- **Tip 3:** If there is no consensus within the group, let the different voices speak equally. To keep the conversation going, the moderator can briefly summarize what the previous speaker said and then ask who would like to add or have a different opinion.
- **Tip 4:** The moderator should not interject their own opinions, but do prepare in advance what you might bring to the discussion. This will be useful if you notice that the discussion is hesitant or if the sport participants are finding it difficult to determine why something is or is not okay.

Tips for exercise 3: No is okay



Round 1: 25-30 minutes

Round 2: 15-20 minutes

- **Tip 1:** In part 1 of this exercise safety is very important. If there are situations or topics that may be sensitive within the group, it is important to determine if the environment is safe and supportive enough for the group to continue (or begin) the conversation.
- **Tip 2:** Be sure to read the tips on the instruction card beforehand so that you can include them during the discussion.

These conversation cards are based on the workshop for sport participants developed through the Erasmus+ project Safe Sport Allies.