

# SAFE SPORT TIPS FOR COACHES



## OK

- ✓ Training with athletes in an open/observable environment
- ✓ Team/Group electronic communications
- ✓ Transportation with athletes and another coach/chaperone
- ✓ Providing feedback to an athlete in an open area
- ✓ Running exercise drills for training and development
- ✓ Touching an athlete to demonstrate proper technique with their permission
- ✓ Consoling or hugging an athlete when in need, initiated by the athlete
- ✓ Entering a changeroom for an emergency, announcing your entrance
- ✓ Speaking to athletes, other coaches, officials, or club managers respectfully
- ✓ Managing athlete behaviours and discipline following policy
- ✓ Having your own room while travelling with athletes
- ✓ Conducting room checks at cerfew with another coach
- ✓ Team/Group social gatherings
- ✓ Reporting maltreatment/misconduct
- ✓ Creating a safe, equitable and inclusive environment

## NOT OK

- ✗ Training alone with your coach where others can't observe
- ✗ One on one (direct) messaging with your coach
- ✗ Being alone with your coach during transportation
- ✗ Providing feedback to an athlete in a closed office or hotel room
- ✗ Using exercise as a form of punishment for not listening/achieving results
- ✗ Touching an athlete unexpectedly or frequently for no reason
- ✗ Hugging a participant face-to-face for longer than 5 seconds
- ✗ Being in the changeroom while athletes are changing
- ✗ Using intimidating, insulting or offensive language or actions towards others
- ✗ Yelling, using abusive language, and/or neglecting an athlete
- ✗ Sharing a room with an athlete
- ✗ Conducting room checks alone
- ✗ Hanging out with an athlete alone or at your home
- ✗ Not reporting suspected maltreatment/misconduct
- ✗ Creating an environment that is not positive, safe, and fun