



# Stay Safe & Have Fun In Sport



Information for young people

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

Don't let anyone spoil it!

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



## Your coach

Your coach is there to make sure you learn the sport safely and enjoy it

### What does this mean for you?

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

- ⓪ Having the right qualifications for the job
- ⓪ Putting me before winning or achieving goals
- ⓪ Not bullying me to make me do things
- ⓪ Treating me as an individual
- ⓪ If they need to have physical contact with me to show me a technique in sport, explaining this to me where possible

If you're not comfortable with physical contact you have the right to say no

- ⓪ Never speaking to me in a way that makes me feel uncomfortable
- ⓪ Making sure equipment is safe for me to use
- ⓪ Being a good role model
- ⓪ Making sport fun!



safeguarding in **sport**

sportscotland  
the national agency for sport

Children 1st  
SCOTLAND'S NATIONAL CHILDREN'S CHARITY

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[www.children1st.org.uk](http://www.children1st.org.uk)  
[www.safeguardingsport.org.uk](http://www.safeguardingsport.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 you?

It means respecting the people who are there to teach you 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 you as a player

**Enthusiastic to get involved and cheer... Don't laugh at us or embarrass us**

**Never argues with the referee his/her decision is final**

**Supports us... Respects everyone nearby... Doesn't shout 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, the child protection officer at your club, a school counsellor, a doctor or school nurse.

If there isn't someone you feel that you could talk to, you can contact **ChildLine in Scotland** 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](http://www.childline.org.uk)

The child protection officer at my club is

**Wendy Bryson**

Their contact number is

**07944 748091**