

Information for young people in sport clubs and activity groups

Play sport stay safe



Worried? Need to talk?

A parent, teacher, welfare/child protection officer in your club, a school counsellor or nurse. These are all people you could turn to. If you feel there isn't someone you could talk to, you can contact

ChildLine: 1800 66 66 66

It's a free and confidential helpline for children and young people. It's confidential because you don't need to tell them who you are if you don't want to.

www.childline.ie

Stay safe

When you join a club or take part in sport you have the right to have fun and stay safe.

No one should spoil this for you.

If you're not comfortable with any physical contact you have the right to say

NO! Speak out!

Talk to someone you can trust

Contact Your Club Children's Officer

Name:

Contact details:

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Your coach

Your coaches are there to make sure you enjoy and learn more about the activity and keep safe.

It means they have to respect you as a person by:

- being reliable
- being fair
- making you feel safe
- letting you take part
- encouraging you
- being a good role model
- not showing favouritism
- making sure that you do
- not feel uncomfortable.

Coaches must make sure that:

- they know what they are doing
- the equipment you use is safe
- you have your say
- your activity is FUN
- they challenge all types and forms of bullying in the club
- they work to a code of conduct
- they put your needs before winning
- they treat you as an individual.

Your responsibility

Just like your coaches have responsibilities to make your activity fun and safe, so do you and your friends.

This means respecting the coaches who are there to help you and other young people by:

- sticking to the rules
- not making insulting comments or swearing at the coaches or other helpers and other members of the club
- being prepared and on time for sessions/training
- doing your best at all times
- thinking about what you do/ say on the internet.

Parents and supporters

They should be there to support you in your activities and:

- help out when asked
- be enthusiastic and cheer you on but not embarrass you
- never argue with the coach or referee in public
- drop you off and collect you on time
- listen to any concerns you have
- make sure you have the right kit/equipment.

Say no to bullying

Bullying can mean things like name calling, hitting, shoving, stealing or damaging another persons belongings, spreading rumours, making threats or sending nasty phone texts or e-mails.

To help make the place more fun for other young people you should:

- say no to bullying in your club
- give your friends a second chance if they make a mistake
- welcome new members.

childrensdatabase.ie



Sport provides an excellent pathway for young people to learn new skills, become more confident and maximize their own potential. These benefits will occur through a positive approach to the involvement of children in sport that places the needs of the child first and winning and competition second.

Winning is an important goal but winning at all costs does not meet the needs of young participants. Help them to enjoy the thrill of competing, to improve their skills, to try hard, to have a good time, to have the courage to compete and to come back for more.

Focus on the importance of participation for each child, best ef-

fort and enjoyment. If participants enjoy their earlier experiences of sport they are more likely to stay involved, returning many benefits in terms of the health and well being of our future adult population.

For further information:

Contact your Governing Body of Sport and/or the Irish Sports Council, Top Floor, Block A, West-end Office Park, Blanchardstown, Dublin 15.

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Website: www.irishsports council.ie
Visit: childrensdatabase.ie

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