



SAFE SPORT TIPS

FOR COACHES



OK

- ✓ Group training with your athletes
- ✓ Team get-togethers and group social gatherings
- ✓ Electronic group chats with your athletes
- ✓ Performing room checks at curfew with another chaperone on an overnight trip
- ✓ Driving with more than one athlete in a vehicle
- ✓ Entering the player's changeroom in the case of an emergency
- ✓ Asking permission to physically touch an athlete to demonstrate a training technique
- ✓ If an issue arises, providing constructive feedback or respectfully asking for clarification
- ✓ If of legal drinking age, having one drink at a celebratory dinner after competition
- ✓ Friendly humour not targeted at one specific person that is not discriminatory in nature

NOT OK

- ✗ Practicing alone with an athlete in a space where other people cannot watch
- ✗ Inviting one athlete into your home
- ✗ Unprofessional, unobservable 1-on-1 electronic communication (e.g., direct messages) with an athlete
- ✗ Sharing a room with an athlete on an overnight trip or being alone in a room with an athlete
- ✗ Being alone in a vehicle with an athlete
- ✗ Entering the changeroom unannounced and without permission while athletes could still be changing
- ✗ Frequently touching an athlete, especially without asking permission each time
- ✗ Insulting or using offensive language towards an opponent, official, athlete, or coach
- ✗ Drinking alcohol or consuming recreational drugs at competitions or practices
- ✗ Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them