



SAFE SPORT TIPS FOR COACHES

OKAY

- 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
- Friendly humour not targeted at one specific person that is not discriminatory in nature

NOT OKAY

- Practicing alone with an athlete in a space where other people cannot watch
- Inviting one athlete into your home
- 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
- Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them