



## CHILD PROTECTION POLICY

### Recommended practices

Child Protection in Sport, why child protection in sport matters. Every child should have the opportunity to take part in sport at all levels in a safe, secure and positive environment. Children have unique capabilities and strengths yet remain vulnerable to being influenced. In sport, where children and youth participation is predominant child protection becomes everyone's responsibility. It is essential for IPF members Federation to have and implement a child protection guidelines and policies.

The contribution of Sport to enhancing the human rights of children?

Sport can be a considerable asset to reaching the objectives on the Rights of children. As a recreational activity, sport is attractive to children and youth making it a valuable tool in bringing these diverse individuals together to a common ground, where they are physically active, they share experience, and their interaction ensures an exchange that may be beneficial to:

- Combat discrimination by promoting integration of diverse groups independent of race, gender, religion, economic-social situation n, age, ability, etc.
- Encourage fair-play and channel energy and potential violence acting as an alternative to deviant behaviour.

What forms of abuse of Children and youth exist in Sport?

The most common forms of abuse in sport, which may vary in their frequency and intensity according to the respective type of sport, are the following.

- Physical abuse
- Excessive intensive training
- Physical violence by coaches including punishment
- Violence due to participating in competitions
- Sexual abuse including harassment on the basis of sexual orientation
- Neglect and bullying
- Emotional abuse

This can lead to various problems such as physical injuries, sexual health problems, depression, low self-esteem, eating and sleeping disorders, post-traumatic stress disorders, suicide etc.

Reasons for human rights violations of children in Sport. The social context within which sport finds itself offers possibilities for abuse in its different forms for a range of reasons:

- **Dependency:** Children find themselves in a unique situation when they train, as the sports world forms a sort of family, within which there is pressure through expectations; a closed world where children can create strong emotional and dependency with the coach in charge
- **Training to please:** The psychological development of the child often impulses them to train excessively and to do almost anything to please adults making them vulnerable to the possibility of abuse
- **Lack of qualified coaches:** One of the most prominent problems is too often coaches are sportsmen or women who have gone through a sport career, but lack coaching knowledge

- **Lack of international standards:** The lack of intentional standards with respect to human rights protection of children in sports exist, which is another cause for human rights abuse of children in sport.

Moving forward to avoid human rights violations of children in sport.

- **Educating children:** Increased understanding that children can be part of the solution has led to educate children about the risks of abuse in sport, their rights, and who to ask for help. Teach children and coaches how healthy relationships look and feel, how to detect signs of abuse or harassment, and how to get help.
- **Raise awareness of parents:** informing parents of the possible harms that intensive training can do to their children, their role and responsibilities, can contribute to preventing child abuse in sport
- **Targeting coaches:** Effort to mitigate child abuse requires; training and education of coaches on ethics in sport and acceptable training techniques, as well as screening for potential offenders
- **Developing policies;** To protect children and youth, policies concerning sport participation, training and competition should recognize and prioritize the needs and interests of the child and youth at all times

I would urge the IPF as a matter of urgency to encourage all members' federation to establish a child protection programmes.

Sport for Development and Peace - International working group (SDP-IWG). Recommend

1. Any organization providing sport to young people under the age of 18 should have a child protection policy in place.
2. Screen all coaches and volunteers who have contact with children and assess their suitability to work with children and to complete a background criminal record check.
3. There are well-publicised ways in which coaches and volunteers can raise concerns, confidentially if necessary, about unacceptable behaviour by other coaches or volunteers. These include external contacts
4. A safeguarding plan and guidance should be in place in relation to transporting children or Taking them away on trips
5. Where there is direct responsibility for running/providing activities, operating standards should Be set out to ensure children are adequately supervised at all time,
6. My recommendation is that all coaches coaching Sub-Juniors should have Criminal Records Bureau (CRB) check carried out