

## What are the potential risks I should be aware of in sport?

Sport should respect the physical, psychological, and sexual integrity of the child, and benefit their health and well-being. Unfortunately, there are some instances when this is not the case. As a parent it is important that you are aware of potential risks so that you can help prevent your child experiencing harm.

### Physical

Your child should never train through injury, exhaustion, or pain. Physical punishment should never be used as a reaction to disappointing results, or sanction for misbehaviour.

### Psychological

No one should make your child feel humiliated, anxious, intimidated, neglected, or stressed. It is important your child's club and coaches understand the emotional impact they have on a child's development and act as positive role models in their behaviour to others.

### Sexual

Your child should be free from all contact or non-contact sexual abuse. Non-contact abuse may include forcing children to look at sexual images or activities, encouraging children to behave in sexually inappropriate ways, or using sexualised language. Grooming a child in preparation for abuse when others may use and exploit children sexually for their own gratification or gain is illegal and any concerns should be immediately reported to the statutory agencies.

### Health

Sport should be a healthy experience. Injuries must be treated appropriately and measures for hygiene should be in place (clean environment, showers, clean drinking bottles etc). Your child should not be exposed to alcohol, smoking, or drugs within the sports setting.

### Well-being

Sport has the immense potential to bring pleasure, friendship, and confidence among many other benefits. But your child could also face insecurity, stress, anxiety, loneliness, or neglect. If this happens, it's the responsibility of the coach or club to help you and your child cope with these problems.