

What is safeguarding and why is it important in sport?

As a parent you want your child to be safe in sport both when they are competing and training. When children participate in sport, their physical, psychological, and sexual integrity should be respected, and their participation should benefit their health and well-being. **Safeguarding**, as we use the term, refers to the promotion of children and young people's well-being and protection against all forms of threats. It is doing everything possible to minimise the risk of harm to people involved in sport.

Within sport, safeguarding involves those responsible for children and young people being proactive and putting measures in place to ensure that your child and others are going to be kept safe.

Steps to keep children and young people safe in sport include:

- Ensuring there are safe recruitment procedures and staff/volunteers are properly checked when they are recruited to work with children
- Guidelines and standards of practice for people who come into contact with children as part of their role to ensure they know what they need to do to keep children safe
- Guidelines for planning events or activities with children and putting measures in place to minimise the risk of safeguarding issues occurring

As a parent you have an key role in creating a safe and fun sporting environment for your child. It is important that you are aware of:

- The potential risks involved in sport
- What you can do to keep your child safe in sport
- What standards you can expect from sport
- Who you can turn to if you have a concern.

As a parent, engaging with your child's club and asking pertinent questions regarding their policies and procedures is an important first step in selecting a club to suit your child's needs.