

How can I keep my child safe in sport?

You can ask what policies the club has and talk to others about the culture in the club. But the key thing you can do is simply talk to your child to ensure they are happy and enjoying their chosen activity and that the sport is providing them with the opportunity to achieve to the best of their ability. You should also take time to introduce key keeping safe messages to children, such as:

- Your body is private to you
- You have the right to feel safe
- No means no
- Talk to a trusted adult if you have a concern

For younger children see the [NSPCC PANTS](#) resources, which are linked on our resources page. You should also recognise sudden changes in your child's behaviour and be comfortable asking open questions.

Culture within the club

It is crucial that you and your child feel that the volunteers and coaches within the sports club have your child's best interest at heart and want to see the child engage and enjoy their sporting experience. In youth sport the focus should be on enjoyment and the development of skills, not just on the winning!

Sports clubs should recognise and promote the positive and important role parents play in helping children reach their full potential by working with parents to reflect on the demands parents are encountering and helping to identify strategies to manage such demands. Parents also need to be proactive and engage coaches in a positive dialogue about how they can support the coach and their child to ensure the child can develop to their full potential.

Policies and procedures

You can also help to keep your child safe in sport by checking your child's club has the correct safeguarding procedures in place. You could also check to see if your child's club has achieved an up-to-date federation or council accreditation or recognition for their practice. If it has then this may be viewed as evidence that the club/organisation has attained a certain level of safe practices as assessed by the awarding body. Remember, a well-run club will welcome questions about their activities and policies. They'll know they have a responsibility to give this kind of information to anyone who leaves a child in their care.