

# SAFE SPORT TIPS

## FOR YOUNG ATHLETES (13 & older)

### OK

- ✓ Group training with your teammates and coach
- ✓ Team get-togethers and group social gatherings
- ✓ Electronic group chats with your teammates and coach
- ✓ Sharing a room on an overnight trip with a teammate of the same gender identity
- ✓ Carpooling with your teammates
- ✓ Your coach entering the changeroom to assist with a medical emergency
- ✓ Giving permission to a coach to physically touch you to demonstrate a training technique
- ✓ If an issue arises, respectfully asking for feedback or clarification
- ✓ Friendly humour not targeted at one specific person that is not discriminatory in nature

### NOT OK

- ✗ Practising alone with your coach in a space where other people cannot watch
- ✗ Visiting your coach at home
- ✗ One-on-one electronic communication (e.g., direct messages) with your coach
- ✗ Sharing a room with a coach or chaperone on an overnight trip or being alone in a room with a coach or chaperone
- ✗ Being alone in a car with your coach
- ✗ Your coach entering the changeroom without advance warning while you or your teammates are still changing
- ✗ Your coach touching you unexpectedly or frequently
- ✗ Insulting/using offensive language toward an opponent, official, athlete, or coach
- ✗ Joking about race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass someone

## EDUCATION PROGRAM

[Click here](#) to access the free, online safe sport education program for young athletes. This 20-minute program offers age-appropriate content for athletes aged 13 and older. It includes eight engaging modules on safe sport topics, including bullying, hazing, grooming, other types of inappropriate behaviours, and what young athletes should do if they need help.



## MORE HELPFUL REMINDERS

- **You have rights**  
All young athletes have the right to feel safe, respected, and supported in sport. No one should ever hurt or mistreat you. If something feels wrong, you have the right to speak up. You can always talk to an adult that you trust. Your voice matters.
- **You have responsibilities**  
As an athlete, you have a responsibility to be respectful towards all coaches, officials, athletes, parents, and volunteers. Show appreciation for their efforts. You also have a responsibility to be respectful to other people when you are not playing sports. How you behave matters, on and off the field.
- **Don't stay silent**  
If you ever feel that something isn't right – trust your gut. Whether you think it might be bullying, hazing, or any other inappropriate behaviour, don't ignore it or stay silent. Speak up, tell an adult that you trust, or report the situation.
- **No prohibited substances**  
Stay substance-free to perform your best in sport. Avoid using alcohol, tobacco, or cannabis – they can harm your health and your game.
- **Understand the difference between discipline and abuse**  
Coaches and adults in sport can challenge you, set expectations, and apply appropriate consequences when necessary – that's part of sport. But discipline should never cross the line into harm. If someone yells abusively at you, hits you, throws objects at you, forces you to train as a form of punishment, or does anything that makes you feel unsafe, speak up and report the behaviour to a trusted adult.

## WHAT TO DO IF YOU EXPERIENCED INAPPROPRIATE BEHAVIOUR

- **Talk to an adult**  
If you experienced any inappropriate behaviour, talk to an adult that you trust

immediately! This can be a parent, teacher, coach, or another grown-up who makes you feel safe. You are not alone — adults can help you!

- **Call 911**

If you feel like you are in immediate danger, contact the police by calling 911 or your local police emergency number.

- **Non-emergency**

If you believe that you have been harmed but are not in an immediate emergency, contact Child and Family Services (CFS) at 1-866-345-9241. In Winnipeg, contact (204) 944-4200.

- **Support services**

A number of support services including Kids Help Phone (1-800-668-6868) are available to provide you with additional help. Visit [sportmanitoba.ca/safesport](https://sportmanitoba.ca/safesport) to view more support services.

- **How to report a maltreatment complaint**

If you would like to report a maltreatment complaint in sport, [click here](#) to watch a video on how you can make a report to an Independent Third Party. Visit [sportmanitoba.ca/safesport](https://sportmanitoba.ca/safesport) to make the report.