

What is Safe Sport?

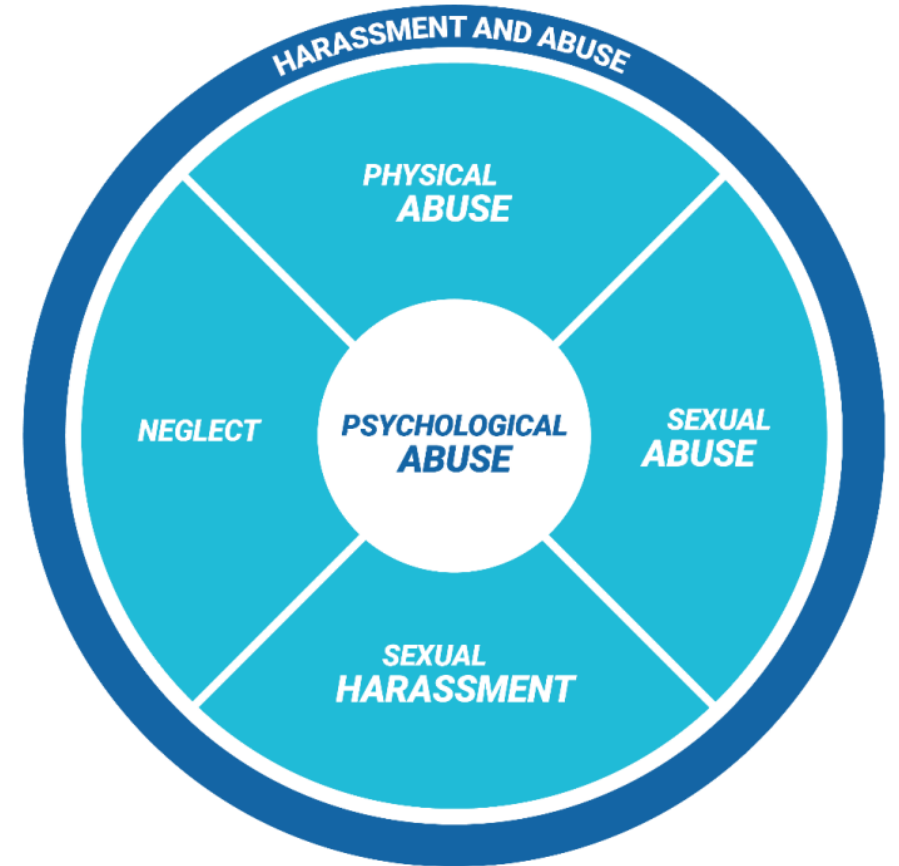


SAFE SPORT is

*... an athletic environment that is
respectful,
equitable
and free from non-accidental
violence...*



*IOC Consensus Statement:
Harassment and Abuse (non-accidental violence) in Sport (2016)*



DOWNLOAD – [IOC Consensus Statement](#)

- Harassment and abuse can be expressed in five forms occurring in **combination** or in **isolation**.
- Based on **any grounds** including race, religion, colour, creed, ethnic origin, physical attributes, gender, sexual orientation, age disability, socio-economic status and athletic ability.
- Can happen **in person or online**. Harassment may be **deliberate, unsolicited and coercive**. Often result from **abuse of authority or power by an individual against another**. Harassment and abuse are on a continuum; and therefore should not be separated.

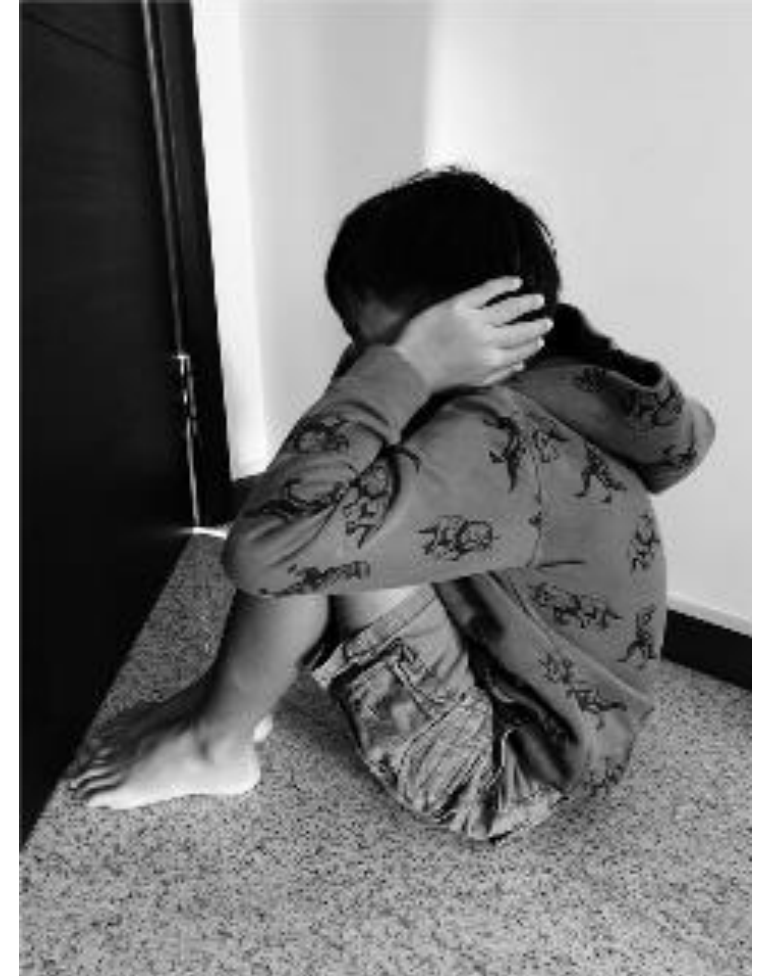


Psychological Abuse

- Any **unwelcome act** including confinement, isolation, verbal assault, humiliation, intimidation, or any other treatment which may diminish the sense of identity, dignity, and self-worth. Can be a form of **emotional abuse**.

Examples:

- Not speaking to an athlete after he/she performs poorly in a game/practice
- Yelling at an athlete
- Ridiculing an athlete for his/her performance or physique
- Body shaming
- Negative nicknames
- Sarcasm
- Bullying



Physical Abuse

- Any **deliberate and unwelcome act** that causes **physical trauma or injury**.
- Occurs when one suffers significant harm from an injury. Injury may be inflicted **intentionally or as consequence of physically aggressive treatment**.

Examples:

- Hitting, kicking, punching, slapping
- Intensity of training and competition exceed the capacity of the athlete's developmental stage
- Forced or inappropriate physical activity
- Forced alcohol consumption
- Forced doping practices



Neglect

- Failure of an adult (e.g. coach, team manager, sport administrator) with a duty of care towards the athlete to provide a **minimum level of care** to the athlete, which is **causing harm, allowing harm to be caused, or creating an imminent danger of harm**

Examples:

- Failure to provide an athlete with their basic physical and emotional necessities or medical attention
- Keeping an injured athlete on field as he is the best player
- Not being aware of and not considering an individual's physical or intellectual disability
- Failure to ensure safety of equipment or environment
- Training in extreme weather



Sexual Harassment

- Any **unwanted and unwelcome** conduct of a sexual nature, whether verbal, non-verbal or physical. Sexual harassment can take the form of sexual abuse

Examples:

- Sexually inappropriate language
- Sex-ting
- Sharing sexually explicit materials
- Suggestive comments
- Voyeurism



Sexual Abuse

- Any conduct of a sexual nature, whether non-contact, contact or penetrative, where consent is coerced / manipulated or is not or cannot be given

Examples:

- Inappropriate touching
- Invitation to touch in a sexual way
- Non physical contacts such as:
 - Taking sexual explicit photos or videos of someone
 - Forcing them to watch sexual acts



Importance of Safe Sport

Psychological violence against children most common type of abuse in sport, new study reveals

By [Geoff Berkeley](#) at the World Athletics headquarters in Monte Carlo

2 comments



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© Saturday, 27 November 2021



Almost three-quarters of experiences of violence against children in sport are psychological, with men reporting more past cases of abuse than women, a new survey has revealed.

The results of the online study, called "Child Abuse in Sport: European Statistics", were presented here in Monte Carlo at an international symposium held at the World Athletics

headquarters.

A total of 65 per cent of respondents aged between 18 and 30 said they had experienced psychological violence while they were a child.

Humiliating and threatening or isolating behaviours were among the areas which were found to have caused harm to the psychological health or the mental or social development of a young person.

The most common experience of psychological violence within sport was not being praised for efforts or achievements, followed by humiliation or being made to feel small, being ignored or excluded and suffering criticism over one's physical appearance.

Within sport, 68 per cent of men and 61 per cent of women reported at least one experience of psychological violence before the age of 18.

Mike Hartill of Edge Hill University in England, who led the study along with Bettina Rulofs of Wuppertal University in Germany, said he was not surprised by the findings.

"Given what we know about sport and the pressure that children and young people can be put under - not just elite level, but all levels - it was not surprising to find high levels," Hartill told *insidethegames*.

CASES General Report



Child Abuse in Sport
European Statistics

Hartill et.al (2021)

10,302 adults in the UK, Austria, Belgium, Germany, Romania and Spain.

65% of adults (aged 18-30) reported experiencing psychological violence as children

44% reported experiencing physical violence inside sport as children.

Neglect was experienced by 37% of respondents.

35% reported experiencing non-contact sexual violence.

20% reported contact sexual violence.



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SIGNS

RESEARCH: IMPACT PROFOUND AND CAN BE LONG LASTING

Emotional

- volatile mood states (frequent/wide mood swings)
- change in personality (docile to aggressive or vice versa)

Behavioural

- withdrawal
- apprehension at attending practices
- more likely to drop out of sport
- more likely to dope/ cheat

Relational

- difficulty in interpersonal relationships
- social exclusion /isolation
- marginality



Cognitive

- low self-esteem /self-worth

Mental Health

- anxiety and depression
- self-harm (suicide)

Physical

- physical injury or illness
- changes in sleeping and eating patterns
- post traumatic stress disorder
- disordered eating

Did you know?

- ❑ The **Safe Sport Unified Code** was launched on 23 November 2021
- ❑ It defines, describes the forms of **abuse and harassment** which may take place in the **sporting environment**



Offences under Domestic Law

- Penal Code Offences
- Ill-treatment of a child or Young Person
- Harassment
- Ill-treatment under the Mental Capacity Act
- Offences specific to Vulnerable Persons



Sexual Misconduct

- Sexual Harassment
- Sexual Communications
- Intentional Exposure of Private Area(s)
- Sexual Contact without Consent
- Sexual Intercourse without Consent
- Sexual Exploitation



Psychological & Physical Misconduct

- Psychological Misconduct
- Physical Misconduct
- Bullying
- Hazing
- Harassment



Other Inappropriate Conduct

- Grooming
- Intimate Relationship
- Inappropriate Physical Misconduct
- Wilful Tolerance



Misconduct Relating to Process

- False Reporting
- Abuse of Process
- Retaliation



Safe Sport Unified Code

Any organisation can refer to the Safe Sport Unified Code within the organisation's:

- ✓ safeguarding policies
- ✓ employment / relevant contractor agreements
- ✓ participation and membership agreements
- ✓ volunteer agreements



Creating Safe Sporting Environments

- How can you assess the risks in your environment?
- What policies should be in place?
- Are there clear and signposted channels for reporting?



SAFE SPORT
COMMISSION SINGAPORE

For more information on

- Policies
- Support Networks
- Training & Education
- Reporting Processes



www.safesport.sg

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Get the Safe Sport Commission
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