

Pro Safe Sport for Young Athletes

Promoting the well-being of young athletes

origins – content – relevance

Normative framework on safe sport

Public health – Art 168 TFEU

A high level of human health protection shall be ensured in the definition and implementation of all Union policies and activities.

Sport – Art 165 TFEU

Union action shall be aimed at (...) developing the European dimension in sport (..) by protecting the physical and moral integrity of sportsmen and sportswomen, especially the youngest sportsmen and sportswomen.

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European Sports Charter – Art 1 lit b

Governments (...) shall take the steps (...)

- *to ensure that everyone should have the opportunity to take part in sport and physical recreation in a safe and healthy environment*
- *to protect and develop the moral and ethical bases of sport (...) from practices that are abusive or debasing, including the abuse of drugs and sexual harassment and abuse, particularly of children, young people and women.*

Code of Sport Ethics – Recommendation(2010)9 on the revised Code of Sport Ethics of the Council of Europe

Normative framework on safe sport

Other relevant recommendations

- Recommendation CM/Rec(2015)2 of the Committee of Ministers to member states on gender mainstreaming in sport
- Recommendation CM/Rec(2012)10 of the Committee of Ministers to member states on the protection of child and young athletes from dangers associated with migration
- Recommendation CM/Rec(2011)10 of the Committee of Ministers to member states on promotion of the integrity of sport against manipulation of results, notably match-fixing
- Recommendation CM/Rec(2011)3 of the Committee of Ministers to member states on the principle of autonomy of sport in Europe
- Recommendation 1464 (2000) of the PACE on doping in sport
- Recommendation 1292 (1996) of the PACE on young people in high-level sport

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Three CoE Conventions

European Convention
on Spectator Violence
(1985)



European Anti-Doping
Convention
(1989)



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A new Convention

Manipulation of sports
competitions

(2014)



Normative framework on safe sport

Human Rights Instruments

- The Geneva Declaration of the Rights of the Child, adopted in 1924 by the Assembly of the League, was not state obligation but of duties declared and accepted by "men and women of all nations" and according to which "the child must be given the means requisite for its normal development, both materially and spiritually."
- Universal Declaration of Human Rights of 1948 : a basic catalogue of internationally recognized human rights, equally applicable to children and adults. Two of its provisions are specifically concerned with children - article 25 (2), "motherhood and childhood are entitled to special care and assistance," and article 26 "right to education."

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Human Rights Instruments

- 1959 Declaration of the Rights of the Child. Stressing that "mankind owes to the child the best it has to give," the Declaration's 10 principles affirm the right of the child to receive special protection, to be given opportunities and facilities to enable him to develop in a healthy and normal manner, to enjoy the benefits of social security, including adequate nutrition, housing, recreation and medical services, to receive education and to be protected against all forms of neglect, cruelty and exploitation.
- Most of these rights were transposed in treaty form in the International Covenant on Economic, Social and Cultural Rights adopted in 1966

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Children Rights

- UN Convention on the Rights of the Child 1989
- The Council of Europe Convention on Protection of Children against Sexual Exploitation and Sexual Abuse 2008
- Council of Europe Convention on Action against Trafficking in Human Beings 2005

Normative framework on safe sport

Code of Sports Ethics CM/Rec(2010)9

3. (...) the Code of Sports Ethics sets out to:

a. identify and promote educational and preventive measures intended to reinforce best practice. One of the main issues is therefore the promotion of fair play among children and young people; (...)

4. In so doing, the code promotes the dissemination of examples of good practice for promoting diversity through sport and combating discrimination of all kinds in sport. It promotes the right of children and young people to participate and enjoy their involvement in sport, while also emphasising the responsibilities of institutions and adults to promote sports ethics and fair play and to ensure that these rights are respected.

Normative framework on safe sport

Code of Sports Ethics CM/Rec(2010)9

6. Fair play is defined as much more than playing within the rules. It incorporates the concepts of friendship, respect for others and sportsmanship. Sports ethics is defined as a way of thinking, not just a way of behaving. It incorporates issues concerned with the elimination of cheating, the use of unfair strategies whilst respecting the rules, doping, misuse of nutritional supplements, violence (both physical and verbal), sexual harassment and abuse of children, young people and women, trafficking in young sportspeople, discrimination, exploitation, unequal opportunities, excessive commercialisation and corruption.

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Code of Sports Ethics CM/Rec(2010)9

7.(...) Sports ethics must be given the highest priority by all those who, directly or indirectly, influence and promote sporting experiences for children and young people. These include:

Governments / Sports organisations / Individuals

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Code of Sports Ethics CM/Rec(2010)9

Sports and sport related organisations (...)

Concerning work with young people:

10.8. to ensure that the structure of competition acknowledges the special requirements of growing children and young people and provides the opportunity for graded levels of involvement from recreation to high-level competition;

10.9. to encourage modification of the rules to meet the special needs of young people and put the emphasis not only on success in competition but also on sports ethics;

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Code of Sports Ethics CM/Rec(2010)9

10.10. to ensure that safeguards are in place within the context of an overall framework of support and protection for children, young people and women, both to protect them from sexual harassment and abuse and to prevent the exploitation of children, particularly those who demonstrate precocious ability;

10.11. to ensure that all those within or associated with a sports organisation who have responsibility for children and young people are qualified at an appropriate level to guide, train and educate them, and in particular that they understand the physiological and psychological changes associated with the child's process of development and that they are familiar with and take into account the emotional and relational functioning of human beings.

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Code of Sports Ethics CM/Rec(2010)9

Individuals

(...)

Concerning work with young people:

11.3. to make the health, safety and welfare of the child or young sportsperson the first priority and ensure that such considerations come before all else (reputation of the school, club, coach or parent);

11.4. to extend the initiatives taken by the international federations and organisations in order, if possible, to promote quality standards in respect of the activity of sports agents;

11.5. to provide a sporting experience for children that encourages a lifelong commitment to healthy physical activity;

Normative framework on safe sport

Code of Sports Ethics CM/Rec(2010)9

11.6. to avoid treating children as small adults, but be aware of the physical and psychological changes which accompany their development and how these affect sporting performance;

11.7. to avoid placing expectations on children which they are unable to meet;

11.8. to make the participant's pleasure and enjoyment the priority and never exert undue pressure on the child which impinges on their right to freely choose to participate;

11.9. to take the same level of interest in all young people regardless of their talent and emphasise and reward personal levels of achievement and skill acquisition in addition to competitive success;

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Code of Sports Ethics CM/Rec(2010)9

11.10. to be attentive and responsive to children's needs, so that each child feels appreciated as an individual, irrespective of his or her sporting prowess;

11.11. to encourage young children:

- to devise their own games with their own rules, to take on the roles of coach, teacher, official or referee in addition to that of participant;
- to devise their own incentives and sanctions for fair or unfair play; and
- to take personal responsibility for their actions;

11.12. to provide young people and their families with as much information as possible to ensure awareness of the potential risks and attractiveness of reaching high levels of performance.

Areas of Pro Safe Sport

- **Physical well-being**

Sport injuries

- **Psychological well-being**

Sexual harassment, emotional/ psychological abuse, discrimination, equality, bullying, homophobia

- **Social well-being**

Dual career, social media, crime/ corruption in sport/ match fixing

- **Fairplay**

Anti-doping, tolerance, racism

Why Pro Safe Sport?

- Since the 1990s high profile cases in sport all over Europe (Germany, Hungary, Sweden, UK etc.)
- Increased media attention puts sport in the spotlight
 - Subject to greater public interest and scrutiny
- Damage to public image and reputation

Why Pro Safe Sport?

- Values of sport: fairplay, respect, tolerance
- Vision: Joy of Sport - for All (NIF)
- Safeguarding policies should be understood as a measure to boost public trust

Why Pro Safe Sport?

- Legal obligation
- Moral/ societal obligation
- Increase participation of youth

Which are the stakeholders of Pro Safe Sport?

- Coaches
- Athletes
- Parents
- Sport organisations
- Public authorities responsible for sport

What is safe environments?

The promotion of a safe and healthy sport environment covers a wide range of areas and activities:

- Governance, policies, procedures
- Awareness raising and information
- Training
- Communication
- Equipment/ infrastructure

Safe environments – international Standards¹

- Policy
- Procedures, personnel and systems
- Minimising risks to children
- Equity
- Communication
- Education and training
- Engagement with advice and support
- Working with partners
- Involving children
- Monitoring and evaluation (M&E)

¹ Draft International Standards for Safeguarding and Protecting Children in Sport, August 2013

Core elements of Pro Safe Sport

- Constitution
- Policy statement
- Codes of conduct (coaches/ volunteers/ parents/ athletes)
- Safe recruitment policy
- Bullying & disciplinary procedures
- Attendance records
- Accident/ incident report procedure
- Qualified coaches
- General supervision guidelines
- A children's officer (male & female is preferable)

Benefits of a Pro Safe Sport Strategy

- Move from individual punishment to systematic approach
- No or less incidents
- Good public image/ reputation
- Attractive for potential members, sponsors, public funding

Sport – something special...

- Accountable to many stakeholders
 - Internal as well as external
- Complex organisational structures
- Work with volunteers and paid staff
- Built on shared values

Umbrella organisations in sport should ensure safeguarding policies (Pro Safe Sport strategies/ measures) within their own organisation and subsequently within their member organisations.

Conclusions



Conclusions

- Pro Safe Sport concepts have to be made sport specific and need to be individually tailored to the needs of the respective organisation
- Pro Safe Sport (\triangleq a safe and healthy sport environment) stands for a set of principles against which performance can be measured.
- Pro Safe Sport is first an absolute necessity and additionally offers the possibility to clearly position your organisation and to be proactive.
- The implementation of Pro Safe Sport principles is an active and ongoing process.

Resources

- General resources on healthy and safe sport environments

<http://pjp-eu.coe.int/web/pss/pss-academy>

- Empowering Coaching

<http://www.empoweringcoaching.co.uk/>

- International Standards for Safeguarding and Protecting Children in Sport

http://assets.sportanddev.org/downloads/international_sports_safeguarding_children_standards_draft.pdf

Resources

Specific resources on SHA

NIF (Norwegian NOC/IPC):

- Guidelines (english)
 - www.idrett.no/english/Sider/Sexualharassment.aspx
- Films (english subtitles)
 - www.idrett.no/english/Sider/The-role-of-the-coach.aspx
- Presentation (english, 25min)
 - www.idrett.no/english/Sider/WithSportsagainsthomophobia.aspx

IOC

- Consensus Statement: Sexual harassment and abuse in sport
 - Adopted by the Executive Board, February 8th 2007
 - <http://www.olympic.org/content/news/media-resources/manual-news/1999-2009/2007/02/08/ioc-adopts-consensus-statement-on-sexual-harassment-and-abuse-in-sport/>
- Educational tools:
 - <http://sha.olympic.org>
 - www.olympic.org/sha

Resources

Specific resources on lifestyle

- Dual career

<http://www.olympic.org/ioc-athlete-career-programme>

- Crime in sport/ match-fixing

<http://www.sportaccord.com/en/what-we-do/integrity-package/>