



SAFE SPORT TIPS

FOR NUNAVUT ATHLETES

OKAY

- ✔ Group training with your teammates and coach
- ✔ Waiting for another teammate to arrive before you start training with your coach
- ✔ Electronic group chats with your teammates and coach
- ✔ Receiving a text from your coach about team-related topics (e.g., practice being cancelled) that is not personally addressed to you
- ✔ Sharing a room on an overnight trip with a teammate of the same gender identity
- ✔ Being with your teammates in a rented vehicle that a chaperone is driving
- ✔ Your coach coming into the locker room to assist with a medical emergency
- ✔ Taking photos of teammates in competition with their permission
- ✔ Giving permission to a coach to physically touch you to demonstrate a training technique
- ✔ Hugging your coach after an emotional moment in competition
- ✔ Receiving medical attention with at least one other person there
- ✔ Asking for feedback or respectfully asking for clarification on issues that might arise
- ✔ Participating in team-building activities
- ✔ If of legal drinking age, having one drink at a celebratory dinner after competition
- ✔ Reporting an incident or someone in danger to a coach or chaperone
- ✔ Friendly humour not targeted at one specific person that is not discriminatory in nature

NOT OKAY

- ✘ Practicing alone with your coach in a space where other people cannot watch
- ✘ Visiting your coach at home
- ✘ 1-on-1 electronic communication (e.g., direct messages) with your coach
- ✘ Chatting online with your coach about non-team-related topics
- ✘ Sharing a room with a coach or chaperone on an overnight trip or being alone in a room with a coach or chaperone
- ✘ Driving alone with your coach
- ✘ Your coach going into the locker room to give a pep talk while you are still changing
- ✘ Taking photos of anyone without their permission or taking photos that focus on specific body parts
- ✘ Your coach touching you unexpectedly or frequently
- ✘ Hugging your coach for longer than five seconds
- ✘ Receiving medical attention without anyone else there or knowing about it
- ✘ Insulting or using offensive language towards an athlete, opponent, official, or coach
- ✘ Hazing or initiating new teammates
- ✘ Drinking alcohol or consuming recreational drugs at competitions or practices
- ✘ Not telling your coach or chaperone after seeing someone break the Code of Conduct
- ✘ Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them