



SAFE SPORT TIPS

FOR NUNAVUT COACHES

OKAY

- ✔ Group training with your athletes
- ✔ Waiting for another coach, athlete, or parent before you start training with an athlete who arrived early
- ✔ Electronic group chats with your athletes
- ✔ Sending a professional text about team-related topics (e.g., practice being cancelled) that is the same for all athletes
- ✔ Performing room checks at curfew with another chaperone on an overnight trip
- ✔ Driving your athletes in a rented vehicle with another chaperone
- ✔ Waiting outside the locker room in case an athlete exits and needs your help
- ✔ Taking photos of athletes in competition with their permission
- ✔ Asking permission to physically touch an athlete to demonstrate a training technique
- ✔ Hugging an athlete after an emotional moment in competition
- ✔ Providing constructive feedback or respectfully asking for clarification on issues that might arise
- ✔ Organizing team-building activities
- ✔ If of legal drinking age, having one drink at a celebratory dinner after competition
- ✔ Reporting an incident or someone who might be in danger to an administrator
- ✔ Friendly humour not targeted at one specific person that is not discriminatory in nature

NOT OKAY

- ✘ Practicing alone with an athlete in a space where other people cannot watch
- ✘ Inviting an athlete into your home
- ✘ 1-on-1 electronic communication (e.g., direct messages) with an athlete
- ✘ Chatting online with an athlete about non-team-related topics
- ✘ Sharing a room with an athlete on an overnight trip or being alone in a room with an athlete
- ✘ Driving alone with an athlete
- ✘ Going into the locker room to give your athletes a pep talk while they could still be changing
- ✘ Taking photos of anyone without their permission or taking photos that focus on specific body parts
- ✘ Frequently touching an athlete, especially without asking permission each time
- ✘ Hugging an athlete for longer than five seconds
- ✘ Insulting or using offensive language towards an opponent, official, athlete, or coach
- ✘ Treating "rookies" more harshly or purposefully embarrassing athletes to initiate or intimidate them
- ✘ Drinking alcohol or consuming recreational drugs at competitions or practices
- ✘ Not telling an administrator 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