

Safe Sport Tips for Coaches

OK	NOT OK
 Group training with your athletes	 Practicing alone with an athlete in a space where other people cannot watch
 Team get-togethers and group social gatherings	 Inviting one athlete into your home
 Electronic group chats with your athletes	 1-on-1 electronic communication (e.g., direct messages) with an athlete
 Performing room checks at curfew with another chaperone on an overnight trip	 Sharing a room with an athlete on an overnight trip or being alone in a room with an athlete
 Driving with more than one athlete in a vehicle	 Being alone in a vehicle with an athlete
 Entering the player's changeroom in the case of an emergency	 Entering the changeroom unannounced and without permission while athletes could still be changing
 Asking permission to physically touch an athlete to demonstrate a training technique	 Frequently touching an athlete, especially without asking permission each time
 If an issue arises, providing constructive feedback or respectfully asking for clarification	 Insulting or using offensive language towards an opponent, official, athlete, or coach
 If of legal drinking age, having one drink at a celebratory dinner after competition	 Drinking alcohol or consuming recreational drugs at competitions or practices
 Friendly humour not targeted at one specific person that is not discriminatory in nature	 Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them