

Coaching Webinar Series: Safe Sport

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Hello My Name Is...

Doctor of Philosophy, Department of Kinesiology, University of Toronto

- Relevant Expertise: Safe Sport, Interpersonal Violence, Sexual Violence, Policy and Education Development, Athlete Welfare, Athlete Development, Equity, Diversity and Inclusion, Safeguarding Youth in Sport

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Today's Schedule



- **Setting the Stage:**
 - Overview of Safe Sport
 - Definitions
 - Influences of the #MeToo Movement
- **Next Steps in the Safe Sport Journey:**
 - From prevention of harm to optimizing experiences
 - Promotion of positive athlete development
 - Motivation and learning strategies
- **Strategic Plan for Advancing and Sustaining Safe Sport**
 - How do we as leaders in the club include in staff training
 - Access to resources





Setting the Stage





Understanding Safe Sport

Safe sport refers to the **collective responsibility** of all sport Participants to **recognize, and report acts of Maltreatment** and **prioritize the welfare, safety, and rights of every person** at all times.





Maltreatment

Is understood as an umbrella term for encompassing...

“...all types of physical and/or emotional ill-treatment, sexual abuse, neglect, negligence, and commercial, or other exploitation, which results in actual or potential harm to the child’s health, survival, development, or dignity in the context of a relationship of responsibility, trust, or power (World Health Organization, 2020).



Types of Harm



Sexual
Violence

Psychological
Violence

Physical
Violence

Neglect



Research Insights



Influence of the #MeToo Movement on Coaches' Practices & Relations with Athletes (Tam et al., 2020)

- Inspired by the #MeToo Movement, women worldwide were inspired to publicly share their accounts of sexual violence
- These experiences have been reported in a range of domains, including sport
- Providing Safe Sport experiences for athletes has been at the forefront of discussions for sport stakeholders
- First research to date that looked specifically at the perspectives of coaches on the #MeToo Movement, the impact on the coach-athlete relationship and coaches desire to have a role in creating a Safe Sport environment for all.





Tam et al., 2020



#1. Support for the #MeToo Movement

- Concern expressed for well-being of athletes
 - Felt it important for athletes to have an outlet to share personal stories
- Noted the value of the movement in encouraging athletes to speak up
 - Consistent with the trend toward an Athlete-Centred Approach (Pill, 2017)
- Fear of False Allegations
 - Noted significance of one accusation and career implications





Tam et al., 2020

#2. Impact on Coaching Practices

- Coaching in Public
 - Adjusted coaching practices to ensure all interactions occurred in public settings
 - Biggest change in travel to games and competitions
- Avoiding Unnecessary Touch
 - Touch = increasing topic of concern for coaches
 - Well reported in previous research
- Athletes do not perceive physical touch from their coach as negative (Bringer, Brackenridge, & Johnston, 2002; Hassall, Johnston, Bringer, & Brackenridge, 2002; Nielsen, 2001; Pépin-Gagné & Parent, 2016)





Tam et al., 2020



#3. Impact on the Coach-Athlete Relationship

- High Performance coaches noted a consequential impact on their ability to develop effective Coach-Athlete Relationships
- Expressed how the #MeToo Movement strengthened relationships with athletes
 - Increased awareness of how athletes may experience and interpret certain interactions and behaviors





Tam et al., 2020

#4. Moving From Awareness to Action

- Heightened awareness
 - #MeToo Movement had significant impact on the broader sport community
 - Raised issues not previously discussed
- Desire for Professional Development
 - Engaging the coaching community so they are educated on how to contribute to prevention and intervention initiatives (Nurse, 2018)





Next Steps in the Safe Sport Journey





From Prevention of Harm to Optimizing Experiences



Broader societal changes have influenced the Safe Sport Movement:

- Changing approaches to child/youth development
- The #MeToo & Time's Up Movements
- Increased attention to equity, diversity & inclusion
- Highly publicized cases

The Safe Sport movement is about optimizing the sport experience for all—athletes, coaches, sport administrators, officials, support staff, and others in the sport environment.

Optimizing Experiences



Important Questions to Consider

- Why do practices need to change if they've worked in the past?
- Does Safe Sport mean coaches need to be 'soft' on athletes?
- What about performance outcomes?
- Does Safe Sport mean coaches can't develop a close relationship with their athletes?
- Doesn't Safe Sport open the door for people to complain about abuse when athletes are not selected to teams or when they receive less playing time?





Promotion of Positive Athlete Development

“Athlete Career Excellence”

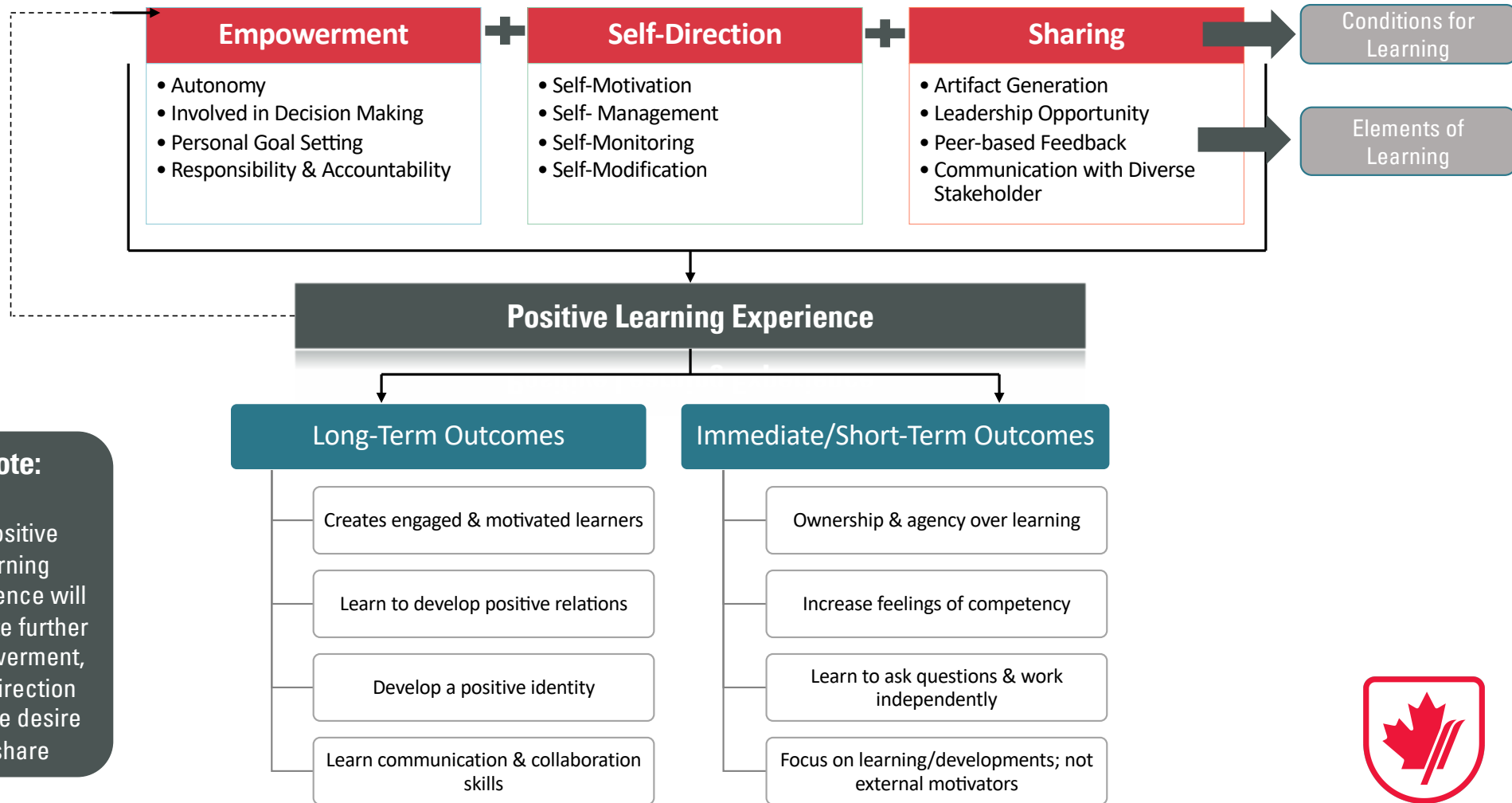
- An athlete’s ability to sustain a healthy, successful, and long-lasting career in sport **AND** life.
- Complimented by a holistic approach to athlete development that considers the interconnections between different spheres of an athlete’s life

3 Key Beliefs:

1. The non-sport environment can affect athletic performance
2. Athletic performance is facilitated by developing the core of who the athlete is as a person
3. Our 4 functional dimensions (behavior, mind, emotions & physiology) are interrelated and one change affects others.



A Person-Centered Framework





Person-centered learning & maltreatment prevention go hand-in-hand!

- **Empowerment:** Learners “own” their learning process. Given the opportunity to gain more autonomy and control over the decisions that affect their lives.
- **Self-Direction:** Learners take action and decide what knowledge and/or skills they need to be successful. Learners identify the tools and resources they will need.
- **Sharing:** Learners communicate their learning and understanding within and outside of the immediate learning environment. Sharing enhances learner engagement and developed further understanding through different perspectives.





Strategic Plan for Advancing and Sustaining Safe Sport



Strategic Plan for Advancing & Sustaining Safe Sport



- Prevention of maltreatment against everyone in sport
- Elimination of behaviors that impairs the development of others
- Ensuring everyone received safe and effective care in sport; and
- Ensuring everyone can obtain the best possible outcomes in sport



Next Steps

Adopt and enforce ACA's Code of Conduct

Leverage resources available through ACA and other NGBs

Prioritize equity, diversity, and inclusion

Improve knowledge translation

Normalize Safe(guarding) Sport

Empower Athletes, Coaches and Sport Stakeholders

safeguarding in
sport
stay safe and have fun



Where do we go from here?

How can you contribute to the advancement of Safe Sport?



- What resources, tools and support would you like to see?
- What is ACA doing well that you'd like to continue?
 - How are some ways we can improve?

Thank you



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