

SAFE SPORT PROGRAMME

AFFILIATE GUIDE



WHAT this guide is for

This guide will help your organisation understand what support is available under the Safe Sport Programme for affiliates.



For more information
www.safesport.sg

WHY the Safe Sport Programme

The Safe Sport Programme provides a framework for affiliate organisations to support them in

- **FOSTERING** a healthy and positive sporting environment for participants
- **EQUIPPING** staff, contractors and participants with the necessary understanding of their roles and responsibilities
- **ASSURING** participants that appropriate safeguards have been taken to mitigate risks for abuse and harassment



A National Framework

Designed with insights, contributions from athletes, coaches, parents, volunteers, sport administrators and leaders from our Singapore sporting community.

Endorsed and adopted by:

- Singapore National Olympic Council
- Singapore National Paralympic Council
- Sport Singapore



THE UNIFIED CODE

Developed after extensive community consultations with over **200** participants, across **58** sports and more than **68** organisations throughout the Singapore sporting community



Safe Sport Unified Code

- outlines general principles that apply to ensuring a safe sporting environment
- describes forms of sexual, psychological and physical misconduct
- provides examples of what such behaviours are
- defines terms that are specific to sport

The Unified Code can easily be incorporated into an organisation's:

- safeguarding policies**
- employment and service agreements**
- participation and membership agreements**
- volunteer agreements**



RISK ASSESSMENT

Identify environmental risks and highlight current gaps that need to be addressed through mitigation strategies



Implement appropriate organisational policies on :

- 1-on-1 interaction with children and young persons
- digital communications
- changing room
- gift-giving
- intimate relationships



Recruit the right people. Ask the right questions in :

- suitability screening
- background references on working with children and young persons
- declarations on criminal or disciplinary history



Ensure staff and persons who have a duty of care :

- understand what Safe Sport is
- are trained on your organisation's policies and practices
- are equipped to respond to reports of concern

Signpost channels for expressing concerns by :

- providing assurance of confidentiality
- having clear protocols and guidelines for triaging and escalation



SportSG-ED

Education & Development

SportSG-ED is an E-Learning platform which hosts courses, videos, workshops, reading materials and more.

Unique modules for specific stakeholder roles allows for differentiated learning based on the nature of a person's involvement in sport.

CORE CONTENT

- Types of Abuse and Harassment
- Risks posed in the sporting environment
- Importance of Safeguarding policies and reporting channels
- Roles and responsibilities of stakeholders

6 ROLE-DIFFERENTIATED MODULES

Role	Module Content
Athletes	<ul style="list-style-type: none"> • how to create boundaries with coaches, sport administrators, and teammates
Coaches	<ul style="list-style-type: none"> • how to identify risks in the coaching environment • steps to take when subject of a report of concern
Parents	<ul style="list-style-type: none"> • identifying environmental risks • understanding good organisational policies • key body safety skills for children
Safeguarding Officers*	<ul style="list-style-type: none"> • identifying trauma indicators • skills of a first responder
Sport Administrators	<ul style="list-style-type: none"> • importance of appropriate organisational policies in mitigating risks • reporting protocols • recruitment policy
Volunteers	<ul style="list-style-type: none"> • implementing safeguards as a sport volunteer • reporting protocols

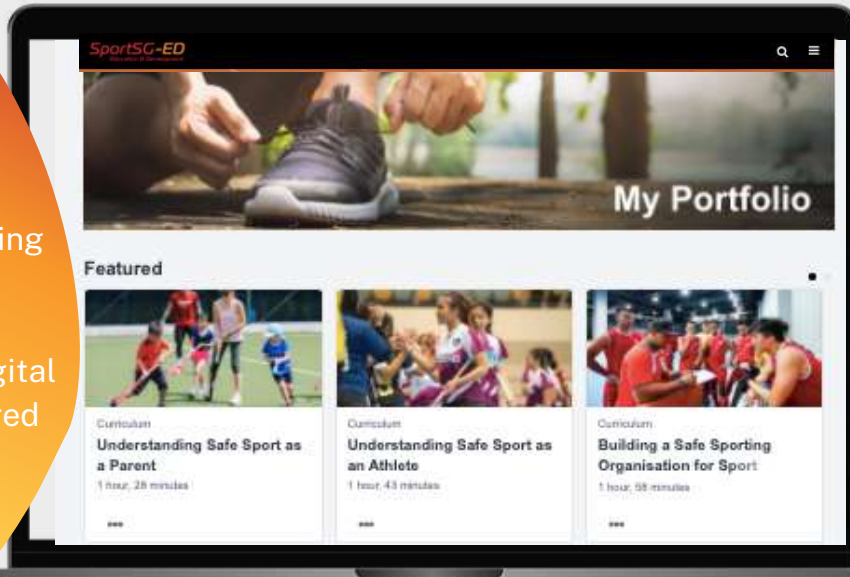
**Part of blended learning module which includes in-person training*

SportSG-ED

Education & Development

Features

- Accessible on mobile and computer
- Interactive learning
- Automatic generation of digital certification stored in SportSG-ED



Case Studies



You observed that the new Head Coach, Jamaliah, acting tough on young athletes. Jamaliah did not allow her athletes to take water breaks on a few occasions unless they managed to perform the drill accurately. When asked, Jamaliah shared that the athletes were playful and she wanted to discipline them and made them learn the hard way.

How can you as a fellow coach help Jamaliah manage this better?

Make her understand that such coaching method may cause harm to the athletes' health

Recommend other ways in disciplining the athletes that are age appropriate

Suggest to her to have clear disciplinary policy and communicate it to the athletes

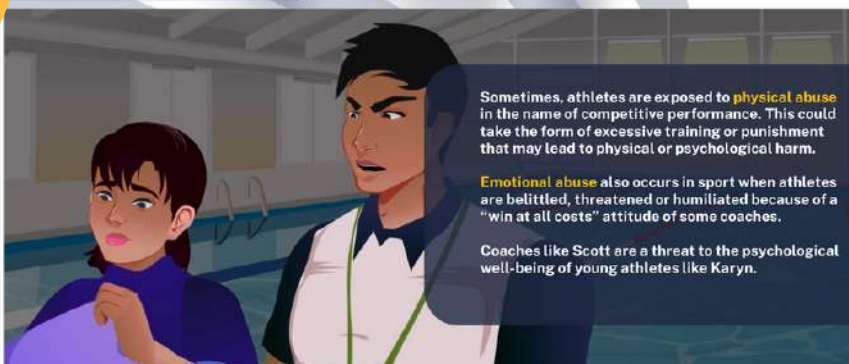
SUBMIT

Subtitled, audio-visual content

Scenario-based activities



UNDERSTANDING ABUSE



Knowledge check quizzes

Reminders and features which allow for personal reflection

WORKSHOPS

Customised in-person workshops which can be tailored around the organisation's needs and risk profile. The workshop will be used as a tool to provide recommendations to organisations on policies needed to enhance their safeguarding efforts.

"We were split into smaller groups for the activities which allowed for more in depth conversation. The discussions also allowed us to unpack the scenarios to understand the concerns better."

- Coach

"The activities allowed us to learn about a serious topic in a fun way! It also created a safe space for us to open up our thoughts."

- Athlete

"I learned about the importance of teaching children about their body parts and how they can say no when they feel uncomfortable. I am also more aware of the avenues to seek help or who we can approach for Safe Sport related issues."

- Coach



BUILDING A COMMUNITY

Safeguarding Officer Certification Course

The course content of our most popular course was developed in partnership with child protection experts from the Ministry of Social and Family Development in Singapore.

The blended learning course includes:

- hands-on practice on elements of psychological first aid such as active listening skills, techniques for anxiety and distress
- understanding local laws and the framework for reporting



Participants from the Athletes' Commissions across the National Sports Associations and the Singapore National Olympic Council

Since 2019, **more than 350** Safeguarding Officers across **130 organisations** have undergone Safeguarding Officer training

Safe Sport Support Network



A psycho-social support network established in partnership with the SNOC Athletes' Commission, SNOC Women in Sport Committee and SportSG's Team Nila volunteer brigade

- The network comprises qualified counsellors and trained befrienders
- Support is available for both affected parties and respondents





Contact@safesport.sg