



Produced by  
**Children 1st** and  
**sportscotland**

For more information  
or copies in other  
formats contact  
**Children 1st** on  
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[www.children1st.org.uk](http://www.children1st.org.uk)  
[www.safeguardingsport.org.uk](http://www.safeguardingsport.org.uk)

## You the player or athlete

Just like your coach has responsibilities to make sport fun and safe, so do you!

### What does this mean for you?

It means respecting the people who are there to teach you the sport and other players by:



⌚ Accepting what the coach asks me to do within the rules of the game

⌚ Being prepared and on time for training and competitions

⌚ Playing to the best of my ability at all times

⌚ Not making insulting comments or swearing at the coach or other helpers at the club

⌚ Never bullying the other players either myself or in a group

**Bullying means things like name calling, hitting, shoving, stealing or damaging belongings, spreading rumours, making threats, sending/posting nasty messages**

⌚ Telling my parent/carer where I am or if I'm going to be late!

## and not forgetting spectators

⌚ Spectators are there to support you as a player

**Enthusiastic to get involved and cheer... Don't laugh at us or embarrass us**

**Never argues with the referee his/her decision is final**

**Supports us... Respects everyone nearby... Doesn't shout abuse...**

## Worried about something? Don't keep it to yourself! There is someone you can turn to.

You could speak to an adult you know and trust such as a parent, a teacher, the child protection officer at your club, a school counsellor, a doctor or school nurse.

If there isn't someone you feel that you could talk to, you can contact **ChildLine in Scotland** on **0800 1111**. It's a free and confidential helpline for children and young people who need someone to speak to. It's confidential because you don't need to tell them who you are if you don't want to. Or you could go to the ChildLine website at **[www.childline.org.uk](http://www.childline.org.uk)**

The child protection officer at my club is

Their contact number is