

Child Safe Standards

PARENTS AND GUARDIANS GUIDE

Date created:	26/02/2023
Audience:	Parents and Guardians of Members and Participants who are under the age of 18 years.
Version:	2021:2
Purpose of Document:	<p>(a) To summarise and simplify what parents and guardians need to know about all of our responsibilities to keep children and young people in Calisthenics safe; and</p> <p>(b) To ensure that parents and guardians have oversight of the information that Balmoral Calisthenics distributes to its members under the age of 18 years.</p>
Actions:	<ul style="list-style-type: none"> • Ensure Parents and Guardians have easy access to child safe policies of the club • Ensure all volunteers and coaches know and understand the child safe policies at the club
Review:	Feb 2024
BALMORAL CALISTHENICS CLUB	Contact: Anne Cattermole (Club President) 0402 582 333
Contents:	<p>Participants Code of Conduct</p> <p>Parents Code of Conduct</p> <p>Balmoral Calisthenics Club-Child Safe Policy</p> <p>Balmoral’s Commitment to Child Safety</p> <p>Code Of Conduct For Dealing With Children & Young People</p>
Other relevant resources	<ul style="list-style-type: none"> • Social Media Policy

Balmoral Calisthenics Club

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WHY YOUR CHILDREN'S SAFETY IS OUR PRIORITY:

1. We love Calisthenics. We also love your kids participating in Calisthenics with us and want them to keep participating. Yet, we realise that they have to FEEL safe to enjoy the sport and want to keep coming back.
2. All kids have a right to feel safe, be involved and have a voice in decisions that affect them.
3. Society has changed, and with it, higher standards of behaviour are now expected – of all of us. Sometimes, even though we have good intentions, others' *perception* of behaviour is different. So, we want to help you to understand how we will work with you to protect your children.

YOUR CHILDRENS RIGHTS

We believe that all kids involved in our sport should:

- Feel comfortable;
- Feel safe;
- Have a right to contact your parents/guardians or others if you feel unsafe, uncomfortable or distressed at any time when you are involved in Calisthenics.
- Be provided with clear directions and given the chance to positively change your behaviour if staff, coaches, volunteers or officials believe that you have broken any rules or policies or you have misbehaved;
- NOT be subject to disciplinary action involving verbal or physical punishment, or any form of treatment that could reasonably be considered cruel, frightening, humiliating or like you are being put down
- Contribute suggestions or feedback about the club or Calisthenics.

WHAT ARE THE RESPONSIBILITIES OF TEENS AT BALMORAL:

- Letting a member/parent/guardian know if you are unhappy or you don't feel safe;
- Treating other participants and adults with respect;
- Maintaining Respect on Social Media and following Balmoral's Social Media Policy
- Following the rules when involved in Calisthenics
- Remembering that there are others involved in Calisthenics You are certainly free to choose your own friends. However, don't stop other teens or younger kids from enjoying and participating and
- Listening to others and respecting their opinions.

What can Children and Teens do if they have concerns:

- If at any stage you feel uncomfortable, unsafe or worried, you should let your parent/guardian, or a trusted adult, in the club, know what has happened – they will want to support you.
- All you need to do is tell someone about what happened and they will do their best to make sure that you feel safe and protected from harm.

THREE IMPORTANT MESSAGES

The **three key messages** to always keep in mind are:

1. Calisthenics should be fun, safe and enjoyable.
 2. You should never feel uncomfortable around others in Calisthenics particularly adults.
 3. If you don't feel safe or comfortable, **it's OK to speak up**. We want you to **tell an adult that you trust** – whether that's your Mum or Dad, guardian, coach, Committee Member, or another member of the club or family.
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Some child safety guidance for parents and guardians:

We know that children are more likely to speak up if they feel valued and are listened to in an authentic and genuine way. So please help us to keep the conversations open with your kids about how they are feeling.

SOME CONVERSATION TIPS TO TALK ABOUT SAFETY WITH YOUR CHILDREN:

It's not always comfortable talking to kids about how they are feeling in our community or other environments. The delivery of conversations is just as important as the message or content itself. You're more likely to engage with children about tricky topics if the conversation is calm, non-judgmental and open. That is, you're listening carefully to them and open to hearing more – showing empathy and letting them know that they're doing the right thing by talking.

To open up a conversation with your child about safety in Calisthenics, first of all, choose the right time. Sometimes, you may get more information in casual interactions, such as when driving in the car or going for a walk together. You could try using an example that you have heard of with another kid and whether they had seen or heard anything similar. For example, "another parent at the club told me that they were worried about how the coach is talking to their child. Have you seen or heard anything similar?".

IF YOU NEED HELP:

If ever your child tells you that they are not happy, comfortable or safe in our club please tell an appropriate senior person at Balmoral, such as our President, or a trusted official. Then we'll make sure that any issue raised is dealt with appropriately.

If you reasonably believe any child is in immediate danger of a significant nature, please call 000 to speak with police. You can also contact services such as Parent Helpline, NAPCAN, Lifeline, Kids Helpline and the Raising Children Network.