

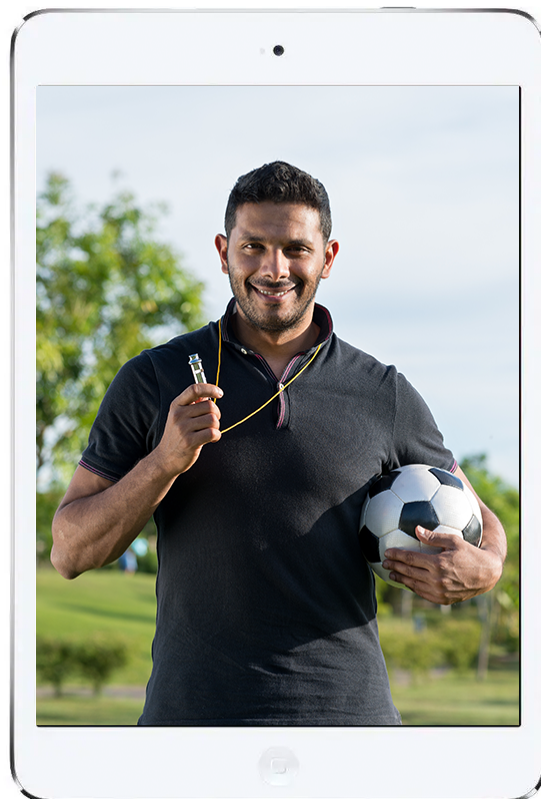
# ONLINE DOs AND DON'Ts

## GUIDELINES WHEN DELIVERING ONLINE TRAINING FOR CHILDREN

### Football NSW aims to provide a safe and enjoyable environment for all participants in football.

Everyone involved in our sport, and particularly children, should be treated with respect and dignity and be free to participate without being discriminated against, harassed, bullied or abused.

Football NSW (FNSW) expects all clubs and their personnel to take safeguarding seriously and each is reminded that training online is subject to the law, as well as Football Australia (FA) and FNSW, rules and policies, particularly the Member Protection Framework and the FNSW Grievance and Disciplinary Regulations.



## CONSENT

### DO:

- ✓ Obtain permission for the child to participate in the online training, and for the training to be recorded, directly from their parent/guardian in writing (e.g. by email) and retain on file.
- ✓ Advise the child and their parents/guardians that a parent/guardian should be in the room for training sessions where possible.
- ✓ Provide parents/guardians with the name of the coach leading the training session and his/her credentials, including currency of his/her Working With Children Check.

### DON'T:

- ✗ Rely on a child advising you that their parent/guardian has granted permission.
- ✗ Engage in any form of communication a parent/guardian has not given express permission for their child to participate in.
- ✗ Publish any recordings of a child to social media channels that their parent/guardian has not consented to.

# COMMUNICATION

## DO:

- ✓ Limit online communication to issues directly related to delivering online training, such as advising the time of a session or, when conducting the session, to explaining drills and providing instruction.
- ✓ Copy all communications to a child's parent/guardian where possible.
- ✓ Ensure all training sessions are led by a coach engaged by your club with a current Working With Children Check, which you have on file.
- ✓ Clearly communicate expectations to players and their parents/guardians.



**For example: Who will be leading the session, what will sessions consist of, what equipment or space will the player need.**

- ✓ Encourage coaches and club officials to undertake online training and conduct research into online safety.



**Note: We have listed some resources that provide information & advice on creating safe online environments at the end of this document.**

- ✓ Ensure that appropriate security features are being utilised for video calls. For example, lock calls so that they can only be accessed using a password that has been distributed via email to participating players.
- ✓ Utilise club accounts for coaches to use (e.g. Zoom) as opposed to personal accounts.

## DON'T:

- ✗ Add as a friend, accept friend requests from, follow or engage with children on social media, video-conferencing or gaming platforms or via other communication channels outside of training.
- ✗ Communicate with children using chat rooms, social networking sites, game sites or instant messaging from personal profiles or accounts.
- ✗ Engage in one-on-one sessions or communications with children. All communications should be with the team as a whole.
- ✗ Use any communications to promote unauthorised 'social' activity or to arrange unauthorised contact.
- ✗ Communicate anything that a reasonable observer could view as being of a sexual or inappropriate nature.
- ✗ Request a child to keep a communication secret from their parents.
- ✗ Require attendance at online training – if a player does not wish to participate or their parent/guardian does not consent, that is the individual choice and they should not be discriminated against or excluded on that basis.



**Note: If a player decides not to participate or their parent/guardian does not consent to their participation in video training, consider sending a training program with the drills and exercises from each session so that the player can continue to train at home.**  
*Please refer to INSURANCE information below.*

# HEALTH & SAFETY

## DO:

- ✓ Ensure that the online training is conducted in a safe outdoor or indoor area that is free of any hazards.
- ✓ Wear suitable clothing and footwear, ideally the usual training gear.



**Note: Inappropriate clothing or footwear, or a training area that is not clear of hazards, may impact upon an insurance claim if an injury results.**

# COMPLIANCE

DO:

- ✓ Players and coaches must abide by applicable codes of conduct.
- ✓ Players and coaches must abide by rules issued by the government in relation to social distancing.
- ✓ Consider random 'spot checks' or regular moderation of online training to ensure they are being run safely.
- ✓ Remind players that the FNSW Grievance and Disciplinary Regulations will apply to these sessions and players are expected to behave appropriately and treat their teammates and club staff accordingly.

# INSURANCE

During the current COVID-19 restrictions (due to end at midnight on Friday, 9 July 2021), FNSW's insurers are prepared to cover players under its personal accident insurance policy **ONLY** if they are participating in a formal and official club virtual training/skills session conducted by their coach or another appropriately qualified club official (e.g. a Technical Director) and approved by the club.

In the case of any injuries suffered during this period, there will be a heavy onus placed on the participant to establish, to the satisfaction of the insurer, that the injury was suffered during the formal and official virtual training/skills session as opposed to any other private football activity. FNSW therefore strongly recommends that clubs use the functionality of the platform they are using (e.g. Zoom) to record the session to assist participants to substantiate that any injury was actually suffered during participation in a training program of a type addressed by these guidelines.

In the case of the FA #Stayathomechallenge and #Playathomechallenge, or where a participant undertakes a training program addressed by these guidelines but does so "offline" (e.g. not online with their coach), participants are **not** covered by FNSW's personal accident insurance policy and they participate in those activities at their own risk.

# RESOURCES

## COMMONWEALTH

- » **eSafety Commissioner:** Australia's national independent regulator for online safety. eSafety works to help safeguard Australians at risk from online harms and to promote safer, more positive online experiences.
  - **eSafety Guide:** Information about applications, their purpose and identified risks.
  - **Key issues: Sporting organisations and community groups:** Helps promote an eSafe sport environment.
  - **COVID-19:** Tips and resources for staying safe during the COVID-19 pandemic.
- » **Australian Cyber Security Centre:** ACSC leads Australian Government efforts to improve cyber security.
- » **Stay Smart Online:** An online resource that provides alerts in relation to cyber security threats.
- » **ThinkUKnow:** An online portal created by the AFP with resources to improve cyber safety for young people.

## NEW SOUTH WALES

- » **NSW Police Online Safety for Young People:** Tips to learn to stay safe online
- » **NSW Police Online Safety for Parents:** Tips to help children stay safe online
- » **NSW Office of the Children's Guardian Online Safety**