

These guidelines are for coaches, managers, club officials, senior match officials and other personnel to protect them from risk and to keep children safe.

Maintain appropriate boundaries

Coaches and other personnel in positions of authority should maintain clear:

Physical boundaries

- Use drills to develop fitness, not as a punishment
- Only use physical contact that is appropriate for the development of a particular skill and has the permission of the participant
- Work within sight of others at all times

Emotional boundaries

- Use positive feedback on performance, not negative feedback about the person
- Be encouraging and avoid put-downs

Social boundaries

- Attend sport related events such as fundraising events, club celebrations and annual meetings but do not socialise with participants outside of these functions
- Do not socialise with participants via social media, phone, text message, or any other communication platform.

Sexual boundaries

- Do not have sexual relationships with participants you are coaching, managing, mentoring or supervising.
- Do not touch participants in any way that is inappropriate or likely to make them feel uncomfortable.

Avoid being alone with a child

- Do not isolate yourself and a child and avoid being alone with any particular child
- If a child approaches you and wants to talk to you privately about a matter, do so in an open area and in sight of other adults (e.g. other coaches, officials or parents/guardians)
- Never be alone in a change room or accommodation setting with a child. Try to have at least one adult with you.
- Never give a child a lift in a vehicle alone, or without the permission of the child's parent or Guardian.

For further information about safeguarding children, refer to:

[Football NSW Safeguarding Children](#)

[NSW OCG Child Safe Scheme](#)

Minimise physical contact

Generally, physical contact with players or participants should be to:

- Develop sport skills
- Give sports massage
- Treat an injury
- Prevent or respond to an injury
- Meet the specific requirements of the sport

All physical contact by personnel should fulfil the following criteria:

- Physical contact should be appropriate for the development of a sport skill/s
- Permission from the player or participant should always be sought
- Players or participants should be congratulated or comforted in public not in an isolated setting

Changerooms

There is a duty of care to ensure the safety and wellbeing of participants using change rooms. Change rooms should be supervised and managed in accordance with the following:

- Give clear instructions to participants regarding expected behaviour in change rooms.
- Set a routine for using change rooms.
- Before going into change rooms knock loudly and announce that you will be coming in, ask if participants are dressed and if not, give them time to cover up.
- Do not enter or remain in change rooms while participants are showering or dressing, they have a right to privacy.
- Try to have at least one other adult with you in a change room if any participant is under 18 years old.
- Choose two participant representatives to report to you any problems in the change rooms if they arise.
- Ask the participants to quickly get dressed and come out of the change room if there is any disturbance.
- Ensure that participants know that if there is an emergency and a child is at risk of harm, that you will be required to knock loudly and enter the change room.