



Safeguarding Children in Sport: A mapping study

A report to the European Commission

September 2019

EUROPEAN COMMISSION

Directorate-General for Education and Culture
Directorate C for Innovation, International cooperation and Sport, Sport Unit C4

E-mail: Eac-sport@ec.europa.eu

*European Commission
B-1049 Brussels*

Safeguarding Children in Sport: A mapping study

A report to the European Commission

written by

Ecorys and Tine Vertommen (Thomas More University)



Disclaimer

This document has been prepared for the European Commission; however, it reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

***Europe Direct is a service to help you find answers
to your questions about the European Union.***

**Freephone number (*):
00 800 6 7 8 9 10 11**

(*) The information given is free, as are most calls (though some operators, phone boxes or hotels may charge you).

More information on the European Union is available on the Internet (<http://europa.eu>).

Luxembourg: Publications Office of the European Union, 2019

ISBN: 978-92-76-09365-7

doi: 10.2766/74666

© European Union, 2019

Reproduction is authorised provided the source is acknowledged.

Table of Contents

- Table of Contents 1
- 1.0 Introduction..... 6
 - 1.1 Background to the study.....6
 - 1.2 Aims and objectives6
 - 1.3 Study method6
 - 1.4 Report structure8
- 2.0 Strategic and policy context..... 9
 - 2.1 Introduction9
 - 2.2 Policy context.....9
 - 2.3 EU level programmes and initiatives..... 10
- 3.0 Review of the evidence on safeguarding children in sport14
 - 3.1 Introduction 14
 - 3.2 Definitions 14
 - 3.3 Empirical context 16
 - 3.4 Key findings 19
- 4.0 International and EU level policy initiatives20
 - 4.1 Introduction20
 - 4.2 Specific international initiatives20
 - 4.3 Key findings26
- 5.0 Review of country level measures28
 - 5.1 Policy advancement in the sampled Member States.....28
 - 5.2 Recent legal and policy measures30
 - 5.3 Awareness raising activities and educational programmes.....33
 - 5.4 Key findings45
- 6.0 Key conclusions and recommendations.....46
 - 6.1 Key conclusions46
 - 6.2 Learnings and recommendations.....48
- Annex One: Literature review sources50
- Annex Two: Table of international initiatives58
- Annex Three: Case studies62

Executive Summary

The Directorate-General for Education, Youth, Sport and Culture (DG EAC) of the European Commission commissioned Ecorys and Thomas More University in January 2019 to undertake a mapping study addressing the topic of safeguarding children in sport.

Background

The topic of safe sport, and safe sport for children in particular has gained significant attention in recent years. Millions of children across the EU participate in different sport activities on a regular basis. There is widespread evidence on the positive benefits of regular sport participation for children such as improved physical and mental wellbeing, personal and educational development and social inclusion. Recent cases of violence against children in the media have drawn attention however to the seriousness of the safeguarding risks factors for children and young people who take part in sport on a regular basis. Empirical studies across the EU have confirmed that sport provides an environment in which a significant proportion of children are vulnerable to various forms of violence and bullying. The increased coverage has highlighted the importance of ensuring that organisations offering sport to young people implement adequate safeguarding procedures to reduce the risks of children being harmed.

Aims and methodology

The key aims of this small-scale research study were to undertake a rapid review of empirical evidence on violence against children in sport across the EU and to analyse how safeguarding issues are dealt with at national and/or international level through legal instruments and policy initiatives. This would serve to provide the European Commission with adequate knowledge of existing initiatives in order to identify where best to focus its efforts and those of the Member States. At the scoping stage of the study a rapid literature review was completed to identify empirical evidence on the magnitude of safeguarding issues in sport across the EU. The initial literature review was complemented by consultations with key international stakeholders. The second element of the desk research was to undertake systematic reviews of available data and information and evidence on relevant policy measures and initiatives in specific Member States. Within the limits of the resources available for the study, it was possible to complete systematic desk reviews of available evidence and information on children and safeguarding in 15 countries. The countries were selected on the basis of ensuring a good mix of different levels of policy advancements, geographies and sizes, drawing upon the call for evidence responses gathered from country experts. Finally, a number of national and regional measures with a specific focus on safeguarding children against violence in sport were examined in more depth through more detailed desk research and telephone interviews with policy officials. This resulted in 10 case studies which are presented in boxes in the findings chapter.

Key findings and lessons

Evidence on the magnitude of violence against children in sport

A review of the literature shows that there is a growing body of evidence on the magnitude of violence against children in sport. The review has shown that sexual, gender-based and physical violence (including sexual abuse, sexual harassment, peer aggression, forced physical exertion and self-harm) have been covered more extensively by research studies. Studies have highlighted the prevalence of psychological violence towards children in sport (including bullying, emotional abuse, neglect, virtual maltreatment, discrimination and hazing), however evidence on the specific risk factors associated with psychological violence are less well covered.

The review suggests that research evidence on the magnitude of the problem is limited in a number of ways:

- Limited coverage of studies – data is available for only a selected number of Member States, impeding the possibility to fully grasp the magnitude of the problem.
- Studies are usually based on one-off surveys which means that it is not possible to examine trends in safeguarding issues over time.
- Problems related to conceptualisation – the reviewed studies use inconsistent terminology based on the lack of standardised definitions, as well as different methodological tools (e.g. surveys, interviews...). Additionally, the sensitivity of the issue, the ethical challenges involving interviewing and surveying children and possible memory bias if adults are retrospectively surveyed. All these challenges result in difficulties to compare the outcomes of the studies, leading to the conclusion that it is only possible to make estimates of prevalence, and not actual prevalence numbers.

EU and international initiatives

The study has identified a range of EU and international initiatives focused on addressing safeguarding issues in sport. Most of these successful safeguarding projects were funded by the EU and implemented by the Council of Europe, in the context of a bilateral cooperation between the European Commission and the Council of Europe.

International organisations such as UNICEF, the World Players Association (WPA) and the International Alliance for Youth Sports have developed a number of safeguarding policy guidelines. IOC have also been particularly active in this area. The IOC toolkit provides general guidance targeting all IFs and NOCs in their pursuit to create and implemented policies and procedures to safeguard athletes from harassment and abuse in sport. In general, the reviewed initiatives entail and have produced policy guidelines, educational toolkits (e.g. online courses, webinars, videos, workshops, briefings and training) and awareness raising measures (e.g. campaigns, networking events, exchanges of best practice and experience and conferences).

Most of the initiatives focus on abuse generally in sport or specifically on sexual harassment and physical abuse. Psychological and emotional abuse has received less attention.

Policy advancement in the sampled Member States

The mapping research has shown that there is a strong variation in the level of policy advancement in relation to this topic. The categorisation of policy advancement relates to the extent to which the issue of safeguarding is present in the national sport policy agenda and how far special policies and measures exist to safeguard children in sport. Other factors taken into consideration in the categorisation include the existence of educational and awareness raising campaigns and participation in relevant EU projects.

Legal and policy measures

All countries have legal frameworks for addressing safeguarding issues although sport can be treated as one of many different settings where violence against children can occur. Most Member State governments require criminal record checks of sport staff and coaches who wish to work with children.

A certain number of countries with more advanced practice have established comprehensive legal and policy frameworks that support the development of holistic practical measures designed to address the issue of safeguarding children in sport specifically. The review has identified examples of:

- Legal tools more specifically related to safeguarding children in sport.
- Declarations, national strategies and action plans by ministries responsible for Sport or Central Offices for Sport.

- Codes of conduct outlining the desired principles that sport federations and governing bodies should adopt in relation to children's safeguarding in sport.
- A certain level of formal qualifications needed for instructors working with children, as it is assumed that their higher level of qualifications will lead to safer and more adequate sport environments.

Awareness raising activities and educational programmes

Awareness raising activities and educational measures target children as both potential victims and perpetrators of violence, but also organisations or instructors working with children in sport. The scope of awareness raising activities is usually relatively broad, covering either all sports, or in some cases, these examples represent more localised responses related to a specific sport or a sport federation. The general examples include:

- Toolkits setting out required standards and additional practical guidance.
- Many of the campaigns which aim to provide advice through live interactive tools, that children experiencing violence through sport can access. These tools mostly include telephone helplines or websites.

Good practice lessons

The research has focused on a number of promising practices in this area through more detailed case study research. Some particular examples were examined in detail as follows:

- A holistic approach to addressing safeguarding issues through support to all actors involved in children's sport, as implemented by Sport Ireland, the national sport participation agency for Ireland.
- Preventative work to minimise the risk of sexual harassment and abuse and bullying in a local sport association as demonstrated by Alvik Basketball Association in Sweden.
- Improvement of safety in sport by providing support to athletes which have been subject of violence, bullying, sexual harassment and abuse in a sport environment through a reporting system via phone hotline service, implemented through the Finnish *You are not alone* project.
- Training conducted at a regional level aiming to raise awareness of sexual violence and abuse in sport targeting Italian sport instructors.
- General prevention of violence in sport in schools implemented through a set of different activities targeting pre-school and elementary school children and teaching them the principles of fair play, and good behaviour in sport and at sport competitions in Croatia.
- Several safeguarding measures that monitor students' physical and emotional wellbeing, implemented through psychosocial, medical, paramedical and dietary services as part of a special state school for talented athletes in Luxembourg, allowing students to pursue their academic studies and sport practices.

Learnings and recommendations

The mapping review has identified several areas in the field of safeguarding children in sport in need of attention that could benefit from the promotion of better and more consistent practice.

The first area relates to the conceptualisation of violence against children in sport and adequate safeguarding measures. In general, there is a lack of data on the prevalence of violence and abuse against children in sport resulting from a lack of empirical research on the issue. Safeguarding issues are deemed to be an important topic, but with limited research, national authorities face challenges in prioritising the importance of safeguarding measures. As demonstrated in the literature review section, besides the

lack of quantitative data, there are issues with terminology used and its inconsistent applications, which obfuscate the scope of data.

Related to the above point, most of the recent major studies have focused on sexual violence in sport and as a consequence, sexual violence appears to have received the most attention in the policy measures identified in the mapping. In the mapped initiatives there appears to be less focus on issues such as psychological abuse, bullying or overtraining.

The European Commission could promote the use of monitoring instruments at the national level that seek to estimate the prevalence of all types of safeguarding risks in sport at national level. This instrument could be structurally embedded in more general safety monitoring instruments and could be repeated every 3-5 years to allow analysis of trends over time.

The second set of issues relates to the development of more consistent standards and practices in the development and implementation of safeguarding policies and measures.

The lack of consensus on what defines 'sport free from harassment, violence and abuse' creates a challenge in promoting minimum standards in the implementation of safeguarding practices in sport. The first step is to increase common understanding surrounding the issue through awareness raising campaigns and communication initiatives.

The horizontal nature of the issue involving many actors (sport organisations, children, parents, sport entourage, peers etc.) and levels of governance (sectorial, organisational, national) creates issues with ownership and monitoring of the initiatives. This means there is scope to develop clearer and more comprehensive guidance on the role of specific actors in supporting more effective safeguarding measures from ministries through to sport federations and community sport organisations.

There is also potential to develop clearer guidance on the implementation of public initiatives targeting relevant stakeholders and practitioners, building on the recommendations of relevant international bodies but also research on what works well and why, including the good practice research undertaken for this study.

The mapping research also suggests that there is still scope in some countries to develop more consistent background checks on sport employees who work with children. One solution is to focus more on the education of sport staff working with children and in particular, with children with disabilities (e.g. coaches, instructors, specialists in sport medicine) to allow them to acquire specific knowledge and invest in their life-long learning.

1.0 Introduction

1.1 Background to the study

The topic of safe sport, and safe sport for children in particular has gained significant attention in recent years. Millions of children across the EU participate in different sport activities on a regular basis. There is widespread evidence on the positive benefits of regular sport participation for children such as improved physical and mental wellbeing, personal and educational development and social inclusion. Recent cases of violence against children in the media have drawn attention however to the seriousness of the safeguarding risks factors for children and young people who take part in sport on a regular basis. Empirical studies across the EU have confirmed that sport provides an environment in which a significant proportion of children are vulnerable to various forms of violence and bullying. The increased coverage has highlighted the importance of ensuring that organisations offering sport to young people implement adequate safeguarding procedures to reduce the risks of children being harmed.

1.2 Aims and objectives

Building on the terms of reference for the study, the three key aims of the study agreed at the inception stage were as follows:

- To provide a mapping of data on violence against children in sport in different EU Member States;
- To analyse how violence against children is dealt with at national and/or international level and what kind of legal instruments exist to cases of violence against children in sport and minimise potential risks
- To provide the European Commission with adequate knowledge of existing initiatives in order to identify where best to focus its efforts and those of the Member States.

1.3 Study method

Scoping stage: literature review / stakeholder consultations

At the scoping stage of the study, a rapid literature review of key empirical studies on safeguarding children in sport was completed. The findings from the review provided context for the main focus of the study which was mapping of specific policy responses, measures and initiative, as well as research on good practices.

An initial desk review of available sources was complemented by consultations with the following stakeholders:

- FIFA;
- Safe Sport International;
- UNICEF;
- Council of Europe;
- NSPCC UK; and
- International Olympic Committee.

The literature can be roughly divided into the following categories: academic literature and policy studies/documents. The academic literature focuses on research on the magnitude of violence against children in sport and effectiveness of specific safeguarding initiatives. Initially Ecorys identified 19 journal articles/research papers/studies, one European publication and one book on safeguarding initiatives and

the magnitude of violence against children in sport. Some of the reviewed articles were based on large prevalence studies covering a few countries (e.g. Belgium, France, the Netherlands and the UK) while others had more of an EU or international focus. With regard to policy studies/documents, Ecorys identified five research papers/studies/reports, one book and one EU policy recommendation concerning safeguarding children in sport. An additional 64 sources were identified through the national reviews in the 15 Member States analysed. Sources identified mainly include legal and policy documents and empirical studies on the magnitude of violence against children in sport and on safeguarding initiatives that have been taken at national level.

Call for evidence

At the outset of the study a call for evidence was sent out to the Member State representatives and observers of the Expert Group on Integrity in February 2019. The purpose of the call for evidence was to generate responses that would help to steer the mapping review. 23 responses were received.

Country level reviews: desk research and consultations with national experts

The second element of the desk research was to undertake systematic reviews of available data and information and evidence on relevant policy measures and initiatives in specific Member States. Within the limits of the resources available for the study, it was possible to complete systematic desk reviews of available evidence and information on children and safeguarding in 15 countries. The countries were selected on the basis of ensuring a good mix of different levels of policy advancements, geographies and sizes, drawing upon the call for evidence responses gathered from country experts.

The sample of countries covered in the mapping research including the following:

- Belgium;
- Bulgaria;
- Croatia;
- Cyprus;
- Estonia;
- Finland;
- France;
- Germany;
- Ireland;
- Italy;
- Lithuania;
- Luxembourg;
- Netherlands;
- Spain;
- Sweden.

The scope of the reviews was as follows:

- Sources of literature focusing on the evidence of violence against children in sport and safeguarding children in national settings but with guidance to country researchers to focus as much as possible on the less documented types of violence e.g. psychological abuse, bullying, overtraining etc.as opposed to physical abuse.
- Relevant legislative and policy frameworks, measures and initiatives, including recent legal developments, such as laws, national actions and strategies, awareness raising and educational programmes and actions.
- Initiatives that could potentially represent 'good practice' where there is evidence that the initiatives have been effective in addressing safeguarding or applied an innovative approach to tackle the issue.

Through the country reviews, it was possible to identify country level policies and strategies designed to tackle the issue of safeguarding children in sport. In total, Ecorys

mapped and summarised more than 110 different measures implemented at national and levels in the 15 Member States. Besides the desk research, follow-up telephone interviews with the national experts were arranged in order to explore the topic in detail and discuss how this study could help them in developing relevant policy approaches.

Case studies

The study also aimed to identify 8-10 good practice case studies of national and regional measures that have a specific focus on safeguarding children against violence in sport. The key parameters of the search for good practice projects were as follows:

- The need to include measures that address the less documented forms of violence, e.g. bullying, overtraining and use the concept of safeguarding in a broad sense;
- Measures that applied an innovative approach or a different angle to implement safeguarding activities, building upon previous research;
- Practical mechanisms where there is scope for replication across different countries.
- Measures where a minimum level of evidence of effectiveness already exists to understand the scope of activities and potential effectiveness.

Based on the parameters above, a long list of possible case studies was identified, from which 10 cases were selected for more detailed review including through interviews with practice owners. In compiling the list, we aimed to ensure that a range of measures and project types were included, taking into account the need to have a balanced sample, covering different types of measures, different types of violence, support for different age groups, and different types of activities.

1.4 Report structure

The report is structured as follows:

- Section two elaborates on the strategic and policy context to the mapping review;
- Section three presents the key findings of the literature review;
- Section four provides an overview of international initiatives;
- Section five reports on the reviews of government measures and initiatives in the sample countries;
- Section six brings the analysis together and highlights some key conclusions from the analysis.

2.0 Strategic and policy context

2.1 Introduction

This chapter outlines the policy and strategic background for the mapping review. It briefly considers key policy developments at an EU level focused on addressing safeguarding issues in sport, including reference to recent EU level initiatives that are seeking to address the issue.

2.2 Policy context

This section outlines the high-level policy context of the study, providing an overview of the main policy developments which are relevant to the EU context.

The European Commission's White Paper on Sport (2007) recognised the importance of protection of children in sport, notably stipulating the importance of actions against sexual abuse and harassment of minors in sport. In the White Paper the issue of safeguarding was highlighted in the particular contexts of international movement and transfer of players and the development of robust licensing systems for professional clubs at European and national levels as a tool for promoting good governance in sport.¹ The Commission acknowledged that licencing could also include provisions regarding discrimination, violence, protection of minors and training.

The protection and safeguarding of minors in sport was one of the five issues defined as sport integrity priorities by Member States and the European Commission in the European Work Plan for Sport (2014-2017).² The Expert Group on Good Governance, set up in 2016 through the Work Plan for Sport (2014-2017) developed recommendations on the protection of young athletes and safeguarding children's rights in sport.³ Based on a synthesis of the available academic literature on the subject (detailed in section 3) which informed the recommendations, the report concluded that minorities already facing more challenges to engage in sports (e.g. LGBT, ethnical minorities etc.) were at a higher risk of experiencing violence. The study highlighted the complexity of the topic and the need for new preventative measures such as tools, rules and advice, involving all levels of government. Specific recommendations at the level of national public authorities were to:

- Encourage collaboration/effective partnerships between sport organisations, national agencies responsible for sport with those responsible for child protection.
- Implement effective legislation and regulation in fighting against violence to minors in sport.
- Support sport organisations for the development of child protection measures: promote educational programmes, codes of conduct, guidelines, toolkits, awareness campaigns, hotlines, etc. with clear procedures for managing allegations and dealing with post-judgment issues and link revenue grant aid for that purpose.
- Improve data collection and knowledge about violence to minors in sport.

¹ European Commission (2007): The White Paper on Sport.

² Resolution of the Council and of the Representatives of the Governments of the Member States (2014): Meeting within the Council, of 21 May 2014 on the European Union Work Plan for Sport (2014-2017)

³ European Commission (2016): Recommendations on the Protection of Young Athletes and Safeguarding Children's Rights in Sport.

- Promote special training/courses for physical education teachers to be sure their work is adapted to working with minors.
- Find a flexible way to implement the requirement of criminal record checks for people working with minors mentioning the nature of the crime and an exchange system between Member States (see directive 2011/93, Council Decision 2009/316/JHA of 6 April 2009 on the establishment of the European Criminal Records Information System (ECRIS) and Framework Decision 2009/315/JHA²⁴). And consider facilitating the exchange of information across Member States by ensuring the equivalence of information shared across EU.
- Encourage national sport governing bodies to develop and promote child protection strategies as one of their priorities.
- Promote dual-career strategies, as young athletes involved in elite sports may face the risk of missed education opportunities and given that a professional sport career is often uncertain.
- Ensure safe and adapted sport infrastructures, equipment and qualified staff/volunteers by regular inspections and monitoring.

The recommendations also acknowledged the role of sport clubs/federations/associations in having a responsibility for safeguarding children in sport and highlighted the need for such organisations to develop child protection policies. Amongst the recommendations addressed to the Commission were the need to conduct studies on national best practices/legal framework to respond to these issues.⁴

The EU Work Plan for Sport 2017-2020 has continued to acknowledge the importance of the issue and has identified the need for a study to gather data on violence against minors in sport and identify national practices.⁵ The findings of this study will support the 2019 Finnish Presidency of the Council of the EU in its objective to promote a safe environment in sport and better identify the EU role in achieving this objective.

The Council of Europe in its 2000 Resolution on the prevention of sexual harassment and abuse of women, young people and children in sport had recommended that European national governments should research and collect data at the national level in order to estimate the magnitude of violence in sport. The Council also recommended that national policies should address safeguarding and promote the wellbeing of children, young people and women in sport.⁶

2.3 EU level programmes and initiatives

This section provides an overview of the main initiatives, programmes and projects developed at the EU level that are seeking to address safeguarding issues for children in sport.

The desk research and stakeholder consultations identified a variety of EU initiatives to help safeguard children against abuse in sport. The initiatives include policy guidelines, educational toolkits (e.g. online courses, webinars, videos, workshops, briefings and training) and awareness raising measures (e.g. campaigns, networking events, exchanges of best practice and experience and conferences). Most of the initiatives focus on abuse generally in sport or specifically on sexual harassment and abuse. There has been less focus in the initiatives on psychological and emotional abuse towards children.

⁴ Expert Group on Good Governance (2016): Recommendations on the Protection of Young Athletes and Safeguarding Children's Rights in Sport.

⁵ Resolution of the Council and of the Representatives of the Governments of the Member States (2017): Meeting within the Council, on the European Union Work Plan for Sport (1 July 2017 - 31 December 2020).

⁶ Council of Europe (2000): Resolution on the Prevention of Sexual Harassment and Abuse of Women, Young People and Children in Sport.

The European project “**Prevention of sexualised violence in sports – Impulses for an open, secure and sound sporting environment in Europe**” was carried out by the German Sports Youth in the German Olympic Sports Confederation and its project scientific advisors, in cooperation with ENGSO Youth and other partners. The project was funded by the EU Programme “Preparatory Actions in the field of sport” and ran until 2013. The project provided an important repository of the selected national initiatives presenting the state of play on the prevention of sexualised violence in sport in Europe. The project covered nine European countries⁷ in order to identify good practices and to formulate recommendations for European sports organisations.

Several recently completed and ongoing Erasmus+ funded projects are addressing safeguarding issues for children, for example:

- **VOICE** (2016-2018) encouraged the victims of sexual violence in sports to share their stories as the most effective way to reach the sports community and disseminate good policy practices and knowledge about this sensitive issue. The project conducted a European and comparative research study with those who have been affected by sexual violence in sport, including a state of play analysis on intervention policies in eight European countries.⁸ The objective was to enhance the sports community’s capacity to combat sexual violence and strengthen integrity in sport. The project was based on the principle that policy and initiatives generated from the accounts of those that have experienced sexual violence in sports settings will be highly valued and, therefore, most effective in ‘reaching’ the sports community and promoting knowledge-transfer, education and development. The VOICE final report will be released in 2019. More than 70 survivors of sexual abuse in six countries were interviewed about their experiences. In several countries, public disclosures of survivors’ narratives led to attention in media, policy and political authorities. In Belgium, the VOICE campaign had a major impact, leading to a Special Investigation Commission at the Flemish Parliament and six mandatory prevention measures in each sport federation. The VOICE project generated crucial research data for the European sport community by listening to the voices of those that have been affected by sexual violence in sport. The resulting evidence-base provides a platform for powerful knowledge-exchange opportunities and educational resources.
- **Sport Respects Your Rights project developed in the framework of the DAPHNE III funding programme (2013-2015)**⁹: Sport Respects Your Rights (SRYR) was a transnational EU-funded project ran by a consortium of eight partners representing Austria, Germany, Italy, the Netherlands, Poland, and the UK. The goal of SRYR was to prevent and combat gender-based violence in youth sport and develop a culture of respect in sport. SRYR adopted an empowerment approach to encourage young people aged 16-22 years old to reflect on, act and protect themselves against gender-based violence in and through sport. Young people in each partner country were given a platform to develop their own campaigns through which they raised awareness on gender-based violence among peers in and beyond sport. This participatory process allowed young people to become active agents of social change. The youth-led campaigns incorporated workshops on preventing gender-based violence for young people in sport, and designing and distributing awareness-raising videos and posters. Each project partner also developed a multi-sector network to create long-lasting synergies to fight gender-based violence in sport.

⁷ Prevention of sexualised violence in sports – Impulses for an open, secure and sound sporting environment in Europe. Available at: <https://www.eusa.eu/projects/prevention-of-sexual-violence-in-sports> . Countries covered: Greece, Norway, United Kingdom, Czech Republic, Spain, Cyprus, Denmark, Belgium, Slovenia.

⁸ VOICES +. Available at: <http://voicesfortruthanddignity.eu/>.

⁹ Sport Respects Your Rights. Available at: <http://sport-respects-your-rights.eu>.

- **Safeguarding Youth Sport (2014-2015):** Safeguarding Youth Sport was an Erasmus+ funded project, led by the Center Ethics in Sport in Belgium, which shared knowledge and expertise on integrity threats in elite youth sport, stimulated individual empowerment of athletes and promoted a conducive ethical climate, by means of: collecting theoretical insights; gathering existing relevant practices; and analysing those insights and practices in terms of 'translatability' within a European context.
- **Leveraging sport to tackle gender inequalities (2016-2018)¹⁰:** This Erasmus+ funded project aimed, through a digital learning course, a trainer's guide and an awareness guide to sensitise youth leaders and sports instructors to the issues of gender equality, encouraging them to deliver sports activities that are free of stereotyping. The project also aimed to make young people aware of the importance of gender diversity in sports.
- **i-Protect in Sport (2018-2020)** is an ongoing Erasmus+ funded project that aims to develop an online platform promoting the protection of children in sport. The main target groups are grassroots organisations, minor athletes, their families, coaches and sport managers. The project targets grassroots sport organisations. The i-Protect Platform offers a complete protection programme that includes educational courses for children, their families, coaches and sport managers. It also includes guidelines for participating organisations to develop their own child protection strategies. The successful completion of the platform programme will grant the participating organizations with a government-supported and government-approved "i-Protect Certificate". The project provides an important opportunity to put into practice the results of the research and recommendations made on the subject within the EU framework in recent years.
- **Sport Against Violence and Exclusion (SAVE)** is an ongoing Erasmus+ funded project¹¹ that focuses on supporting the implementation of the EU policy regarding the strengthening of the prevention and fight against racism and violence among youth in sport clubs, specifically aiming towards grass root sports, amateur and recreational sport in respect to a number of EU policies, guidelines and recommendations such as White Paper on Sport.
- **Child Abuse in Sport: European Statistics CASES** is an ongoing collaborative partnership (2019-2021) between seven universities, two national sport agencies and one international sport federation. All partners have a demonstrable commitment to enhancing the safety of children in sport and protecting them from abuse. CASES will deliver a scientific study into the prevalence of interpersonal violence against children in sport in six EU countries. The team will also collaborate with individuals who have first hand experience of abuse in sport at all stages of the project. The study will survey a representative sample of adults, who participated in youth sport, in each partner country. The project will then develop educational resources, such as podcasts, with and for the sport sector aimed at enhancing understanding of this issue within its grassroots partners and affiliated bodies.
- **POINTS Project¹²** As ongoing project funded through the Erasmus+ programme and led by the EU EOC office which aims to protect athlete's integrity. The main objective of the POINTS Project is to help National Olympic Committees, European

¹⁰ Leveraging sport to tackle gender inequalities.

Available at: <http://www.fastrak-consulting.co.uk/projects/gender-equality-in-sport> .

¹¹Sport Against Violence and Exclusion (SAVE).

Available at: https://cesie.org/media/cesie.org_description_SAVE.pdf .

¹² Points Project. Available at: <http://www.points-project.com/> .

Federations and National Sport Federations in Europe to safeguard the integrity of their sport(s) and to strengthen their governance.

- **SPORTPARENT EU Project¹³** An Erasmus+ funded project launched in 2017, Sport Parent EU aims to improve the support that is provided to, and available for, the parents, carers, and guardians of children and young people involved in sport. With such support, it is hoped that children and parents can have a more enjoyable and safer experience in sport. There is a website with a range of resources, from short videos, to questions and answers, longer fact sheets, infographics, and links to research. All these resources are based on scientific evidence and research, tailored to parents.
- **iCoachKids¹⁴** A not-for-profit three-year project (2016-2019) co-funded by the Erasmus+ programme of the EU. iCoachKids is an international, collaborative, multi-agency project aiming to support the development of a Specialist Children and Youth Coaching Workforce across the EU to make sure all youth sport participants have a positive experience led by suitably trained coaches leading to a lifelong involvement in sport and healthier lives.
- **Get Addicted to Sport Values¹⁵** An ongoing 18 month Erasmus + funded project which promotes the positive values of sport at grassroots level, fighting against anti-fair play actions such as doping, match-fixing, discrimination and violence. The project involves diverse partners (sport federations, NGOs, educational and governmental institutions) in a series of actions targeting kids, parents, teachers and sport coaches, during a 18 months lasting process. The activities started with a research among the target groups about the integrity awareness level in sport, and the development of tools to promote sport positive behaviours and values. The project also includes workshops for the development of sport values and combat against doping, match fixing and discrimination addressed to kids, parents, teachers and coaches, along with an international training for educators to share tools and best practices to be used in local activities. Finally, it also includes an online campaign and a 'Sport Village' in the five partner countries to promote sport values and integrity.

¹³ SportParent EU Project. Available at : <http://www.sportparent.eu/en/about> .

¹⁴ <https://www.icoachkids.eu/>

¹⁵ Get Addicted to Sport Values. Available at: <https://www.sportvalues.eu/getval/> .

3.0 Review of the evidence on safeguarding children in sport

3.1 Introduction

A literature review on the subject of safeguarding children in sport was completed in order to build a contextual understanding for the mapping review of policy measures and initiatives. Additional sources were identified through the stakeholder consultations carried out for the study.

The review found that there is an emerging body of evidence on the magnitude of violence against children in sport and the effectiveness of specific safeguarding initiatives. Sexual, gender-based and physical violence (including sexual abuse, sexual harassment, peer aggression, forced physical exertion and self-harm) are covered more extensively in the literature while there was found to be less focus on psychological violence (including bullying, emotional abuse, neglect, virtual maltreatment, discrimination and hazing).

This section will firstly discuss the various definitions regarding safeguarding children in sport and the types of safeguarding issues identified across the literature reviewed. It goes on to present empirical evidence on the findings from the literature on the magnitude of the problem, informing key areas for consideration in the research. A full list of references is presented in Annex One.

3.2 Definitions

The study team reviewed the various definitions regarding safeguarding children in sport in addition to types of safeguarding issues referred to in the literature. It is apparent that there are no standardised concepts or uniform terminology used in defining the scope of safeguarding children in sport. A review of these definitions, including those applied to this study, and types of safeguarding issues is presented below.

The definition of '**child**' used in this study is that provided by the United Nations Convention of the Rights of the Child. The Convention defines a 'child' as "a person below the age of 18, unless the laws of a particular country set the legal age for adulthood younger."¹⁶

The International Safeguards for Children in Sport Working Group produced a guide with the terminology and a set of standards for implementing the safeguards for sports organisations working with children.¹⁷ According to these safeguards, **Safeguarding children against violence in sport** refers to all actions ensuring the safety of all children involved in different sport clubs and activities and measures put in place to ensure that safety.¹⁸

Moreover, child safeguarding and child protection are often thought to have similar meanings, but there is a distinction. Broadly speaking, **safeguarding children** can be defined as keeping all children safe from harm, abuse, violence, exploitation and neglect.¹⁹ In contrast, **child protection** is protecting an individual that has been

¹⁶ UNCRC (1989) United Nations Convention on the Rights of the Child: Resolution adopted by the General Assembly. Geneva, Switzerland: United Nations.

¹⁷ International Safeguards for Children in Sport Working Group (2016): International Safeguards for Children in Sport.

¹⁸ Ibid.

¹⁹ Sport and Development. Available at: <https://www.sportanddev.org/en/learn-more/child-protection-and-safeguarding/what-child-safeguarding-sport> .

identified as being at risk of abuse, violence, exploitation or neglect. Child protection forms a part of child safeguarding measures, but should be seen as the last line of defence in child safeguarding.²⁰

There is a recognised definition of **violence** and typology of violent or abusive activity. For example, a general definition of violence is based on the Rights of the Child (UNCRC) (art. 19):

"all forms of physical or mental violence, injury and abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse while in the care of parent(s), legal guardian(s) or any other person who has the care of the child".

The term '**safe sport**' is understood to be 'an athletic environment that is respectful, equitable and free from all forms of non-accidental violence to athletes'.²¹

More specifically, an example of a **typology of violence against children** used by the European Commission, is as follows:²²

Type
• Physical maltreatment (non-accidental injury, forced regimes, etc.)
• Sexual abuse (by word or action which includes verbal, non-verbal and physical sexual harassment)
• Neglect and negligent treatment (anything a child may need for his/her physical growth and development: medical care, hygiene, education, etc.)
• Emotional and psychological abuse
• Overtraining
• Training not according to individual physical development
• Discrimination, violence and harassment (based on sex, race, sexual orientation, disability)
• Doping, performance-enhancing substances or the inappropriate use of painkillers, nutrition supplements and/or alcohol
• High-level intense training to the detriment of education
• Bullying, including cyber-bullying, and any form of pressure (including to underperform)

Source: David P. (2005) *Human Rights in Youth Sport*

Other useful concepts and definitions relating to **harassment**, **abuse** and **violence** in sport identified across the literature reviewed are listed as follows:

Type and definitions of harassment, abuse and violence
• Physical abuse: Non-accidental trauma or physical injury caused by punching, beating, kicking, biting, burning or otherwise harming an athlete. This could include forced or mandated inappropriate physical activity (e.g. age-inappropriate or physique-

²⁰ Ibid.

²¹ Mountjoy M, et al. Br J Sports Med (2016): International Olympic Committee Consensus Statement: Harassment and Abuse (non-accidental violence) in Sport. 50:1019–1029.

²² Paulo David (2005): Human Rights in Youth Sport: A critical review of children's rights in competitive sports quoted in the European Commission (2016). Expert Group on Good Governance- Recommendations on the protection of young athletes and safeguarding children's rights in sport.

inappropriate training loads; when injured or in pain); forced alcohol consumption; or systematic doping practices.²³

- **Psychological abuse:** A pattern of deliberate, prolonged, repeated non-contact behaviours within a power differentiated relationship.²⁴ Psychological abuse encompasses more than emotions. It also consists of cognitions, values and beliefs about oneself, and the world. The behaviours that constitute psychological abuse target a person's inner life in all its profound scope.²⁵
- **Sexual abuse:** Any conduct of a sexual nature, whether non-contact, contact or penetrative, where consent is coerced/manipulated or is not or cannot be given.²⁶
- **Sexual harassment:** Any unwanted and unwelcome conduct of a sexual nature, whether verbal, non-verbal or physical.²⁷
- **Neglect:** The failure of parents or care givers to meet a child's physical and emotional needs or failure to protect a child from exposure to danger. This definition equally applies to coaches and athlete entourages.²⁸
- **Negligence:** Acts of omission regarding athlete safety. For example, depriving an athlete of food/or drink; insufficient rest and recovery; failure to provide a safe physical training environment; or developmental age-inappropriate or physique-inappropriate training methods.²⁹
- **Bullying (or cyberbullying if conducted online):** unwanted, repeated and intentional aggressive behaviour usually among peers, and can involve a real or perceived power imbalance. Bullying can include actions such as making threats, spreading rumours or falsehoods, attacking someone physically or verbally and deliberately excluding someone.³⁰
- **Hazing:** An organised, usually team-based, form of bullying in sport, involving degrading and hazardous initiation of new team members by veteran team members.³¹
- **Homophobia:** Antipathy, contempt, prejudice, aversion or hatred towards lesbian, gay or bisexual individuals.³²

3.3 Empirical context

This section presents a review of the empirical evidence from key research studies on the magnitude of violence against children in sport.

During recent decades, several studies have been conducted on the magnitude of violence in sport in order to address data and research gaps in the field. In the pioneering studies probing into the maltreatment of children in sport, which can be

²³ Mountjoy M, et al. Br J Sports Med (2016): International Olympic Committee Consensus Statement: Harassment and Abuse (non-accidental violence) in Sport. 50:1019–1029.

²⁴ Ibid.

²⁵ Stirling AE, Kerr GA (2008): Defining and categorizing emotional abuse in sport. Eur J Sport Sci ;8:173–81; The perceived effects of elite athletes' experiences of emotional abuse in the coach-athlete relationship. Int J Sp Exerc Psychol 2013;11 :87–100.

²⁶ Pinheiro PS (2006): World report on violence against children. Geneva, Switzerland: United Nations.

²⁷ Ibid.

²⁸ Ibid.

²⁹ Johnson J, Holman M. (2004): Making the team: inside the world of sport initiations and hazing. Toronto, Canada: Canadian Scholars' Press, 2004; Crow R, Macintosh EW. Conceptualizing a meaningful definition of hazing in sport. Euro Sp Mg Quart 2009;9:433–51.

³⁰ Ibid.

³¹ Ibid.

³² Ibid.

traced back to the 1980s, there was a particular focus on sexual violence. The beginning of the 1990s saw new empirical studies followed by early stage child protection programmes and training sessions.³³ Gradually, the type and scope of violence has been expanded to include other non-accidental harm behaviour occurring in sport, with a broadening of geographical coverage of specific evidence, going beyond the original countries in which the studies were conducted (UK, Australia and Canada).³⁴

The rapid review revealed that quantitative research on the magnitude of violence against children in sport in the EU still has a limited **geographical scope**, focusing mainly on one or a few countries. One particular study conducted in **the Netherlands** and **Belgium** found that 38% of all respondents reported experiences with psychological violence, 11% with physical violence, and 14% with sexual violence.³⁵ The study also identifies additional factors increasing the risk of being vulnerable to violence such as ethnic minority, lesbian/gay/bisexual (LGB) and disabled athletes, and those competing at the international level report significantly more experiences of interpersonal violence in sport.³⁶

Since 2010 in particular, the issue has gained further momentum in the European Union also and the European Commission has funded reviews of policy initiatives covering Belgium, Cyprus, the Czech Republic, Denmark, France, Germany, Greece, the Netherlands, Norway, Slovenia, Spain and UK.³⁷

The same countries were subject to further research on the most common **perpetrator profiles**. The first study showed that in all types of interpersonal violence in sport in the Netherlands and Belgium, perpetrators are predominantly **male peer athletes** who frequently operate together in groups. Several differences between the three types of interpersonal violence (i.e. physical, psychological and sexual) were also highlighted. Incidents of physical violence perpetrated by coaches tend to be less severe compared to those by other perpetrators. However, acts of sexual violence committed by a coach are significantly more severe compared to those by other perpetrators. These findings bring more clarity on the perpetrators of interpersonal violence in sport, especially in relation to the common opinion that the male coach is the main perpetrator.³⁸ Moreover, it was also found that despite experiencing violence at earlier stages of life, their consequences could be long lasting for children- i.e. severe sexual, physical, and psychological childhood violence experienced through sport in childhood were associated with more adult psychological distress and reduced quality of life.³⁹

A study investigating children and young people's experiences of participating in sport in the **UK** concluded that many children had experienced **disrespectful and emotionally abusive behaviour** in sport (e.g. unhelpful criticism of performance, being shouted and sworn at, being embarrassed and humiliated).⁴⁰ The study found that the most common negative experiences were emotional harm (75%), sexual

³³ Brackenridge Celia H., Rhind Daniel (2014): Protection in Sport: Reflections on Thirty Years of Science and Activism. Soc. Sci. 3, 326–340.

³⁴ Melanie Lang, and Michael Hartill, eds. (2014): Safeguarding, Child Protection and Abuse in Sport: International Perspectives in Research, Policy and Practice. London: Routledge.

³⁵ Vertommen, T. et al (2016): Interpersonal violence against children in sport in the Netherlands and Belgium. Child Abuse & Neglect 51 223–236.

³⁶ Ibid.

³⁷ Stilani Chroni, Kari Fasting, Michael Hartill, Nadia Knorre, Montse Martin, Maria Papaestathiou, Daniel Rhind, Bettina Rulofs, Jan Toftegaard Stoeckel, Tine Vertommen, and et al. (2012): Prevention of Sexual and Gender Harassment and Abuse in Sports: Initiatives in Europe and Beyond. Frankfurt am Main: Deutsche Sportjugend.

³⁸ Vertommen, T. et al (2017): Profiling perpetrators of interpersonal violence against children in sport based on a victim survey. Child abuse & neglect January 2017. 63:172-182.

³⁹ Vertommen, T. et al (2018): Severe interpersonal violence against children in sport: associated mental health problems and quality of life in adulthood. Child Abuse & Neglect. Volume 76, February 2018, Pages 459-468.

⁴⁰ Alexander, Kate, Ann Stafford, and Ruth Lewis (2011): The Experiences of Children Participating in Organised Sport in the UK. London: NSPCC.

harassment (29%), physical harm (24%), self-harm (10%) and sexual harm (3%).⁴¹ The study also explored a range of sexual harms that children may face in sport settings ranging from sexual harassment of young people through to sexualised behaviour and sexual abuse. Sexual harassment was mainly experienced by young women but also by a surprising number of young men. Moreover, the study found that most types of harmful behaviour occurred mainly between **team mates and peers**, while a third of those reporting violence said coaches were also involved, either participating directly, or indirectly. It was also found that violence was reported by young people participating at all levels in sport, but rose as young people progressed up the ranks towards elite level.

Another study⁴² analysing children's experience in sport in the UK also found that physical and sexual abuse were the most frequently mentioned forms of abuse, while the majority of alleged perpetrators and victims were males.⁴³

According to one interviewee consulted, an investigation in Sweden regarding safety for children in sport uncovered a total of 3,000 cases of rape of children under 18 in sport, and over 10,000 cases of other forms of sexual abuse. However, the interviewee emphasised that there have been very few studies conducted looking into the prevalence and types of violence against children in Sweden.

A number of particular contextual factors that may encourage **greater risk factors** for violence against children in sport were also highlighted in the literature (including the UK, Belgian and Dutch studies mentioned above) and by some of the interviewees consulted. According to the IOC Consensus Statement on Sexual Harassment and Abuse in Sport and as stated above, elite, disabled, child, Roma, ethnic minority and LGBT athletes are at highest risk of experiencing violence through sport. Therefore, vulnerable groups remain the most vulnerable in sport also. Elite athletes (i.e. those at the point of becoming a professional) are at the highest risk of experiencing all forms of abuse.⁴⁴

Similarly, one of the key findings of the study commissioned by the Expert Group on Good Governance⁴⁵ was that minorities already facing more challenges to engage in sports (e.g. LGBT, ethnical minorities etc.) were at a higher risk of experiencing violence.

The narratives of survivors of sexual violence in sport, collected in the VOICE-project, shed light on situational or factual risk factors such as showering rooms, body contact and the possibility as a trainer to abuse his/her power. Interviewees consulted also confirmed that any kind of a close relationship between a young athlete and an individual of higher rank within a sports organisation is always a risk factor. Unhealthy sports environments where peer pressure is strong is also a significant risk factor particularly for young boys, who in this environment should use their toxic masculinity (e.g. boys should not always ask for help, should not express their emotions and should use rough language to be physically violent with one another).

Despite the growing number of empirical studies since 2010, researchers still highlight a continuing need to improve the robustness of data. Most of the empirical studies identified have limited geographical scope, covering one or two countries. The reasons for this partially lie in the inconsistent terminology and a lack of standardised definitions. As noted above, some researchers report on *harassment* cases while others use the

⁴¹ Ibid.

⁴² Rhind, Daniel & McDermott, Jamie & Lambert, Emma & Koleva, Irena. (2014): A Review of Safeguarding Cases in Sport. Child Abuse Review. 10.1002/car.2306.

⁴³ Ibid.

⁴⁴ Brackenridge Celia H., Rhind Daniel (2014): Protection in Sport: Reflections on Thirty Years of Science and Activism. Soc. Sci. 2014, 3, 326–340.

⁴⁵ European Commission (2016): Recommendations on the protection of young athletes and safeguarding children's rights in sport

concept of *harm* instead of *abuse*, entailing the measurement problem of estimating the magnitude of each of these terms and their comparability. The other reason is related to the lack of data for many EU Member States, which impedes the possibility to fully grasp the magnitude of the problem across the EU. The country reviews conducted for this study across 15 Member States, indicate that no data or empirical studies specifically on violence against children in sport exist in Cyprus, Estonia, Ireland and Lithuania. Despite these shortcomings, the undertaken empirical studies still demonstrate the existence of the problem and demonstrate that these types of undesirable behaviour, indeed, occur in sport.⁴⁶

More studies on the magnitude of violence against children in sport should thus be conducted to develop a more complete understanding of the issue. It is also advised that a more standardised form for collecting case data should be put in place to allow better comparability of cases.⁴⁷

3.4 Key findings

The key findings of the review of the evidence of safeguarding issues for children in sport can be summarised as follows:

- A review of the literature shows that there is a growing body of evidence on the magnitude of violence against children in sport. The research, which is confined to a selective number of countries, provides a strong indication of the widespread problem of psychological and physical violence in sport.
- Methodological limitations of measuring the prevalence and incidence of violence against children in sport allow only to make estimates of prevalence, and not actual prevalence numbers. This is linked to the sensitivity of the issue, the ethical challenges involving interviewing and surveying children and possible memory bias if adults are retrospectively surveyed.
- Empirical studies use different methodological tools – interviews, surveys, along with different definitions of what constitute violence / abuse / harassment, leading to the difficulties related to comparing studies' outcomes.
- There is also a lack of standardised instruments, along with the lack of consensus on what defines 'sport free from harassment, violence and abuse'.
- The rapid review of the literature also indicates that the role of safeguarding as a positive mechanism to improve the sport experience of children and young people has received less attention in academic research.

⁴⁶ Vertommen, T. et al (2018): Severe interpersonal violence against children in sport: associated mental health problems and quality of life in adulthood. *Child Abuse & Neglect*. Volume 76, February 2018, Pages 459-468; Melanie Lang, and Michael Hartill, eds. (2014): *Safeguarding, Child Protection and Abuse in Sport: International Perspectives in Research, Policy and Practice*. London: Routledge.

⁴⁷ Rhind, Daniel & McDermott, Jamie & Lambert, Emma & Koleva, Irena (2014): A Review of Safeguarding Cases in Sport. *Child Abuse Review*. 10.1002/car.2306.

4.0 International and EU level policy initiatives

4.1 Introduction

This section outlines the various European and international initiatives that focus on addressing safeguarding issues in sport. Through desk research and stakeholder consultations, a variety of international initiatives to help safeguard children in sport have been identified. The focus of the review at the international level has been international sport organisations as well as international organisations which are concerned with child protection more generally (e.g. UNICEF). The initiatives include policy guidelines, educational toolkits (e.g. online courses, webinars, videos, workshops, briefings and training) and awareness raising measures (e.g. campaigns, networking events, exchanges of best practice and experience and conferences). Most of the initiatives focus on abuse generally in sport or specifically on sexual harassment and physical abuse. There appears to be less focus on psychological and emotional abuse. Eighteen international initiatives were identified (see Annex Two for a detailed mapping of these international initiatives).

4.2 Specific international initiatives

The **Council of Europe** (CoE), in collaboration with the EU, has implemented a number of successful projects to safeguard children in sport.

- In 2014-2015, the "*Pro Safe Sport*" (PSS) project was first launched in order to promote a safe and healthy environment for child athletes. The initiative aimed to shed light on the problem of violence against children in sport by making the topic more visible. The initiative produced a variety of tools useful for raising awareness about the issue, including an online resource toolkit on sexual violence against children in sport, a training module and video clips.⁴⁸ The online resource toolkit provides tools and advice on how to promote the well-being of child athletes.
- Due to the success of PSS, it was followed in 2017 by a new joint initiative between the CoE and the EU: the *Pro Safe Sport +* (PSS+) project. The PSS+ project aimed at increasing the commitment of both governmental and non-governmental organisations towards sexual violence against children in sport through awareness raising tools and capacity building resources. The initiative produced a variety of tools useful for raising awareness about the issue, including another online resource centre on sexual violence against children in sport, a pool of experts on sexual violence in sport, a training kit and video clips for raising awareness.⁴⁹
- The follow up to the Pro Safe Sport project (Pro Safe Sport+) was renamed and relaunched in 2018 as the *Start to Talk Initiative*. This is a call for actions targeting public authorities, the sport movement and other stakeholders to take the necessary prevention and protection measures to stop child sexual abuse. "Start to talk" is about adults breaking the silence and lending children a voice. The first set of actions launches campaigns at national level and involves well-known athletes, coaches, clubs and federations, who act as "silence breakers" drawing attention to the problem of sexual abuse of children in sports. The second action is to develop and improve safeguarding and protection frameworks and the third action is to promote training of key stakeholders.⁵⁰

⁴⁸ Pro Safe Sport. Available at: <https://pjp-eu.coe.int/en/web/pss/activities-pss-plus>.

⁴⁹ Pro Safe Sport +. Available at: <https://pjp-eu.coe.int/en/web/pss/training-kit>.

⁵⁰ Start to Talk Initiative. Available at: <https://www.coe.int/en/web/human-rights-channel/stop-child-sexual-abuse-in-sport>.

The CoE also developed memorandums of understanding with FIFA⁵¹ and UEFA⁵² to address the issue of sexual violence against children in football, using Council of Europe standards, namely its Convention on the Protection of Children against Sexual Exploitation and Sexual Abuse, known as the Lanzarote Convention.

Many of the international organisations including **UNICEF**, the **World Players Association** (WPA) and the **International Alliance for Youth Sports** have developed safeguarding policy guidelines. A key document was developed by UNICEF's International Safeguards for Children in Sport Working Group and suggests safeguards which are needed and should be put in place by any organisation providing sports activities to children. *The International Safeguards for Children in Sport*⁵³ includes eight safeguards:

- Developing Your Policy;
- Procedures for Responding to Safeguarding Concerns;
- Advice and Support;
- Minimising Risks to Children;
- Guidelines for Behaviour,
- Recruiting, Training and Communicating;
- Working with Partners;
- Monitoring and Evaluation.

These safeguards are already being piloted by organisations all over the world and are set to be adopted more widely, for example, FIFA's Child Safeguarding Toolkit for its 211 Member Associations is underpinned by the *International Safeguards for Children in Sport*.

Other notable guidelines include:

- *Child Protection in Football: What Every Child Needs to Know*⁵⁴: UNICEF's educational booklet for football coaches provides guidance on how to protect and deal with children who have been abused, harmed or neglected in football.
- *Declaration on Safeguarding the Rights of Child Athletes*⁵⁵: The WPA's Declaration on Safeguarding the Rights of Child Athletes helps protect children participating in sport from growing concerns over the early professionalisation of child athletes and the violation of their fundamental rights, including sexual abuse and trafficking. It sets out key principles and action areas in which sport's stakeholders must work together to ensure sport is always a safe space for children.
- *International Alliance for Youth Sports Child Protection Recommendations*⁵⁶: The Recommendations provide a blueprint for organisations involved in youth sports

⁵¹ FIFA and Council of Europe (2018): Memorandum of Understanding. Available at: <https://www.coe.int/en/web/cybercrime/-/making-sport-safe-for-children-stop-child-sexual-abuse-day>.

⁵² UEFA and Council of Europe (2018): Memorandum of Understanding. Available at: https://search.coe.int/cm/Pages/result_details.aspx?ObjectID=09000016807b9233.

⁵³ UNICEF (2016): International Safeguards for Children in Sport. Available at: <https://www.unicef.org.uk/sport-for-development/safeguarding-in-sport/>.

⁵⁴ UNICEF Child Protection in Football: What Every Child Needs to Know'. Available at: https://www.unicef.org/easterncaribbean/ECAO_Child_Protection_in_Football.pdf.

⁵⁵ World Players Association (2017): Declaration on Safeguarding the Rights of Child Athletes. Available at: http://www.uni-europa.org/wp-content/uploads/2017/11/Declaration_on_safeguarding_the_rights_of_child_athletes.pdf.

⁵⁶ International Alliance for Youth Sports: Child Protection Recommendations. Available at: <http://www.iays.org/wp-content/uploads/Child-Protection-Recomendations-final.pdf>.

programming to assist with the planning and implementation of a practical child abuse prevention policy. The Recommendations also provide information on the steps involved in the screening of staff and volunteers, training and supervising them and conducting evaluations. Sample Codes of Ethics for coaches, parents, officials, administrators and participants are also provided.

Some of the international sports federations have also taken initiatives to safeguard children in sport. Notable examples include:

- **FIFA** – *Status and Transfer of Players Regulations*⁵⁷: Article 19(4) of the Regulation states that a subcommittee appointed by the Players’ Status Committee will be in charge of the examination and possible approval of every international transfer and first registration of every child player who is not a national of the country in which he or she wishes to be registered. The request for approval by the association that wishes to register the minor and the subsequent decision-making workflow must be conducted through the Transfer Matching System (TMS). The principles of the Regulation together with the process through the TMS help to prevent the potential exploitation and abuse when children are in a foreign country without proper controls and to prevent the trafficking of young players through the football structures.
- **FIFA** – launch of child safeguarding programme and toolkit – FIFA Guardians™. This new initiative was launched on 10th July 2019 to help member associations and confederations around the world introduce stronger child safeguarding measures in football⁵⁸. Developed by FIFA together with its Child Safeguarding Expert Working Group, the initiative aims at providing practical guidance to support the 211 FIFA member associations in reviewing their existing safeguarding measures, to help prevent any risk of harm to children in football, and to appropriately respond if concerns arise. Containing practical guidance and support materials, the toolkit is based on “five principles and five steps” that are underpinned by recognised international standards and best practice in child safeguarding across sports. The toolkit emphasises that safeguarding is a long-term journey for member associations and that the guidance and support materials should be tailored to the characteristics of each associations’ context, working with local expert partners/NGO’s and relevant national authorities. In the coming months and years, the FIFA Guardians programme will be rolled out through a series of training modules and workshops to promote global awareness and implementation in all associations, working together with the confederations.
- In addition, FIFA has a zero-tolerance policy on human rights violations and condemns all forms of violence. In June 2019, the FIFA Council adopted more severe provisions within the FIFA Code of Ethics, whereby any forms of sexual exploitation and abuse are considered severe infringements. FIFA provides a **confidential whistle-blowing platform**⁵⁹ that offers everyone the opportunity to alert the organisation to any concerns, with all cases reported directly to FIFA Ethics.
- **International Tennis Federation (ITF) Player Welfare Programme**⁶⁰: This programme provides an array of resources to promote and safeguard all players (including children’s) welfare in tennis. The programme includes, among other things, regulations governing respectful behaviour of all persons (including children)

⁵⁷ FIFA: Status and Transfer of Players Regulations. Available at: https://resources.fifa.com/mm/document/affederation/administration/02/70/95/52/regulationsonthestatusandtransferofplayersjune2016_e_neutral.pdf.

⁵⁸ FIFA: <https://www.fifa.com/about-fifa/who-we-are/news/fifa-launches-child-safeguarding-programme-and-toolkit-fifa-guardianstm#fifa-guardianstm-presentation>

⁵⁹ <https://www.bkms-system.net/FIFA>

⁶⁰ International Tennis Federation: Player Welfare Programme. Available at: <https://www.itftennis.com/procircuit/info-for-players/player-welfare.aspx>.

at ITF tournaments, clear reporting procedures and a telephone and video counselling services for players in need.

The **International Olympic Committee** (IOC) have been particularly active in helping to safeguard children in sport. While the IOC does not have the mandate to oblige sport federations or Olympic Committees to implement prevention procedures and safeguarding initiatives, the enormous cultural power of this major sport body is being used to demonstrate leadership on this issue and set the bar for partner organisations. The IOC initiatives to safeguard children in sport include:

- *Sexual Harassment and Abuse in Sport: Interactive tool (e-learning)*⁶¹: this interactive educational tool (i.e. website) aims to raise awareness of sexual harassment in sport by providing examples of what may constitute harassment and abuse in sport using case studies depicted through nine interactive video clips. There is no published evaluation report on the impact of the website. An informal survey within international sport federations and National Olympic Committees showed an encouraging uptake, but also indicate that there is still some work to do.⁶²
- *Safeguarding Athletes from Harassment and Abuse in Sport Framework (Games-time period)*⁶³: This Framework for safeguarding athletes (including children) from harassment and abuse in sport (Games-time period) is in place at all editions of the Olympic Games. It establishes the reporting mechanisms and case management procedure for any incidents of harassment and abuse during the Games.
- *Athlete Safeguarding Course: Athlete Learning Gateway (e-learning)*⁶⁴: This course for athletes (including children) provides an overview of the core components of athlete safeguarding and educates such stakeholders on how to safeguard children from abuse in sport.

The IOC also developed the *IOC Toolkit for International Federations and National Olympic Committees* (2017) and the *IOC Safe Sport Booth, first launched during the Buenos Aires Youth Olympic Games in 2018*. These are described in below and in further detail in Annex 3.

⁶¹ International Olympic Committee: Sexual Harassment and Abuse in Sport Website. Available at: <http://www.olympic.org/sha>.

⁶² Information obtained through consultation with stakeholder.

⁶³ International Olympic Committee: Safeguarding Athletes from Harassment and Abuse in Sport Framework (Games-time period). Available at: <https://www.olympic.org/athlete365/safeguarding/>.

⁶⁴ International Olympic Committee: Athlete Safeguarding Course: Athlete Learning Gateway. Available at: <https://www.olympic.org/athlete365/courses/safeguarding-athletes-from-harassment-and-abuse/>.

Case study summary (1): IOC Toolkit for International Federations and National Olympic Committees

Aims and approach

A Toolkit for International Federations (IFs) and National Olympic Committees (NOCs) related to creating and implementing policies and procedures to safeguard athletes from harassment and abuse in sport was adopted in 2017.

The toolkit seeks to address the general problem of abuse and harassment in sport, based on the evidence that non-accidental violence can occur in any sport and any country and is related to the lack of regulatory policies and procedures put in place in sport organisations and federations.

This toolkit is primarily designed to assist NOCs and IFs in their design of policies and measures to safeguard administrators, coaches, parents and athletes involved in organised sport.

As the concepts of what constitute harassment and abuse might appear unclear, the toolkit seeks to bring some clarity by providing the examples of cultural context, types of non-accidental violence and impacts resulting from them.

Building on existing guidelines and medical consensus statements, this step-by-step guide focuses on organisational and competition-specific safeguarding policies. Each of the sections gradually explains and guides stakeholders how to review, draft and implement their policies and procedures on safeguarding. It is reinforced with key research, recommendations and case studies across the Olympic Movement, and offers a solution-based approach.

Outcomes and learning points

Building on existing guidelines and medical consensus statements, this step-by-step guide focuses on organisational and competition-specific safeguarding policies. Each of the sections gradually explains and guides stakeholders how to review, draft and implement their policies and procedures on safeguarding. It is reinforced with key research, recommendations and case studies across the Olympic Movement, and offers a solution-based approach. The solution-based approach is illustrated by different suggestions broken down into three-category format: Bronze, Silver and Gold. This format presents a range of possible solutions, including what are the minimum standards defined by the IOC Guidelines (Bronze) and what would be the best practice (Gold). This format seeks to ensure the universality of the solutions enforced, but also allow organisations to choose between different solutions based on their internal needs.

Section 3 is especially vital, as it outlines the core components of safeguarding measures divided as organisational and competition-specific safeguarding policies. Organisational safeguarding measures refer to long-term policies applicable to athletes who are linked to either to an NOC or a National Federation. An organisational policy involves collaboration with multiple stakeholders.

Case study summary (2): IOC Safe Sport Booth

Aims and approach

The IOC installed a Safe Sport Booth during the Youth Olympic Games (YOG) in Buenos Aires in October 2018 in order to raise awareness about the existence of harassment and abuse in sport and educate both the YOG young athletes as well as their entourage, as part of the YOG Safeguarding Framework. Athletes or members of the entourage could also get in touch with the IOC safeguarding officer in the booth in order to report any incident of harassment and abuse during this major sport event.

In the Safe Sport Booth young athletes were introduced to IOC's educational materials:

- One of the activities was a 'Pledge', where the participants received a souvenir photograph of themselves pledging to adhere to the values of safe sport;
- The 'Draw the Line' quiz: a scenario based tool intended to assist athletes to identify moral and ethical boundaries and recognise various forms of harassment and abuse. Embedded in this tool was an athlete survey designed to obtain feedback on the safeguarding educational experience as well as their understanding of harassment and abuse;
- An animation film, which raises awareness of the different forms of harassment and abuse, and identifies resources for further information and assistance.

Outcomes and learning points

A total of 3,980 young athletes competed during YOG 2018. The Draw the Line questionnaire, offered in the Booth, gathered 1,463 responses, of which 1,254 came from athletes, and the remaining 209 from members of entourage. The overall response rate was 31.5%, ranging between 12% and 54% per sport discipline.

Generally, athletes were enthusiastic about their visit at the Safe Sport booth and the educational tools. The Safe Sport team had some interesting discussions about safe sport with the athletes and their entourage. Young athletes' perception of 'safe sport' is often different from the IOC's interpretation. Young athletes did not relate safe sport to harassment or abuse, but rather to fair play and prevention of doping and injuries. Asked about whether they think harassment and abuse occur in their own sport, almost 35% of athletes answered likely or very likely. About 20% of athletes was not sure and the remaining 45% answered no or not likely. More than 70% of the young athletes evaluated the IOC educational materials as good, very good or excellent. About 10% of athletes did not understand or like them.

The following success factors have been detected:

- The Safe Sport Booth was designed to create an atmosphere of comfort and safety, following consultation with survivors of harassment and abuse. The setting allowed for face-to-face contact with the team when athletes were introduced to the materials.
- Sunglasses marked with the dedicated hotline and email address reporting mechanisms as well as links to educational materials on the IOC platform that is dedicated to athletes (Athlete365) were given as an incentive for participation.
- The unique setting (major sport event for young athletes) and the location of the Booth in the Athlete365 Space at the centre of the Athlete Village made it possible to reach a significant number of young, international athletes from more than 200 countries. Furthermore, the Safe Sport booth was the only

Athlete365 Programme activity, which ran throughout the entire duration of the YOG Buenos Aires 2018 – increasing exposure and interaction opportunities with the YOG participants, and highlighting the importance of this topic for the IOC.

- The Safe Sport team, present at the Booth to welcome and guide the visitors, consisted of local volunteers and international experts. Two of these were experts by experience, who could assist in discussions on the topic and share experiences with the visitors.
- The educational materials were properly designed, offered online, interactive and friendly to use.

Some challenges have been also detected:

- The materials were offered only in a small number of different languages, which created difficulties for some young athletes.
- While the location of the Booth was very practical, it did not allow for a separate, quiet room, in which a visitor could have a word with an expert in a private atmosphere, without needing to walk to the Polyclinic, situated in a tightly restricted zone. Considering the issue being at the centre of this tool, it should have been better to be able to offer some privacy for such conversation.

The IOC has committed to ensuring that the Olympic Games and Youth Olympic Games-Time athlete safeguarding Frameworks will be implemented at every edition of the Olympic and Youth Olympic Games respectively, with the latter Framework being revised for each edition of the Youth Olympic Games to ensure that it aligns with the legislation of the host city related to child protection. Education for athletes and entourage members is entrenched within both documents. Due to its unique features, major sports event such as these can have a substantial impact and reach on participating athletes and their entourage, but also on the wider world of sport.

4.3 Key findings

This section summarises the key findings of the review of international and EU level policy initiatives. The key elements to emerge can be outlined as follows:

- The mapping review has identified a range of EU and international initiatives focused on addressing safeguarding issues in sport. The EU initiatives are mainly EU funded projects (e.g. Pro Safe Sport projects, SportParentEU project, Addressing Gender Equality in Sport project, Sport Respects Your Rights project, VOICES project and Sport Against Violence and Exclusion (SAVE) project).
- The mapping review has identified initiatives developed by international, European and national sporting federations (e.g. FIFA, International Tennis Federation, International Netball Federation, World Players Association and the International Olympic Committee), UNICEF, Council of Europe and the International Alliance for Youth Sports.
- The initiatives include policy guidelines, educational toolkits (e.g. online courses, webinars, videos, workshops, briefings and training) and awareness raising measures (e.g. campaigns, networking events, exchanges of best practice and experience and conferences).
- One element which often lacks and should be better implemented is monitoring of the effectiveness of interventions to safeguard children in sport. A minority of interventions takes monitoring and evaluation measures into account at the start and during the study. This makes it impossible to demonstrate the effectiveness of an intervention and therefore, there is a lack of evidence-based interventions to

promote safeguarding in sport, as well as difficulties to exchange practices between countries and organisations.

5.0 Review of country level measures

This section provides a review of the main findings of the country reviews, focusing on country level measures designed to tackle the issue of safeguarding children in sport. Case studies of particular measures identified as potential good practices and innovative responses are presented in boxes. The full case studies included in Annex 3.

5.1 Policy advancement in the sampled Member States

Overall, the evidence demonstrates that there is a strong variation in the level of policy advancement in relation to this topic. The categorisation of policy advancement relates to the extent to which the issue of safeguarding is present in the national sport policy agenda and how far special policies and measures exist to safeguard children in sport. Other factors taken into consideration in the categorisation include the existence of educational and awareness raising campaigns and participation in relevant EU projects.

Based on consideration of these factors, levels of policy advancement can be grouped into three categories, as follows:

- The first category (**advanced**) includes countries with established comprehensive legal and policy frameworks coupled with detailed and sophisticated measures in place to address safeguarding children in sport. In these countries, safeguarding children in sport has become mainstreamed in the policies and programmes of sport federations, leading to widespread awareness of the issue and implementation of good practices at the local level. Specific measures identified include preventive measures such awareness-raising campaigns and programmes of support for sport organisations. The scope of the measures also tends to broad-based, covering both physical and psychological violence, and cutting across different levels of intervention – organisational (sport clubs), local, national, as well as targeting specific individuals working with children or children themselves who participate in sport.
- The second category covers countries at an **intermediate level** of development, which are generally beginning to mainstream safeguarding issues in sport or are participating in EU projects tackling these issues. Generally for these countries the mapping review did not reveal many specific measures addressing safeguarding children in sport. Within these countries, regulatory frameworks, national strategies or action plans provide a general framework for tackling violence against children. While these may naturally cover violence occurring in sport settings, in this group of countries there is limited policy advancement in a sport setting. There is potential in these countries to use their experiences from the participation in EU projects to roll out policy solutions.
- Under the last category (**limited**), the topic has only recently been addressed in national policies, however there has been some development related to the topic of safeguarding, such as the country's participation in Erasmus + funded projects.

The table below summarises the reviewed countries based on their level of policy advancement in the area of safeguarding children in sport.

Table 5.1 Summary of policy advancement relating to safeguarding children in sport

Country	Size	Summary
Belgium	Medium-sized	Since 2018, Sport Flanders sets out minimum requirements for each sport federation in the prevention of interpersonal violence against children in sport. The requirements are included in the Decree on Sport Federations and in the individual working agreement between the sport ministry and each sport federation. The Centre for Ethics in sport is funded to support sport federations to implement the safeguarding policy and organise educational programmes. In the southern part of Belgium, awareness and initiatives to safeguard children in sport are more limited. The Walloon pedagogical project in sport centers, operated by the Walloon sport administration, follows the Long-term Athlete Development model. Also, in a triannual plan on prevention of maltreatment, the Yapaka campaign was launched and featured in Walloon sport centres.
Bulgaria	Medium-sized	The 2018-2020 National Strategy on Children Protection is a comprehensive framework in which safeguarding in sport is also addressed; no special policies are in place but different mechanisms exist to report cases of violence and abuse against children.
Croatia	Small	Relevant legislative and policy framework is in place to address safeguarding more generally. Action plan to implement educational measures to fight against violence in sport has been adopted.
Cyprus	Small	The Cyprus Sports Organisations issued the Code of Ethical Behaviour in Sport presenting the rules of ethical conduct based on the principles of "fair play" in 2017; No other relevant policy and legislative frameworks mentioned.
Estonia	Small	The topic has recently become a priority; the ongoing process to reform the National Anti-Doping Agency to address all sport ethical questions going beyond anti-doping issues, and including match fixing, violence and safeguarding children in sport under its jurisdiction.
Finland	Small	Legislative and policy framework put in place, a helpline for those experienced violence in sport as an example of good practice; Good information to build on from call for evidence and literature review.
France	Large	Relevant legislative and policy framework in place; the Ministry of Sport has a strong role in overseeing different public campaigns / initiatives and policy guidance; Good information to build based on literature review (empirical studies, policy documents) and call for evidence.
Germany	Large	National stakeholders participated in many research and EU initiatives; measures related to safeguarding are not centrally controlled due to the country's federal structure.
Ireland	Small	Relevant legislative and policy framework put in place; Revised Sport Ireland's Code of Ethics and Good Practice for Children's Sport will be launched soon.
Italy	Large	Since 2014 the National Olympic Committee has included child abuse in sport as a priority theme; The Office for Sport is actively involved in the process of assessment of this topic, which is part of the ongoing reform of sport policy; Different

Country	Size	Summary
		stakeholders participated in EU and other relevant national initiatives and campaigns.
Lithuania	Small	The topic is not a priority; no relevant policy and legislation frameworks in place, however, laws on the protection of children's rights have recently been amended to strengthen this area.
Luxembourg	Small	Policy and legislative tools in place and participation in EU initiatives.
Netherlands	Medium-sized	The topic has been a priority since 2011; Towards a Safer Sport Climate is the key programme monitored by the Mulier Sport Institute.
Spain	Large	National stakeholders are involved in EU initiatives and programmes project; the 2014 Sports High Council Protocol is mostly limited to sexual abuse and harassment.
Sweden	Medium-sized	The Swedish Sports Confederation is the key sport body, which oversees all relevant, policies and measures related to the topic; They have commissioned several external studies to identify the scope of safeguarding problems.

5.2 Recent legal and policy measures

The review has sought to identify how safeguarding of children in sport has been addressed through national government measures. The review further aimed to identify mechanisms used by lead bodies in sport to safeguard children and to highlight any evidence on their effectiveness.

All of the reviewed countries have some legal measures put in place aimed at protecting children against violence. Most of the countries have broad legal measures stipulating the protection of children against all types of violence, which are applicable to the field of sport as well. More general frameworks might be limited however in their ability to address risk factors that are particular to a sport context. A certain number of countries, including Belgium, Finland and the Netherlands have established comprehensive legal and policy frameworks with holistic approaches to the issue of safeguarding children in sport specifically. Specific examples are set out below:

- In 2018, **Sport Flanders in Belgium** adopted a set of six minimum requirements for each sport federation in the prevention of interpersonal violence against children in sport. The requirements are included in the Decree on Sport Federations and enshrined within the individual working agreements between the sport ministry and each sport federation.
- **Sport Ireland**, the national sport participation agency for Ireland, has supported a comprehensive and practical approach to addressing safeguarding issues through support to all actors involved in children's sport. Sport Ireland's detailed responses to safeguarding objectives are summarised in the case study below.

Case study summary (3) Sport Ireland's initiatives to safeguard children in sport (Ireland)

Aim and approach

Sport Ireland (SI) is a government agency that oversees, and partly funds, the development of sport within Ireland. More specifically, SI is responsible for developing and disseminating guidelines and training standards that promote best practice for the protection of children in sport and which are consistent with child welfare and protection guidance and legislation. Since 2005, SI has developed and implemented a number of initiatives to safeguard children in sport namely:

- **The Code of Ethics and Good Practice for Children's Sport 2005 and Safeguarding Guidance for Children & Young People in Sport (the revised Code):** built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity and fair play, and relationships and safety in children's sport.
- **Code of Ethics Safe Sport Free App:** A free app 'Safe Sport' was developed based on the Code of Ethics and Good Practice for Children's Sport. The app provides information and guidance for everyone involved in children's sport.
- **Safeguarding Workshops:** SI requires all National Governing Bodies (NGBs) to ensure that all of their members working with children complete the SI safeguarding workshops which target sports leaders and adults involved in the organisation of children's sport.
- **Safer Recruitment Training:** SI also offers training in the area of safe recruitment to its funded and recognised federations. This training assists organisations in making safe recruitment decisions for staff and volunteers working with children.
- **Safeguarding Auditing Framework:** It has been designed to help sporting organisations safeguard children from harm, meet their legal obligations and adopt best practice.
- **Webinar - Make Children Safer: Online & in Sport:** This free webinar explores what safeguarding children in the digital world means for sport.

In terms of funding, most of the initiatives (i.e. Safeguarding Guidance for Children & Young People in Sport, Safeguarding Workshop materials (booklets & certificates), Safer Recruitment Training & the hosting of webinars) are included in SI's budget. The Safe Sport App and the Make Children Safer: Online & in Sport are accounted for by an additional government budget allocation (cost in the region of €25,000 project).

Outcomes and learning points

SI's policy initiatives have been particularly successful in terms of their coverage and reach. The policy measures focus on all actors involved in children's sport, are practical, meet the current needs of today's children and the digital world they live in, and could be replicated in other Member States. Moreover, SI engage with a working group of national sport federations to ensure their guidance documents and safeguarding workshops are tailored to the needs of the sector and the target group. This also leads to SI's measures being as effective as possible.

Over the past 19 years the *Code & Ethics and Good Practice for Children in Sport* has been implemented at grassroots level across all sports. The implementation of the Code has been driven by the National Children Officers, Local Sports Partnerships and national sport federations at national and club level (e.g. Basketball Ireland's 'Code of Ethics Children's Sport', Irish Football Association's 'Safeguarding Children and Young People Policy & Procedures Guidance for Staff and Volunteers', Handball Ireland

and the Rounders Council of Ireland's 'Our Games our Code: Code of Best Practice in Youth Sport when working with underage players', etc.).

The free Safe Sport App is also particularly innovative as it meets the current needs of today's digital world and allows parents to track their child's journey to and/or from the planned sport event. SI confirmed that more and more people are using the App and the other online resources. Key messages are therefore reaching a larger audience.

The safeguarding workshops have also been particularly successful in reaching a large audience:

- Safeguarding Training 1 : 122,678 people from 2004 to present
- Safeguarding Training 2: 7,009 people from 2014 to present
- Safeguarding Training 3: 1,331 people from 2014 to present

Besides laws and regulatory frameworks, many governments adopt more strategic measures such as declarations, national strategies and action plans that outline an overall approach or vision on how best to promote safeguarding measures in sport and encourage respectful and tolerant behaviour of all participants. Through such strategies sport is acknowledged as a social setting where there is potential for different elements to come together to create unsafe environments that put children at risk. The lead bodies overseeing these measures are the ministries responsible for sport and different national offices for sport or national sport agencies. Examples of such instruments are provided below:

- In Bulgaria, the **Joint Declaration on the Rights of Children in Sport** was signed in 2017 by the Bulgarian Sport Organisations. It was initiated by Special Olympics Bulgaria, the Bulgarian Tennis Federation and the Bulgarian Union for the Physical Culture and Sport.
- Spanish High Council for Sport adopted a **Protocol for the prevention, detection and action against sexual harassment and abuse** that aims to promote a positive social context which will appropriately respond to any type of sexual violence against adults and minors. All sport professionals and athletes who uses the High Performance Centre in Madrid (which is affiliated with the Spanish High Council for Sport) need to sign the Protocol. In the case of minor athletes, the Protocol must be signed by their parents or legal representatives.

Codes of conduct outlining the desired principles which should be promoted as part of sport activities or aiming at governing sport organisations in relation to children's safeguarding, have an important place in some countries, for instance, in France, Ireland and Italy. As above, in Ireland, **Code of Ethics and Good Practice for Children's Sport 2005** (*The revised Code: Safeguarding Guidance for Children & Young People in Sport*) experiences of the associations while also recognising the legislative, organisational and statutory guidance that governs their work with young people and children. More specifically:

- **The original Code of Ethics** is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity and fair play, and relationships and safety in children's sport. It addresses issues relating to the roles and responsibilities of all involved in children's sport, and underpins the importance of policies and procedures in providing quality leadership for children in sport. It outlines principles of good practice and child protection policy and procedures. The Code was reviewed to bring it into line with current legislation, policies & procedures and best practice in terms of safeguarding and child protection (The revised Code is now known as Safeguarding Guidance for Children & Young People and was launched in February 2019.) The new Safeguarding Guidance addresses issues facing sports leaders involved in children's sport by providing guidance relating directly to their

roles and responsibilities within their clubs. The document outlines principles of good practice and child protection legislation, policy and procedures.

In most countries national laws stipulate rules on **mandatory prior criminal record checks** of sport staff and coaches who wish to work with children. Similar to these rules, sport instructors are required to have a certain level of formal qualifications to work as sport instructors in some countries (e.g. Croatia, Estonia) as it is believed that professionalisation will ensure safer as well as more adequate sport environments.

- In Italy, sport instructors working with children need to provide their criminal records to potential employers. However, this obligation does not apply to volunteers and non-qualified instructors, which restricts the application of the measure, as the large majority of sport instructors work through volunteering schemes.
- In Estonia, sport instructors need to obtain a degree corresponding to at least Level 5 of the EU Qualification Framework (QEF) to receive a state sponsored sport salary. Level 5 is obtained upon the completion of upper VET secondary education. This should ensure that sport instructors working with children have appropriate level of knowledge and skills.

Some countries also have specific commissions, which investigate allegations about violence in sport ensuring that the reported cases are adequately processed and addressed. In the Netherlands, for example disciplinary regulations address sexual intimidation in sport.

5.3 Awareness raising activities and educational programmes

Awareness raising and educational activities aim to spread the importance of safeguarding measures to a variety of target groups. The scope of these activities is usually relatively broad, covering either all sports, however in some cases, they representing more localised responses related to a specific sport or a sport federation. These measures target mostly children as both potential victims and perpetrators of violence, but also organisations or instructors working with children in sport.

- **Time Out against Bullying in Belgium** is a campaign consisting of six actions to prevent and tackle bullying in youth sport. The campaign consists of awareness raising and educational materials as well as a step-by-step plan to implement a prevention policy in youth clubs.
- **Sports and Dialogue against Violence and Discrimination in Bulgaria** aims to tackle the problem of violence, discrimination, harassment during and around sport events, among athletes, sport teams and their supporters. The ultimate aim is to oppose violent behavior through open dialogue, inclusion, tolerance and fair play in sport. The summary of this project is provided below.
- In Italy, during the prevention activities of the Inter-institutional Project "Best practices against child abuse", the expert group Mal.Ab identified the sport context as a meaningful field to promote awareness on violence against children. Information and training initiatives for sport instructors were organised. Further information on the project is provided below.

Case Study summary (4) Time Out Against Bullying (Belgium)

Aims and approach

Bullying is defined by this campaign as a radical form of violence that young people can also encounter in sports. It notes that research shows that almost one in 10 of young athletes are bullied and that this often has emotional or physical consequences, diminishes sports performance or motivation to exercise.

The Time out against bullying (Time Out tegen Pesten, TOP) campaign consisted of six actions to prevent and tackle bullying in youth sport. The campaign consisted of awareness-raising and educational materials as well as a step-by-step plan on how to implement a prevention policy in youth clubs. Its overall aim was to inform, encourage and support the sports sector to work in a bully-free environment. The campaign ran from January 2016 to February 2017. It was officially launched on 29 January 2016.

The lead organisation was the Centre Ethics in Sport (*Internationaal Centrum Ethiek in de Sport, ICES*), in collaboration with: *Sport Vlaanderen*; the Flemish School Sports Foundation (*Stichting Vlaamse Schoolsport (SVS)*); *Vlabus*; the Flemish Institute for Sports Policy and Recreation Management (*Vlaams Instituut voor Sportbeheer en Recreatiebeleid (ISB)*); the Flemish sporting federation, *VSF*; the Flemish school of coaches and trainers, *VTS*; the Flemish youth organisation, *Tumult*; and the communication and design agency *Cojak*.

The six concrete actions promoted by the campaign were as follows:

- Awareness. The campaign focused on raising awareness of bullying among all stakeholders, including young people, parents, coaches and volunteers, by means of providing information leaflets, posters and guidance to sporting organisations.
- Positive group climate. In order to try to create a positive climate, the emphasis was on involving all stakeholders in an attempt to enable them to tackle bullying together.
- Point of contact and reporting procedure. It is important to break down the taboos surrounding bullying and to help people to be open about their concerns. Putting into place a system under which there is a clear contact person and reporting procedure is crucial in this, and the campaign offered guidance about how to do this.
- Code of conduct. The campaign offered advice to organisations on how to draw up an appropriate code of conduct against bullying and how to implement it.
- Training. The campaign devised three different types of training on bullying, which incorporated exercise and play elements, in order to teach children about bullying and how to mitigate and prevent it. For those aged 12 and above, there were also elements that covered cyber bullying.
- Appropriate response. Dealing with cases of bullying can be complex. On the one hand, a firm response is necessary but it is also important to deal appropriately with situations in order to resolve issues in the longer term. Therefore, a no-blame response, using discussion to solve issues, may be appropriate, and this solution was a focus for the campaign.

Outcomes and learning points

In 2017, the campaign website had 13,504 visitors, and 720 sport organisations registered for a TOP-card, and were therefore visible on a campaign map of organisations that had signed up to anti-bullying.

The Facebook page 'Top in de sport' had 382 followers/likes (as at June 2019), and 799 people subscribed to the newsletter. Each action of the campaign was presented

on a different page on the website and was launched by a short film that had a total of 6,443 views. The final action was launched by a film made by the 'Red Devils', the national soccer team. This clip reached 354,763 views.

The Facebook page is full of images of seminars, discussions, endorsements by Belgian sportspeople, and activities that bring people together to talk about how to prevent bullying.

The campaign was featured in five magazine articles and in different newspapers. The tools to provide a TOP-environment were presented during training sessions. Overall, 15 training sessions took place in different cities, reaching a total of 335 participants. For example, six training sessions were held in 2016: in Kortrijk on 2 May 2016, Gent on 3 May 2016, Hasselt on 12 May 2016, Antwerp on 3 October 2016, Bruges on 6 October 2016 and Leuven on 10 October 2016.

The campaign won an award for the design agency Cojak, which noted that published articles about the campaign had reached 1,546,000 readers, that online publications had had 25 million views, that radio broadcasts about the campaign had reached 2.8 million listeners and that television broadcasts about the campaign had reached 3 million people. High-profile sportspeople had reached 1.2 million followers through their postings on Twitter and Instagram⁶⁵.

The initiative closed in February 2017, although awareness is continuing in that organisations were still posting on the TOP Facebook page a year later, and a Flanders week against bullying in sport was organised in February 2018, so the learning is being taken forward. The youth organisation Tumult, which was involved in the campaign, organised a general week against bullying in February 2019⁶⁶.

⁶⁵ Best performing campaign. Available at: <http://brandlieutenants.com/work/top-in-de-sport/>

⁶⁶ Flemish Week against Bullying 2019. Available at: <https://tumult.be/dit-was-de-vlaamse-week-tegen-pesten-2019>.

Case Study summary (5) Sport and Dialogue Against Violence and Discrimination (Bulgaria)

Aims and approach

The project *Sport and Dialogue Against Violence and Discrimination* is implemented by four partnering organisations in Bulgaria⁶⁷, Italy (*Associazione Sportiva Dilettantistica Margherita Sport e Vita*), Spain (*Club Padel Lleida*), Slovenia (*Trend-Prima, Zavod Za Raziskave Inrazvoj Znanja*), and the leading organisation based in Romania (*Se Poate Association*). The Bulgarian implementing organisation, the Bulgarian Sports Development Association (BSDA), established in 2010, is a non-governmental organisation, committed to the development of Bulgarian sport. Its mission covers objectives covering improving and raising sport culture in Bulgaria and tackling general problems such as social exclusion, violence, crime and addictions through sport. Safeguarding of children and youth is covered by the organisation mission.

The *Sport and Dialogue Against Violence and Discrimination* project is a one-year Erasmus + project, implemented between January 2019 and June 2020. The project focuses on safeguarding children in sport against violence, discrimination, and bullying, and aims to target not only athletes and sport teams but also all schoolchildren attending their compulsory classes of physical education.

In Bulgaria, the pedagogical approach applied by the BSDA in sport activities, held as a part of the project, distinguishes as innovative and effective in tackling violence among children at school. While participating in sport activities, role-play games are applied during which children can express their emotions much easier. Thus, for example, during sport games played as part of compulsory physical education classes at schools, children are divided into the roles of "bullied" and "bullies". There are more than 20 different activities, in which children participate under the supervision of a teacher. Afterwards, teachers analyse the results of the games together with the children.

Outcomes and learning points

The key outputs and outcomes of the project are still to be observed after completing the project activities in 2020. Nevertheless, having worked with the same pedagogical approach in other projects, the organisation has observed positive results related to children' attitudes. The main achievement could be linked to playing an unusual "emotional role" during sport activities, which allows children to relate easier to the emotional state of their peers. Thus, some changes to attitudes of children who have been in the situation of being bullied or even bullying can be observed.

After consulting different stakeholders in Bulgaria for the purpose of this project, the perception is that targeted and consistent measures to protect children from all different types of violence in sport (e.g. verbal, sexual) are not sufficiently addressed by the national legal framework. Nevertheless, working with school children and having local government as a supporter in putting practical measures in place and training teachers are considered vital in preventing and dealing with violence related problems effectively. Teachers directly working with children are also deemed as one of the crucial collaborators. Their willingness to adopt more innovative pedagogical approaches, e.g. similar to the one applied in this project by the BSDA, is highlighted as important to prevent and deal with already existing conflict situations at school.

⁶⁷ Bulgarian Sports Development Association. Available at: <https://en.bulsport.bg/mission.html>.

Besides this project, the BSDA has been actively working on other projects in the field of sport and safeguarding children.⁶⁸

Case Study summary (6) Offside: sport against violence. Information and training initiatives for sport instructor (Italy)

Aims and approach

During the prevention activities of the Inter-institutional Project “Best practices against child abuse”, the expert group Mal.Ab identified the sport context as a meaningful field to promote awareness on violence against children. In cooperation with the School of Sport of Regional CONI of Friuli Venezia Giulia, they organised a training programme supported by a booklet. The training was scheduled in five meetings targeting coaches and trainers, with the aim to increase their knowledge about child violence and to provide them with tools to manage cases of alleged abuses in the sport context. All participants received the booklet that provides specific worksheets on how to make a referral of suspected abuse cases.

Outcomes and learning points

The contribution of the inter-institutional working group, which created a network of different types of local actors providing thematic expertise was essential, but also dissemination channels and awareness-raising opportunities to a wider audience.

In addition to the channels provided through the established network, for this specific initiative, the collaboration with the CONI regional office has been particularly important to reach a large number of sport federations (i.e. football, basketball, swimming, etc.). As part of this initiative, two different meetings were organised in 2013. The first meeting focused on the role of coaches in preventing inappropriate behaviours and sexual abuse against children, while the second one focused on three different thematic approaches defined as preventing and tackling bullying, violence in sport and fight against homophobia in sport.

Through these events, it has been possible to provide coaches with ad hoc indicators to swiftly identify cases of violence or abuses against children and how to address potential cases if they occur. In fact, different actors from the local health authority, the department of minors from the Ministry of Justice and from the municipality participated in these thematic meetings as well, thus providing their expertise and offering a comprehensive approach to tackle the issue.

Moreover, this initiative played an important role in enhancing the visibility of the work carried by those actors working on the prevention and tackle cases of violence against children. In this way, the coaches that were trained through this initiative increased their understanding of the different roles and field of expertise of the relevant local authorities and actors. One of the main outcomes of this initiative relates to the opportunity to offer good practice examples and to raise awareness among coaches on how to identify, prevent and tackle episodes of violence, abuses, bullying or homophobia.

One of the main challenges encountered within the implementation phase of this initiative relates to the difficulties in attracting more coaches willing to learn and increase their knowledge of the issue. The federations involved in this initiative did not provide any formal recognition to the coaches participating in the training. In order to raise awareness on the issue and make sport coaches aware of their role as

⁶⁸ Examples of projects: Sport against bullying. Available at: https://www.bulsport.bg/sport_bullying_KA2/view.html?nid=20106. Youth sport fair chance. Available at: <https://www.bulsport.bg/YSFC/view.html?nid=20418>. Safe in sport. Available at: https://www.bulsport.bg/sis_project.html.

children's educators, it would be important to incentivise or formally require their participation in these types of initiatives.

As part of some of the awareness raising activities, **toolkits and preventive framework** setting up the standards or providing guidance, instructions or support materials have been developed. In some countries there has been a strong focus on preventive measures with the aim of discussing and presenting to children and young people participants what constitute desirable and undesirable behavior.

- **The flag system** in Flanders is an educational tool used to assess sexual boundary transgressive behaviour towards or between child and youth athletes.⁶⁹ The tool offers concrete guidelines and assessment criteria that are useful when assessing and reacting to cases of sexual harassment and abuse in sport settings. Using cartoons, depicting 'real life' cases of accepted and unaccepted behaviours, the tool is visually attractive. The tool also underlines the importance of children's sexual development and leaves room for 'normal', accepted sexual behaviour of children and youth in sport organisations. The Flemish Centre for Ethics in Sport (ICES) introduced the tool to sport clubs through training sessions. This tool appears to be successful with 1,600 packages of the flag system and policy manual being distributed to sport organisation members in Flanders. Additionally, ICES developed a policy theme **Sport with boundaries**. This theme includes shorter policy initiatives, seven concrete policy measures and a framework with 11 policy measures encompassing three levels - quality, prevention and reaction to addressing violence and abuse against children in sport.
- The Flemish Swim Federation uses a tool '**prevent bullying between the lines of the swimming pool**' and an '**Ethical responsible sport - kit**' to raise awareness of bullying to swimmers and trainers.⁷⁰ The latter includes a poster and bookmarks about a code of conduct for cool swimmers and trainers and a cube to inform children about bullying.
- **Create safe sports environments** is a support material developed by the Swedish National Sports Federation in collaboration with SISU Sports Educators.⁷¹ It helps associations to work with these issues, covering definitions, context, prevention and next steps on a variety of safeguarding issues including bullying, harassment, sexually inappropriate behavior and violence.
- **Code blue in the Netherlands** aims to ensure a sport-friendly and safe swimming climate.⁷² Code blue stands for: respect, sportiveness, safety and fun. They use several toolkits to implement these standards. In 2016, an article reported on the impact of Code blue in Dutch swimming with the promising first results, especially in terms of people's recognition of the campaign and the general awareness of the need for creating safer sport environments.
- In Croatia, **prevention of violence in sport in schools** is implemented through a set of different activities targeting pre-school and elementary school children and teaching them the principles of fair play, and good behaviour in sport and at sport competitions. The focus of this initiative is safeguarding children against peer to peer violence and to generally improve their satisfaction and enjoyment from participation. The summary of these activities is presented below.

⁶⁹ Flag system. Available at: www.sportmetgrenzen.be.

⁷⁰ Prevent and pestle behaviour inside and outside of swimming pools. Available at: http://zwemfed.be/sites/default/files/voorkom_pestgedrag.pdf.

⁷¹ Create safe sports environments. Available at: <https://www.rf.se/globalassets/riksidrottsforbundet/dokument/dokumentbank/ovrigt/skapa-trygga-idrottsmiljoer.pdf>.

⁷² Code blue. Available at: <https://www.knzb.nl/cb/> .

- The **Swedish Alvik Basketball Association** developed in 2011 a framework of prevention measures to combat sexual harassment and abuse, including awareness raising around the 'grey areas' of what is okay and what is not. The summary of these activities is presented below.

Case study summary (7) Preventative work to minimize the risk of sexual harassment and abuse in a local sports association - Alvik Basketball Association (Sweden)

Aims and approach

Since 2011, Alvik Basketball Association has developed a clear framework to minimise the risk of sexual harassment and abuse. This framework forms part of the association's broader work against bullying and discrimination. This specific line of preventative work was set in motion when a young leader who dealt with sexual harassment on Facebook made the association aware of the need to prevent sexual harassment and abuse. Around the same time, famous Swedish athlete Patrik Sjöberg released his autobiography "What you didn't see".⁷³ The autobiography recounts the sexual abuse Patrik suffered as a child at the hands of his athletics coach. His perspective provided the association with crucial insight and concrete situations to grapple with, including how to handle grey areas, clearly outline what is okay and what is not, and to formulate a concrete vision of what relationships between leaders and children should look like within the association itself.⁷⁴

In developing concrete initiatives, the association worked with a child psychologist and psychotherapist with 25 years of experience in treating young victims of sexual harassment and abuse. The psychologist helped the association launch and develop its preventative work, but also provides the association with ongoing training and support.

Over the last few years, the core of the association's work against sexual harassment and abuse has grown to include seven key elements:

- POA's (Talk about everything-people).⁷⁵ The POAs have developed into the cornerstone of the association's prevention work. At present, the association has two active POAs, and their main function is to support the young team members by allowing them to turn to the POAs to talk about anything and any time, whether important or unimportant, good or bad. However, leaders and parents can also turn to the POAs to get tips, advice and support in different situations. The POAs are adults who have previously been a part of the association themselves, and have been specifically trained by the child psychologist to provide such support.
- A Seminar package, consisting of a presentation of the association's core values, the different aspects of the association's preventive work, and knowledge of what sexual violations and abuses can look like in various contexts. This is communicated to team members and their parents as well as to team leaders in all major contexts such as the annual camp and parental meetings.
- An ethical conduct contract that all leaders must sign.⁷⁶

⁷³ Sjöberg, P., & Lutteman, M. (2011): What you did not see. Stockholm: Norstedts.

⁷⁴ From borderline to crystal clear. <http://www.granser.nu/hur/sa-arbetar-andra-2/arbete-med-poa/>.

⁷⁵ Alvik basketball Association, website. POA. Available at: <http://www.alvikbasket.nu/Klubben/POA-PrataOmAllt/>

⁷⁶ Alvik basketball, ethical conduct contract. Available at: <http://www.granser.nu/wp/wp-content/uploads/2014/06/Alvik-basket-Etiskt-kontrakt.pdf>.

- The annual nomination of a 'niceness' (Schysst) leader.⁷⁷ Here, the team members themselves are involved in nominating nice coaches and other team leaders across the association to win niceness leader of the year. The criteria's for being chosen should not have anything to do with basketball abilities, but rather upholding values such as cordiality, warmth, sympathy, understanding, and compassion. The association's rationale is that in an activity led by a nice and approachable leadership, there is a lower risk of violations, abuse and bullying.
- Social media guidelines⁷⁸ in order to minimise the risk of online bullying and harassment.
- A wellbeing survey for all players between the ages of 12-16 where the questions revolve around whether or not players feel comfortable with their leader, if they have thought about quitting, and why.⁷⁹
- Alvik also has a player council where two players per team from the ages of 12-16 are included. The council meets on various occasions to get input from the teams, such as what players want to change and improve. Other agenda topics can be how a good leader should be

Outcomes and learning points

The commitment to Alvik Basketball Association's preventative work has gradually increased since its inception in 2011, which is reflected in the introduction of novel initiatives, such as the logbook. Since 2016, several other Alvik teams have introduced a logbook - and the idea is that all teams where the players are 12 to 16 years old will soon take part. Coaches and players have deemed the logbooks successful and reported that it provides an opportunity for the players to communicate things that they might otherwise feel they need to keep to themselves

The association has already received much appreciation, both from parents and from other associations for its prevention framework. Acknowledgement includes being upheld as a good practice example by the Swedish Government Agency for Youth and Civil Society in their 2014 report,⁸⁰ and the Stockholm Sports Association website. The Association has also won several local awards for their work, including the 2014 Children and Youth Association of the Year Award in the Stockholm district. One of the association's POAs was also awarded the Kristliga Föreningen av Unga Kvinnor och Kristliga Föreningen av Unga Män (KFUM) Stockholm Gotland Youth Scholarship in 2014 for his work in the association.⁸¹

One of the keys to the association's success has been its ability to create a clear and simple framework of actions, reproduce it in different contexts across the association and then act when something happens. Acting when something happens requires building up a structure to be able to act in acute and grave situations, but also to be able to react to everyday issues like offensive verbal exchanges and unpleasant situations that can occur inside the walls of the changing room.

⁷⁷ Alvik basketball, website. Available at: <http://www.alvikbasket.nu/Nyheter/Klubbensnyheter/Nyhetsarkiv/peterwaakararetsschysstasteledare>.

⁷⁸ Alvik basketball, website. Guidelines for social media <http://www.alvikbasket.nu/Klubben/riktlinjerforsocialamedier/>

⁷⁹ What Alvik Basket does to increase youth participation in sport. <http://www.stockholmsidrotten.se/varanyheter/2017/sagoralvikbasketforattokadeungasdelaktighet>.

⁸⁰ Rikard Ambumsgård, R and Billinger, M (2014). "Even in the best associations" On the subject of preventative work to combat sexual harassment and abuse.

⁸¹ Alvik coach awarded KFUM Stockholm Gotlands youth scholarship award. Available at: <http://www.mynewsdesk.com/se/news/alvikscoachen-tilldelas-kfum-stockholm-gotlands-ungdomsstipendium-111407>.

The preventative work is never finished, but is rather regarded as something that must be ongoing. A challenge in keeping the work ongoing, however, relates to the required resources. Some resources for the preventative work already existed within the association, but other needs have not been met with internal resources. As such, for some of their prevention initiatives the association has engaged sponsors. For instance, Swedbank sponsors several of the association's initiatives such as the rewards for 'niceness' leaders.

Case study summary (8) Prevention of violence in sport in schools (Croatia)

Aims and approach

Prevention of violence against children in sport in Croatia is a multi-stakeholder approach, bringing together many different stakeholders, including the Ministry of Education and Sport, the Agency for Education and Teacher Training, national sport federation and is based on numerous initiatives and activities. Some of these are partially linked with the comprehensive Action Plan on the Implementations of Measures against Violence in Sport, at Sport Competitions and Outside of Sport Competitions, while others are autonomous. Most of the measures were funded from the state budget. The Action Plan was adopted in 2009.

One of the main actors behind the prevention of violence in sport in schools is the Central Office for Sport. The Central Office for Sport acts in accordance with the Law on Sport and co-finances public sport programmes at national level, encourages and supports the development of sport and sport participants, from the youngest age, to recreational and elite sport. Against this background, different materials have been translated into Croatian to bring the European state of play to Croatian stakeholders, educational documents for combating violence in sport for different age groups (from pre-school to high school) have been produced, panels with the aim of education and positive guidance of children in sports, numerous professional conferences have been organized as well as international expert meetings.

The rationale behind these measures is linked with the idea of fair play – violence which occur in sport actually mirrors social reality and norms of good behaviour taught through sport could be applied to all other spheres of social life. The strong supporter of the fair play concept is the Croatian Fair Play Committee which main mission is to systematically promote fair play values based on tolerance and mutual respect in all forms of sport.

Outcomes and learning points

- **Living fair play** is a publication published in 2015 and available in Croatian and English in 4,000 copies (2,000 in each language). The main objectives of the publication were to promote the idea of fair play and ethics in sport, targeting children and sport instructors. The publication brings explanation of fair play, codes of conduct, as well as examples of elite Croatian athletes. The publication was distributed at elementary schools and by different stakeholders.
- Two types of codes of conduct tailored to children's age were published in 2017. The **Code of conduct** targeting pre-school children combines colouring pictures representing examples of good behaviour and educational text for kindergarten teachers. The **Code of conduct** targeting elementary school children (7 – 14 years old) presents the illustration of good behaviour, accompanied by short explanations of main fair play principles. The Codes were published in more than 2000 copies and distributed across all Croatian kindergartens and elementary schools, at different sport competitions etc.
- Postcards featuring fair play messages were created in 2017. Children were invited to discuss what the fair play messages mean to them and send the

postcards to their relatives and friends. The postcards were further disseminated at various events, including some high profile ones as the Sport youth games one of the biggest organized amateur sport competitions for children and young students in Europe. Many different stakeholders accepted the idea and started promoting as well, for instance the Croatian School Sport Federation or the Croatian Football Federation.

The measures implemented by Croatian stakeholders apply a holistic and comprehensive approach to safeguarding against children in violence in sport, especially focusing their efforts on promoting the values of respect and tolerance, which consequently should lead to the reduced peer to peer violence in sport, and create a safer environment for all participants. The other added value is their focus on all children who participate in mandatory physical activities in Croatian schools, which aims to create a grassroots momentum and reach out to all end-users - children. During the ten year period of the implementation of different measures against violence in sport, the biggest achievement was that the programmes on the prevention of violence in sport became part of mainstream educational curricula and are taught as part of physical education and general classes.

Besides disseminating information about the importance of safeguarding activities in sport, many of the campaigns aim to provide advice through live interactive tools, which children experiencing violence in sport could consult and seek advice or help. These tools mostly include telephone helplines or web sites as outlined below:

- A campaign implemented by the **Flemish Authorities, Department of Welfare, Public Health and Family** reached out to children and young adults with the following message: 'if somebody hurts you, talk about it with someone you trust and support. If you do not know whom you can trust, call the helpline 1712'.⁸²
- **Centrum Veilige Sport Netherlands** is a website about a safe environment in sport.⁸³ It provides practical information about what to do when one experiences unwanted behaviour. It provides help via phone, e-mail and chat. In 2019, a five-step approach to install a safe sport culture at club level was released⁸⁴.
- A free app '**Safe Sport**' is based on the Irish Code of Ethics & Good Practice for Children's Sport. The app provides information and guidance for everyone involved in sport. The goal is to raise awareness and ensure a common understanding about safeguarding and best practice in children's sport. The app allows parents to track their child's journey to and/or from the planned sport event. It is an information and guidance tool for everyone involved in sport for children and young people. The app offers four key areas, which can be accessed from the home screen: Leader/Coach; Parent/Guardian; Club/Organisation; Child/ Young Person. Each section consist of information and guidance on "fair play", "good practice", "a child centred approach" and "should or should not". The app addresses how to report child welfare and protection concerns of suspected child abuse to TULSA Child and Family Agency and poor practice to the Club Children's Officer or National Children's Officer.
- **German Sport Youth** in the German Olympic Sports Confederation support regional sport youth association, clubs, and professional top sport organisations to have contact persons who provide information, advice and consultations on the prevention and intervention of sexual violence in sport.⁸⁵ Counselling centers and an online helpline are also available.

⁸² Helpline 1712. Available at: <https://kids.1712.be/intro>.

⁸³ Centrum Veilige Sport Netherlands. Available at: <https://centrumveiligesport.nl/>.

⁸⁴ <https://centrumveiligesport.nl/doelgroepen/bestuurders-en-begeleiders/stappenplan>

⁸⁵ Advice and contact persons.

Available at: <https://www.dsj.de/kinderschutz/beratung-und-ansprechpartnerinnen/>.

- **Locker Room Talk Sweden** is a non-profit organisation that works in the field of gender equality and fair attitudes towards by educating boys aged between 10 and 14 in their dressing room of sports associations and schools using the Locker Room Talk method. The Locker Room Talk method is a 15-minute call series of eight sessions once a week, where the organisation goes in to talk to young boys about how to not succumb to peer pressure surrounding harmful gender stereotypes (e.g. that boys do not cry, they do not talk about their feelings or ask for help). The Locker Room Talk method have performed the method with over 80 sports associations around the country.
- **You are not alone** is a Finnish web site helping those who are subject to harassment, bullying, violence in sports, especially children and young athletes and their parents and professionals working with them.⁸⁶ Individuals could seek help via phone line or online chat. The summary of their approach is provided below.

Case study summary (9) You are not alone (Finland)

Aims and approach

The project "You are not alone" aims at improving safety in sport by providing support to athletes which have been subject of violence, bullying, sexual harassment and abuse in a sport environment through a reporting system via phone hotline service. In addition to this, the hotline provides support to those athletes experiencing addiction issues with consumption of tobacco, drugs and alcohol. The service has been expanded in order to feature an online chat service and to provide support in Swedish language.

The Finnish Ice Hockey Association designed the initiative in the period between 2017 and 2018 in collaboration with the Family Federation of Finland and different Finnish Sport Federations. Moreover, the project received support from the Ministry of Education and Culture and the Ministry of Social Affairs and Health. The project also received the support of the Finnish Olympic Committee and the Finnish Centre for Integrity in Sport .

The Family Federation of Finland is responsible for the monitoring and evaluation of the project. The data related to the number of reported cases and people supported through this initiative will be provided to the relevant ministries after the end of the first funding period. The statistics and evidences collected will most likely lead to the continuation of the project after 2020.

Outcomes and learning points

This project proves to offer comprehensive measures to tackle safeguarding in sport environment, due to its focus on different types of inappropriate behaviours, such as bullying, consumption of drugs, alcohol and tobacco and sexual harassment.

The used approach results in efforts that can effectively safeguard children athletes (but also adults), from violence and abuses in sport, as it provides advice and help and is not only limited to reporting dimension. In addition to the services provided through the phone line and online chat, the initiative also aims to raise awareness of the topics and support sport clubs and federations willing to engage in prevention activities of measures to ensure safeguarding in sport. Ad-hoc training and online courses are also offered in relation to the prevention of harassment, violence and all forms of inappropriate behaviours. While the training, the general guidelines and the specific action models mainly target coaches and sport clubs employers, some materials directly addressing children will be available during 2019.

One of the most encouraging outcomes of this project relates to the wide support received by Finnish policy-makers. Since the Finnish Ice Hockey Association proposed the idea in December 2016, many stakeholders involved in the prevention of violence

⁸⁶ You are not alone. Available at: <https://etoleyksin.fi/> .

against children, including sport policy-making stakeholders has come forward and expressed their support. The Family Federation of Finland immediately welcomed the proposal. The support of this organisation was particularly important as it provided the opportunity to secure funding from the Ministry of Social Affairs and Health, which gave the possibility to officially launch the services in April 2018.

However, one of the main challenges faced by the organisations running the project mainly relate to the need to raise more awareness of the topic through targeted communication campaigns. Following this reason, the organisations implementing the project have decided to allocate part of the funding for this initiative to a communication campaign, which will be launched during 2019. The campaign should offer more visibility to the project thanks to the involvement of different sport associations and role models from the Finnish sport environment. In that sense, one of the main objectives of this second phase of the project will be to improve the communication and support materials for clubs, coaches, athletes and parents through the development of videos, guidebooks, etc.

In Luxembourg, a special state school for talented athletes is set up which allows students to pursue their academic studies and sport training. The school has put in place several safeguarding measures that monitor students' physical and emotional wellbeing, implemented through psychosocial, medical, paramedical and dietary services. The summary of the school's approach is provided below.

Case Study summary (10) Sportlycée (Luxembourg)

Aims and approach

Sportlycée is a type of secondary school created in 2012 in Luxembourg under the jurisdiction of the Ministry of Education. The aim of the school is to provide a comprehensive and integrated approach to the general education and sport training targeting students between 12 and 18. More specifically, the school's mission is to combine academic and sport programmes tailored to the needs of its highly performing sport students. In that sense, the school coordinates all educational, social and administrative elements that allow athletes to adequately pursue both their studies and sport strivings. To be accepted, students have to fulfil the standard admission criteria for high schools and technical high schools as defined by Luxembourgish regulation. In addition, they also have to fulfil the admission criteria related to their sport performance. In order to maintain their sport status at Sportlycée, students have to keep both their athletic and academic performance at high levels.

In order to attain the academic and athletic successes and social integration, a well-structured system is put in place. The system is primarily focused on safeguarding young athletes' physical, emotional and mental well-being. The system has four main axes: psycho-social and academic support; medical, paramedical and dietary.

All students need to undergo medical examinations adapted to their sport practices. The examinations are performed upon the student's first admission, and accompanied with subsequent ones when students are at the ages of 14, 16 and 18. The medical examination is performed based on the following elements:

- Orthopaedic and general examination;
- Control of the vaccination status;
- Anthropometric measurements (height / weight);
- Eyesight and auditory tests, urinalysis;
- Resting electrocardiogram;
- Prescription of a blood test if needed;

- Analysis of eating behaviour.

Outcomes and learning points

Since the establishment in 2012, the school has had between 380 to 400 students per year. More specifically, in 2016, 355 students, divided into 17 classes attended Sportlycée. They were taught by 51 teachers, while sport education was provided by 113 coaches. The number of students is relatively stable and anticipated taken into account that students should fulfil both academic and sport requirements. School leavers' rates have been around 20 to 30 % since 2012. The national exams demonstrate high academic accomplishments of the children attending this school, which allow them to pursue any other educational programmes and to have careers other than sport one if they wish so.

Sportlycée represents a good practice examples built around a holistic approach to children's well-being where different dimensions of safeguarding are addressed, spanning across physical and psychological capacities, such as the safeguarding against overtraining, sport injuries and high level of stress related to sport competitions. Children's sport trajectory is carefully followed and examined by taking into account their psychological, emotional and physical well-being. This holistic approach ensures that children's sport ambitions and strivings do not lead them to precarious situations. This is highly relevant in light of the fact that elite athletes are at higher risks of different forms of violence and abuse, as they are the ones who have to lose the most.

5.4 Key findings

This section summarises the key findings of the review of country level measures. The key elements to emerge can be summarised as follows:

- There is a strong variation in the level of policy advancement in relation to safeguarding children in sport. The reviewed countries could be divided into advanced, intermediate and limited.
- All of the reviewed countries have some legal measures put in place aimed at protecting children against violence. Most of the countries have broad legal measures stipulating the protection of children against all types of violence, which are applicable to the field of sport as well.
- The scope of awareness raising activities is usually relatively broad, covering either all sports, or in some cases, these examples represent more localised responses related to a specific sport or a sport federation.
- The mapped measures target mostly children as both potential victims and perpetrators of violence, but also organisations or instructors working with children in sport. Activities are mostly implemented through toolkits and preventive frameworks. Additionally, help is provided through interactive tools, including helplines, websites and online chat boxes.
- The selected case studies provide examples of good practice implementing various safeguarding measures, including a comprehensive approach involving all sport federations (Ireland), preventive safeguarding measures against sexual violence and abuse (Italy, Sweden), promotion of tolerant and respectful behaviour in sport and fight against bullying (Croatia, Bulgaria), and supportive tools for children experiencing violence and abuse (Finland).

6.0 Key conclusions and recommendations

6.1 Key conclusions

Evidence on the magnitude of violence against children in sport

A review of the literature shows that there is a growing body of evidence on the magnitude of violence against children in sport. The review has shown that sexual, gender-based and physical violence (including sexual abuse, sexual harassment, peer aggression, forced physical exertion and self-harm) have been covered more extensively by research studies. Studies have highlighted the prevalence of psychological violence towards children in sport (including bullying, emotional abuse, neglect, virtual maltreatment, discrimination and hazing), however evidence on the specific risk factors associated with psychological violence are less well covered.

The review suggests that research evidence on the magnitude of the problem is limited in a number of ways:

- Limited coverage of studies – data is available for only a selected number of Member States, impeding the possibility to fully grasp the magnitude of the problem.
- Studies are usually based on one-off surveys which means that it is not possible to examine trends in safeguarding issues over time.
- Problems related to conceptualisation – the reviewed studies use inconsistent terminology based on the lack of standardised definitions, as well as different methodological tools (e.g. surveys, interviews...). Additionally, the sensitivity of the issue, the ethical challenges involving interviewing and surveying children and possible memory bias if adults are retrospectively surveyed. All these challenges result in difficulties to compare the outcomes of the studies, leading to the conclusion that it is only possible to make estimates of prevalence, and not actual prevalence numbers.

EU and international initiatives

The study has identified a range of EU and international initiatives focused on addressing safeguarding issues in sport. The EU initiatives are mainly EU funded projects (e.g. Pro Safe Sport projects, SportParentEU project, Addressing Gender Equality in Sport project, Sport Respects Your Rights project, VOICES project and Sport Against Violence and Exclusion (SAVE) project). Most of these successful safeguarding projects were funded by the EU and implemented by the Council of Europe, in the context of a bilateral cooperation between the European Commission and the Council of Europe.

Many of the international organisations including **UNICEF**, the **World Players Association** (WPA) and the **International Alliance for Youth Sports** have developed a number of safeguarding policy guidelines. A key document was developed by UNICEF's International Safeguards for Children in Sport Working Group and suggests safeguards which are needed and should be put in place by any organisation providing sports activities to children.

IOC have been particularly active in this area. The IOC toolkit provides general guidance targeting all IFs and NOCs in their pursuit to create and implement policies and procedures to safeguard athletes from harassment and abuse in sport. In general, the reviewed initiatives entail and have produced policy guidelines, educational toolkits (e.g. online courses, webinars, videos, workshops, briefings and training) and awareness raising measures (e.g. campaigns, networking events, exchanges of best practice and experience and conferences).

Most of the initiatives focus on abuse generally in sport or specifically on sexual harassment and physical abuse. Psychological and emotional abuse is less covered.

Policy advancement in the sampled Member States

The mapping research has shown that there is a strong variation in the level of policy advancement in relation to this topic. The categorisation of policy advancement relates to the extent to which the issue of safeguarding is present in the national sport policy agenda and how far special policies and measures exist to safeguard children in sport. Other factors taken into consideration in the categorisation include the existence of educational and awareness raising campaigns and participation in relevant EU projects. The sampled countries have been divided into advanced, intermediate and limited.

Legal and policy measures

All countries have legal frameworks for addressing safeguarding issues although sport can be treated as one of many different settings where violence against children can occur. Most Member State governments require criminal record checks of sport staff and coaches who wish to work with children.

A certain number of countries with more advanced practice have established comprehensive legal and policy frameworks that support the development of holistic practical measures designed to address the issue of safeguarding children in sport specifically. The review has identified examples of:

- Legal tools more specifically related to safeguarding children in sport.
- Declarations, national strategies and action plans by ministries responsible for Sport or Central Offices for Sport.
- Codes of conduct outlining the desired principles that sport federations and governing bodies should adopt in relation to children's safeguarding in sport.
- A certain level of formal qualifications needed for instructors working with children, as it is assumed that their higher level of qualifications will lead to safer and more adequate sport environments.

Awareness raising activities and educational programmes

Awareness raising activities and educational measures target children as both potential victims and perpetrators of violence, but also organisations or instructors working with children in sport. The scope of awareness raising activities is usually relatively broad, covering either all sports, or in some cases, these examples represent more localised responses related to a specific sport or a sport federation. The general examples include:

- Toolkits setting out required standards and additional practical guidance.
- Many of the campaigns which aim to provide advice through live interactive tools, which children experiencing violence through sport could consult. These tools mostly include telephone helplines or web sites.

Good practice lessons

The research has focused on a number of promising practices in this area through more detailed case study research. Some particular features were examined as follows:

- A comprehensive and practical approach to addressing safeguarding issues through support to all actors involved in children's sport implemented by Sport Ireland, the national sport participation agency for Ireland which could serve as an example of how to involve a multitude of actors at all levels and sport federations.
- Preventative work to minimise the risk of sexual harassment and abuse and bullying in a local sport association as demonstrated by Alvik Basketball Association in Sweden.
- Activities and projects focusing on safeguarding measures against bullying in sport in Belgium and Bulgaria.

- General prevention of violence in sport in schools implemented through a set of different activities targeting pre-school and elementary school children and teaching them the principles of fair play, and good behaviour in sport and at sport competitions in Croatia.
- Improvement of safety in sport by providing support to athletes which have been subject of violence, bullying, sexual harassment and abuse in a sport environment through a reporting system via phone hotline service, implemented through the Finnish *You are not alone* project.
- Training conducted at regional level aiming to raise awareness of sexual violence and abuse in sport targeting Italian sport instructors.
- Several safeguarding measures that monitor students' physical and emotional wellbeing, implemented through psychosocial, medical, paramedical and dietary services as part of a special state school for talented athletes in Luxembourg, allowing students to pursue their academic studies and sport practices.

6.2 Learnings and recommendations

The mapping review has identified several areas in the field of safeguarding children in sport in need of attention that could benefit from the promotion of better and more consistent practice.

The first area relates to the conceptualisation of violence against children in sport and adequate safeguarding measures. In general, there is a lack of data on the prevalence of violence and abuse against children in sport resulting from a lack of empirical research on the issue. Safeguarding issues are deemed to be an important topic, but with limited research, national authorities face challenges in prioritising the importance of safeguarding measures. As demonstrated in the literature review section, besides the lack of quantitative data, there are issues with terminology used and its inconsistent applications, which obfuscate the scope of data.

Related to the above point, most of the recent major studies have focused on sexual violence in sport and as a consequence, sexual violence appears to have received the most attention in the policy measures identified in the mapping. In the mapped initiatives there appears to be less focus on issues such as psychological abuse, bullying or overtraining.

The European Commission could promote the use of monitoring instruments at the national level that seek to estimate the prevalence of all types of safeguarding risks in sport at national level. This instrument could be structurally embedded in more general safety monitoring instruments and could be repeated every 3-5 years to allow analysis of trends over time.

The second set of issues relates to the development of more consistent standards and practices in the development and implementation of safeguarding policies and measures.

The lack of consensus on what defines 'sport free from harassment, violence and abuse' creates a challenge in promoting minimum standards in the implementation of safeguarding practices in sport. The first step is to increase common understanding surrounding the issue through awareness raising campaigns and communication initiatives.

The horizontal nature of the issue involving many actors (sport organisations, children, parents, sport entourage, peers etc.) and levels of governance (sectorial, organisational, national) creates issues with ownership and monitoring of the initiatives. This means there is scope to develop clearer and more comprehensive guidance on the role of

specific actors in supporting more effective safeguarding measures from ministries through to sport federations and community sport organisations.

There is also potential to develop clearer guidance on the implementation of public initiatives targeting relevant stakeholders and practitioners, building on the recommendations of relevant international bodies but also research on what works well and why, including the good practice research undertaken for this study.

The mapping research also suggests that there is still scope in some countries to develop more consistent background checks on sport employees who work with children. One solution is to focus more on the education of sport staff working with children and in particular, with children with disabilities (e.g. coaches, instructors, specialists in sport medicine) to allow them to acquire specific knowledge and invest in their life-long learning.

Annex One: Literature review sources

Author & Title	Type	Type of violence	Member State
Alexander, K., Stafford, A., & Lewis, R. (2011). The Experiences of Children Participating in Organized Sport in the UK. London: NSPCC.	Research on the magnitude of violence	All types	UK
Brackenridge H. Cecila, Rhind Daniel (2014). Child Protection in Sport: Reflections on Thirty Years of Science and Activism. Centre for Sport, Health and Well-being, Heinz Wolff Building, Brunel University London, Uxbridge UB8 3PH, UK	Research on Safeguarding Initiatives	All types (psychological, physical, and sexual violence)	International
Brackenridge, Cecile (2017). Abuse in Sport – A Selection of Writings by Celia Brackenridge. Brunel International Network for Athlete Welfare (BIRNAW)	Research on Safeguarding Initiatives	All types	UK, international
Cense, M. & Brackenridge (2001). Temporal and developmental risk factors for sexual harrassment and abuse in sport. European Physical education review, 7, 61-79.	Research on the magnitude of violence	Sexual violence	NL
Cense, M. (2018). Het moet in de genen gaan zitten. Preventie van seksueel grensoverschrijdend gedrag in de sport.	Research on Safeguarding Initiatives	Sexual abuse and sexual harassment	NL
Chroni, S. and Papaefstathiou, M. (2015). Safeguarding, Child Protection and Welfare in Sport in two Southern European Countries: Greece and Cyprus. Routledge	Research on Safeguarding Initiatives	Sexual violence	CY
de Vries, K., Ross-van Dorp, C. & Myjer, E. (2017). Rapport van de Onderzoekscomissie seksuele intimidatie en misbruik in de sport.	Research on the magnitude of violence	Sexual abuse	NL
Décamps, G., Afflelou, S., Jolly, A., Dominguez, N., Cosnefroy, O. et Eisenberg, F. (2009). Etude des violences sexuelles dans le sport en France : contextes de survenue et incidences psychologiques.	Research on the magnitude of violence	Sexual violence	FR

Author & Title	Type	Type of violence	Member State
Denison, E., & Kitchen, A. (2015). Out on the fields: the first international study on homophobia in sport. Nielsen, Bingham Cup Sydney 2014, Australian Sports Commission, Federation of Gay Games.	Research on the magnitude of violence	All types (psychological, physical, and sexual violence)	International
Deutsche Sportjugend im Deutschen Olympischen Sportbund e.V. & authors (2017). Safe Sport - Protection of children and adolescents in organized sport in Germany - Analysis of causes, prevention and intervention approaches in sexualised violence	Research on Safeguarding Initiatives	Sexual violence	DE
Deutsche Sportjugend im Deutschen Olympischen Sportbund e.V. & authors (2012). Prevention of sexual and gender harassment and abuse in sports-Initiatives in Europe and beyond.	Research on safeguarding initiatives	Sexual violence	EU (DK, BE, DE, EL, FR, CZ), international (Canada, Australia, Norway)
Dragan Milanović, Zrinko Čustonja, Dario Škegro, Child abuse in top sport – ethical challenges (2011). JAHR Vol. 2 No. 3	Research on the magnitude of violence	All types of violence	HR
Eliasson, I . (2015). The gap between formalised children’s rights and children’s real lives in sport. International Review for the Sociology of Sport 1–27.	Research on Safeguarding Initiatives	Prevention: of physical and emotional violence	SE
J. Ohlert, C. Seidler, T. Rau, B. Rulofs, M. Allroggen (2017).Sexual violence in organized sport in Germany. German Journal of Exercise and Sport Research	Research on the magnitude of violence	Sexual violence	DE
Johansson, S. & Lundqvist, C. (2017). Sexual harassment and abuse in coach-athlete relationships in Sweden. European Journal for Sport and Society, 14(2), 117–137.	Research on the magnitude of violence	Sexual harassment and abuse (SHA)	SE
Johansson, S. 2012. Kunskapsöversikt: Sexuella övergrepp i relationen mellan tränare och idrottsaktiv [Knowledge overview: Sexual abuse in the coach-athlete relationship], Stockholm: Riksidrottsförbundet.	Research on the magnitude of violence	Sexual abuse	SE

Author & Title	Type	Type of violence	Member State
Kinderrechtencommissariaat. (2011). Geweld, gemeld en geteld. Aanbevelingen in de aanpak van geweld tegen kinderen en jongeren.	Research on the magnitude of violence	All types of violence (physical violence, emotional violence (including verbal harassment), sexual violence, sexual harassment, neglect, domestic violence, self harm)	BE
Lang Melanie (2010). Surveillance and conformity in competitive youth swimming. <i>Sport, Education and Society</i> , 15:1, 19-37	Research on Safeguarding Initiatives	Short and long-term injury and psychological harm	England
Lang, M. & Hartill, M. (2015). Safeguarding, child protection and child abuse in sport. <i>International perspectives in research, policy and practice</i> . Londen: Routledge.	Research on Safeguarding Initiatives	All types of violence	GB, DK, BE, NL, DE, GR, CY, ES, SI, ZA, USA, CA, AU, CH, JP
Les droits de l'enfant dans le sport Entre respect et violation, critères prédéfinis et approche individualisée : vers l'élaboration d'un Code du sport ? (Mémoire réalisé par Hélène POLLART; University Catholic Louven, 2016)	Research on Safeguarding Initiatives	All types of violence	LU
Lindkvist, L. (2017). Barns upplevelser av emotionella kränkningar och övergrepp inom barn- och ungdomsidrotten. [Children's experience of emotional abuse and maltreatment in children's sports]. Examensarbete i idrottspedagogik. Pedagogiska institutionen, Umeå universitet.	Research on the magnitude of violence	Emotional abuse and maltreatment	SE
Mergaert, L. Arnaut, C. Vertommen, T. and Langhttps, M. (2016) Study on Gender-based Violence in Sport, European Commission.	Research on gender-based violence in sport	Gender-based violence	EU

Author & Title	Type	Type of violence	Member State
Mountjoy M, et al. Br J Sports Med (2016).International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. 50:1019-1029	Research on Safeguarding Initiatives	Developed a conceptual model of harassment and abuse in sport showing cultural context, types of non-accidental violence, mechanisms and impacts. ED, eating disorders; PTSD, post traumatic stress disorder; STI, sexually transmitted infections.	International
Mountjoy M, Rhind DJA, Tiivas A, et al.(2015) Safeguarding the child athlete in sport: a review, a framework and recommendations for the IOC youth athlete development mode. Br J Sports Med.49:883-886	Research on Safeguarding Initiatives	Three categories: Individual (injury, depression, self-harm, eating disorder, disorder); Relational (sexual abuse, sexual harassment, emotional abuse, Virtual maltreatment, Forced physical exertion, bullying, doping); Organisational (discrimination, age cheating, Systematic doping, Medical mismanagement, Neglect, hazing)	International
Müller U. Sexuelle Gewalt und Übergriffe - ein Thema für den Sport? In: Nordrhein-Westfalen	Research on Safeguarding Initiatives	Sexual violence	DE

Author & Title	Type	Type of violence	Member State
Innenministerium, ed. "Schweigen schützt die Falschen". Sexualisierte Gewalt im Sport - Situationsanalyse und Handlungsmöglichkeiten. Düsseldorf ; Duisburg: LandesSportBund NRW; 2007: 9-18.			
Perlind,C. 2013. Mobbing inom idrotten. Idrottsutövande ungdomar 9-15 år. [bullying within sports for athletes aged 9-15].	Research on the magnitude of violence	Bullying	SE
Racial, N., Greblo Jurakić, Z., Dodig Hundrić, D., Žnidarec Čučković, A. RESULTS OF VIOLENTE BEHAVIOR OF YOUTH PRACTICING FOOTBALL IN THE CITY OF ZAGREB - The Study report	Research on the magnitude of violence	Verbal violence	HR
Report 'Entrar en el juego" (Unicef for Fundación del F. C. Barcelona, March 2019) - coordinator: Dominique Richardson	Research on Safeguarding Initiatives	Sexual violence	ES
Rhind J.A. Daniel, Kay Tess, Hills Laura, Owusu-Sekyere Frank (2017). Building a System to Safeguard Children in Sport: The Eight CHILDREN Pillars. Volume: 41 issue: 2, page(s): 151-171	Research on Safeguarding Initiatives		international
Rhind, Daniel & McDermott, Jamie & Lambert, Emma & Koleva, Irena. (2014). A Review of Safeguarding Cases in Sport. Child Abuse Review. 10.1002/car.2306.	Research on the magnitude of violence	All types (psychological, physical, and sexual violence)	UK
Schipper- van Veldhoven, N. (2016). Sport en lichamelijke opvoeding in pedagogisch perspectief, een gouden kans. Windesheimreeks kennis en onderzoek 60 (2016)	Research on Safeguarding Initiatives	All types of violence: (physical, verbal, sexual)	NL
Schipper-van Veldhoven, N.H.M.J., Palen, H. van der, Kerk, J. & Schuijers, R. (2012). Goud in elk kind: jeugdsport in een pedagogisch perspectief. Deventer: ...daM uitgeverij.	Safeguarding children in sport	Sexual violence, bullying	NL

Author & Title	Type	Type of violence	Member State
Serkei, B., Goes, A. and de Groot, N. (2012) From blind confidence to responsible policy. Usefulness and effectiveness of NOC*NSF policy instruments sexual intimidation, Utrecht: MOVISIE.	Research on Safeguarding Initiatives	Sexual violence	NL
Sjöberg, P., & Lutteman, M. (2011) Det du inte såg. [what you did not see]. Stockholm: Norstedts.	Research on the magnitude of violence	Sexual abuse	SE
Sonefors, C. 2010. Mobbing inom barnidrotten - en studie om barns upplevelser av mobbing inom organiserad idrottsverksamhet. Examensarbete nr 25. Gymnastik- och idrottshögskolan (GIH).	Research on the magnitude of violence	Bullying	SE
Stirling AE, Kerr GA. The perceived effects of elite athletes' experiences of emotional abuse in the coach-athlete relationship. Int J Sp Exerc Psychol 2013;11:87-100.	Research on the magnitude of violence	Emotional abuse	Canada
Sylvie Parent, Kristine Fortier (2017). Prevalence of interpersonal violence against athletes in the sport context.	Research on the magnitude of violence	Sexual violence	Canada
UCLL (2018). Geweld, gemeten en geteld scholenonderzoek 2018. Aanbevelingen in de aanpak van geweld tegen kinderen en jongeren.	Research on the magnitude of violence	All types of violence, including cyberbullying	BE
UNICEF (2010). PROTECTING CHILDREN FROM VIOLENCE IN SPORT- a review with a focus on industrialized countries	Research on the magnitude of violence	Different types (Bullying and hazing, Physical maltreatment, Physical norms and risk of injury, Peer aggression, Parental maltreatment, Drug and alcohol abuse, Emotional and psychological abuse, Neglect, Child labour and	Industrialised countries / International

Author & Title	Type	Type of violence	Member State
		trafficking, Sexual violence Violence against children with disabilities, Parental maltreatment, Drug and alcohol abuse. Emotional and psychological abuse, Neglect, Child labour and trafficking , Violence against children with disabilities)	
van Wijk, A., Hardeman, M., Scholten, L. & Olfers, M. (2017). Over grenzen in de sport. De rol van de politie in de aanpak van seksueel grensoverschrijdend gedrag in de sport in samenwerking met relevante partners. <i>Politiekunde</i> , 1-166.	Research on Safeguarding Initiatives	Sexual violence	NL
Vanden Auweele, Y. et al (2008). Unwanted sexual experiences in sport: perceptions and reported prevalence among Flemish Female Student-athletes. <i>International Journal of Sport and exercise Psychology</i> , 6(4), 354-365.	Research on the magnitude of violence	Sexual abuse, sexual harassment.	BE
Vertommen, T. et al (2014). A green flag for the flag system? Towards a child protection policy in Flemish sport. <i>International Journal of Sport Policy</i> , 1-15.	Research on Safeguarding Initiatives	sexual violence and sexual harassment	BE
Vertommen, T. et al (2016). Interpersonal violence against children in sport in the Netherlands and Belgium. <i>Child Abuse & Neglect</i> 51 (2016) 223-236	research on the magnitude of violence	All types (psychological, physical, and sexual violence)	BE, NL
Vertommen, T. et al (2017). Profiling perpetrators of interpersonal violence against children in sport based	Research on the magnitude of violence	Divided into 3 types: physical, sexual and psychological	BE, NL

Author & Title	Type	Type of violence	Member State
on a victim survey. Child abuse & neglect January 2017. 63:172-182			
Vertommen, T. et al (2018). Severe interpersonal violence against children in sport: associated mental health problems and quality of life in adulthood. Child Abuse & Neglect. Volume 76, February 2018, Pages 459-468	Research on the magnitude of violence	sexual, physical, and psychological	BE, NL
Vertommen, T., Schipper-van Veldhoven, N., Hartill, M. J., & Van Den Eede, F. (2015). Sexual harassment and abuse in sport: The NOC*NSF helpline. International Review for the Sociology of Sport, 50(7), 822-839. http://doi.org/10.1177/1012690213498079	Research on the magnitude of violence	Sexual violence	NL
Zlata Torbarina (2011). Sport – a protective factor in facing the risky behaviour of children and youth. JAHR. Vol. 2. No. 3	Research on the magnitude of violence	All types of violence	HR

Annex two: Table of international initiatives

Title	Lead Organisation	Type of initiative	Scope
Joint Statement of the European Social Partners of the Sport Sector on Safeguarding the Rights of Child Athletes	UNI Europa Global Union, World Players Association Global Union, European Association of Sport Employers (EASE)	Guidelines	safeguarding the rights of child athletes generally
Prevention of sexualised violence in sport- impulses for an open, secure and sound sporting environment in Europe project (2012-2013)	German Sport Youth	Awareness raising tools (e.g. networking, exchanges of experiences, good practice dialogue, conference)	sexual violence (Sexual harassment and abuse)
Guidelines for International Federations and National Olympic Committees related to creating and implementing a policy to safeguard athletes from harassment and abuse in sport	International Olympic Committee	Policy guidelines	general focus on children safeguarding issues
Toolkit for International Federations and National Olympic Committees related to creating and implementing policies and procedures to safeguard athletes from harassment and abuse in sport	International Olympic Committee in collaboration with a Virtual Task Force (VTF), made up of representatives from International Federations and National Olympic Committees, the IOC prevention of harassment and abuse in sport working group, and in collaboration with experts and	Toolkit	general focus on children safeguarding issues

Title	Lead Organisation	Type of initiative	Scope
	organisations both inside and outside of the Olympic Movement		
Athlete Safeguarding Course: Athlete Learning Gateway (e-learning)	International Olympic Committee	Educational tool/online course	harassment and abuse
Sexual Harassment and Abuse in Sport: Interactive tool (e-learning)	International Olympic Committee	Educational tool	sexual harassment
Framework for safeguarding athletes and other participants from harassment and abuse in sport (Games-time period)	International Olympic Committee	Policy framework	harassment and abuse
IOC Safe Sport booth	International Olympic Committee	Awareness raising, Education	general focus on children safeguarding issues in sport
Child protection in football: what every coach needs to know	UNICEF	Educational tool (booklet)	protection of children from abuse, harm or neglect in football
International Alliance for Youth Sports: Child Protection Recommendations	International Alliance for Youth Sports	Policy guidelines/blueprint	physical abuse, neglect, emotional abuse and sexual abuse.
Memorandum of Understanding	FIFA and COE	Memorandum of understanding, exchange of best practices	sexual violence against children in football
FIFA Regulations on the Status and Transfer of Players	FIFA	Regulations	protection of the welfare of child (particularly non-national) football players

Title	Lead Organisation	Type of initiative	Scope
Player Welfare Programme	ITF- International Tennis Federation	regulations, toolkit/information (telephone and video counselling, website), guidelines	general focus on safeguarding all tennis players (including children)
International Netball Federation – Event Welfare and Safeguarding Officer	International Netball Federation	Safeguarding Officer Role	general focus on safeguarding all netball players (including children)
'Sport for Protection toolkit: Programming with Young People in Forced Displacement Settings'	UNHCR, IOC and Terre des hommes (Tdh)	Educational toolkit	protecting refugee and internally displaced young people
Declaration on Safeguarding the Rights of Child Athletes	World Players Association	Guidelines	general focus on safeguarding all child athletes including against sexual abuse and trafficking
Panathlon Declaration	Panathlon International	International resolution	general focus on the rights of the child in sport
Start to Talk Initiative	Council of Europe	Call for action to raise awareness, provide guidance, mobilise public authorities e.g. campaigns	sexual abuse
ALL-IN: Towards gender balance in sport	Council of Europe	Policy development/awareness raising	Gender inequality
Memorandum of Understanding	COE and UEFA	Memorandum of understanding, exchange of best practices	general focus on protecting children in football
Pro Safe Sport project and Online Academy Toolkit (2014-2015)	EU/COE Joint project	Educational toolkit	general focus on children safeguarding issues

Title	Lead Organisation	Type of initiative	Scope
Pro Safe Sport+ Project (2017)	EU/COE Joint project	Awareness raising tools and capacity building resources	sexual violence

Annex three: Case studies

Case study one: Time out against bullying (Belgium)

Summary information	
Name of programme/initiative	Time out against bullying (<i>Time Out tegen Pesten, TOP</i>)
Lead organisation	Centre Ethics in Sport (ICES)
Key focus/objectives	Safeguarding against bullying in youth sport
Member State(s)	Belgium (Flanders)
Period	1 January 2016 to 24 February 2017
Programme funding	ICES
Internet link	http://www.topindesport.be/

Aims and approach

Bullying is defined by this campaign as a form of violence that young people can also encounter in sports. It notes that research shows that almost one in ten young athletes are bullied⁸⁷ and that this often has emotional or physical consequences, diminishes sport performance or motivation to exercise. The organisation Sporta also notes that more than 30,000 young people are bullied each year, and males are more likely to bully than females. Sporta also found that 18.5% of young people asked admitted that they had bullied someone over the past two months⁸⁸.

The Time out against bullying (*Time Out tegen Pesten, TOP*) campaign consisted of six actions to prevent and tackle bullying in youth sport. The campaign consisted of awareness-raising and educational materials as well as a step-by-step plan on how to implement a prevention policy in youth clubs. Its overall aim was to inform, encourage and support the sports sector to work in a bully-free environment. The campaign ran from January 2016 to February 2017. It was officially launched on 29 January 2016.

The lead organisation was the Centre Ethics in Sport (*Internationaal Centrum Ethiek in de Sport, ICES*), in collaboration with: Sport Vlaanderen⁸⁹; the Flemish School Sports Foundation (*Stichting Vlaamse Schoolsport (SVS)*); Vlabus; the Flemish Institute for Sports Policy and Recreation Management (*Vlaams Instituut voor Sportbeheer en Recreatiebeleid (ISB)*); the Flemish sporting federation, VSF; the Flemish school of coaches and trainers, VTS; the Flemish youth organisation, Tumult; and the communication and design agency Cojak.

According to the Flemish government, the main objectives of the campaign were as follows:

- To encourage the sports sector to actively promote a common vision of bullying through a shared vision and the adoption of a common position on bullying in sport. This would then serve as a guiding instrument to promote unity, enable coordinated actions and give a clear signal that bullying has no place in sports.
- To help sports organisations to create support for a bullying-free sports environment. Sports managers and coaches were encouraged through the campaign to take a broad approach to creating a bullying-free environment in their sports organisation. They could do this by placing this theme on the agenda for discussion, talking about

⁸⁷ <http://www.flanderstoday.eu/education/one-10-report-being-assaulted-sports-clubs-children>

⁸⁸

<http://www.sportafederatie.be/sites/default/files/downloads/sportafederatie/Clubgids%20-%20Hou%20je%20sportclub%20pestvrij.pdf>

⁸⁹ <https://www.sport.vlaanderen/>

it and demonstrating commitment to ensuring prevention and appropriate reactions to cases of bullying on and around the sports field.

- To provide to sports directors and coaches complete and evidence-based information about bullying, including:
 - cyber-bullying, focusing on what bullying is, how often does it take place, what consequences does it have for those involved, who is at risk of being in a situation involving bullying, and how does bullying manifest itself;
 - what are the risk factors for sport, and;
 - what effective preventive measures can be taken.
- To help sports directors and supervisors to deal with bullying in an appropriate manner, it provides an approach to responding appropriately to cases of bullying. This includes supporting sports directors and supervisors in acquiring the knowledge and skills needed to enable them to act immediately and decisively.
- To help sports organisations to take concrete steps to create a sustainable bullying-free environment based on the six concrete principles outlined below.

The six concrete actions promoted by the campaign were as follows:

- **Awareness.** The campaign focused on raising awareness of bullying among all stakeholders, including young people, parents, coaches and volunteers, by means of providing information leaflets, posters and guidance to sporting organisations.
- **Positive group climate.** In order to try to create a positive climate, the emphasis was on involving all stakeholders in an attempt to enable them to tackle bullying together.
- **Point of contact and reporting procedure.** It is important to break down the taboos surrounding bullying and to help people to be open about their concerns. Putting into place a system under which there is a clear contact person and reporting procedure is crucial for this. The campaign offered guidance about how to do this.
- **Code of conduct.** The campaign offered advice to organisations on how to draw up an appropriate code of conduct against bullying and how to implement it.
- **Training.** The campaign devised three different types of training on bullying, which incorporated exercise and play elements, in order to teach children about bullying and how to mitigate and prevent it. For those aged 12 and above, there were also elements that covered cyber bullying.
- **Appropriate response.** Dealing with cases of bullying can be complex. On the one hand, a firm response is necessary but it is also important to deal appropriately with situations in order to resolve issues in the longer term. Therefore, a no-blame response, using discussion to solve issues, may be appropriate, and this solution was a focus for the campaign.

Organisations were encouraged to follow five specific steps:

- **Step 1:** To distribute a photo through their various channels on which they show staff and/or athletes making a T-gesture, which was the symbol of the campaign. Some examples are set out below.



- Step 2: To sign up to the campaign, which means that the organisation would be visible on a map of organisations committed to anti-bullying (see below).



- Step 3: To sign up to a TOP training session, which took place around Flanders during 2016 and 2017. These training sessions focused on how to create an anti-bullying environment, how bullying behaviour arises, what the risk factors are, and the consequences for the bullied persons. The training also covered the six TOP actions of awareness, positive group climate, point of contact and reporting procedure, code of conduct, theme training, and appropriate response.
- Step 4: Organisations were encouraged to earn TOP points by posting a screenshot of their organisation on the TOP map (see above) and by signing up to a TOP course. The province that collected the most points after the final TOP training session won a prize for every TOP club that participated in its area.
- Step 5: To encourage organisations to work on the following actions:
 - To work together on something positive, such as collaborative games. Trainers and teachers were encouraged to think about how to involve everyone, to reflect on their behaviour and to ensure that everyone has access to the same opportunities.
 - To provide a point of contact in the organisation, so that all club members know who they can go to if they are bullied or have questions about bullying. Organisations were also encouraged to ensure that reporting bullying behaviour is easy and anonymous.
 - To draw up a code of conduct on preventing bullying which contains information on procedures which are in place to tackle instances of bullying.
 - To respond appropriately: there are two pedagogically justified responses to bullying behaviour: the ALKAES method (immediately show that the behaviour is rejected) and the No Blame approach (solve bullying behaviour in a group).
 - To hold training events on the theme of bullying and integrating exercises. The campaign developed three specific training events that could be accessed and implemented by individual organisations.

Outcomes and learning points

In 2017, the campaign website had 13,504 visitors and 720 sport organisations registered for a TOP-card, and were therefore visible on a campaign map of organisations that had signed up to anti-bullying.

The Facebook page '[Top in de sport](#)' had 382 followers/likes (as of June 2019), and 799 people subscribed to the newsletter. Each action of the campaign was presented on a different page on the website and was launched by a short film that had a total of 6,443 views. The final action was launched by a film made by the 'Red Devils' (the national soccer team). This clip reached 354,763 views.

The Facebook page is full of images of seminars, discussions, endorsements by Belgian sportspeople, and activities that bring people together to talk about how to prevent bullying.

The campaign was featured in five magazine articles and in different newspapers. The tools to provide a TOP-environment were presented during training sessions. Overall, 15 training sessions took place in different cities, reaching a total of 335 participants. For example, six training sessions were held in 2016: in Kortrijk on 2 May 2016, Gent on 3 May 2016, Hasselt on 12 May 2016, Antwerp on 3 October 2016, Bruges on 6 October 2016 and Leuven on 10 October 2016.

The campaign won an award from the design agency Cojak, which noted that published articles about the campaign had reached 1,546,000 readers, that online publications had 25 million views, that radio broadcasts about the campaign had reached 2.8 million listeners and that television broadcasts about the campaign had reached 3 million people. High-profile sportspeople had reached 1.2 million followers through their postings on Twitter and Instagram⁹⁰.

The initiative closed in February 2017, although awareness is continuing in that organisations were still posting on the TOP Facebook page a year later, and a Flanders week against bullying in sport was organised in February 2018, so the learning is being taken forward. The youth organisation Tumult, which was involved in the campaign, also organised a general week against bullying in February 2019⁹¹.

⁹⁰ <http://brandlieutenants.com/work/top-in-de-sport/>

⁹¹ <https://tumult.be/dit-was-de-vlaamse-week-tegen-pesten-2019>

Case study two: Sport and Dialogue against Violence and Discrimination (Bulgaria)

Summary information	
Name of programme/initiative	Sport and Dialogue against Violence and Discrimination
Lead organisation	Bulgarian Sports Development Association
Key focus/objectives	Safeguarding against bullying
Member State(s)	Bulgaria (in partnership with Italy, Romania, Slovenia and Spain)
Period	January 2019 - June 2020
Programme funding	Erasmus +
Internet link	https://en.bulsport.bg/news/view.html?nid=21111

Aims and approach

The project **Sport and Dialogue against Violence and Discrimination** was implemented by four partner organisations in Bulgaria⁹², Italy⁹³, Slovenia⁹⁴, Spain⁹⁵, and a leading organisation based in Romania⁹⁶. The Bulgarian implementing organisation, the **Bulgarian Sports Development Association (BSDA)**, established in 2010, is a non-governmental organisation, committed to the development of Bulgarian sport. Its mission includes improving and raising sport culture in Bulgaria, and tackling problems such as social exclusion, violence, crime and addictions through sport. Safeguarding of children is also covered under the organisation's mission⁹⁷.

The **Sport and Dialogue against Violence and Discrimination** project began in January 2019 and will run until June 2020. The project focuses on safeguarding children in sport against violence, discrimination and bullying. It aims to target not only athletes and sports teams but also children during their physical education classes at school.

As sport is believed to play a significant role in uniting children coming from diverse groups regardless of their background, socio-economic class, ethnicity and gender, the project aims to target violent behaviour through open dialogue, inclusion, tolerance and fair play in sport⁹⁸. Thus, the implementing organisations aim to develop the project in order to promote inclusion of disadvantaged groups and gender equality in different sports. Furthermore, finding and making visible positive role models among athletes was highlighted as a crucial practice for the development of young people in sport.

The activities of the project include a **mapping exercise** with the ultimate aim of producing a **guide** summarising the current state of violence on the sport field or related to sporting activities and how such violence can be prevented⁹⁹, and several **national sporting events**. For the dissemination of the project results, a **round table** will be held in each of the implementing countries with the involvement of national and local level stakeholders. These

⁹² Bulgarian Sports Development Association

⁹³ Associazione Sportiva Dilettantistica Margherita Sport e Vita, Italy.

⁹⁴ Trend-Prima, Zavod Za Raziskave Inrazvoj Znanja, Slovenia.

⁹⁵ Club Padel Lleida, Spain.

⁹⁶ Se Poate Association, Romania.

⁹⁷ Bulgarian Sports Development Association, available at: <https://en.bulsport.bg/mission.html>.

⁹⁸ Ibid.

⁹⁹ Ibid.

will serve as a forum for sharing the results of the activities implemented and prompting a dialogue on the issue of violence against children in sport.

In Bulgaria, the pedagogical approach applied by the BSDA in the sporting activities is considered innovative and effective in tackling violence against children at school. **Role-play games** where children can freely and easily express their emotions are being used by the BSDA during sporting activities. This method mainly aims to prevent expressions of violence of children against their peers. During sporting activities in the physical education classes at school, children are divided into the roles of “bullied” and “bullying”. Usually the roles of the children from the situation in reality are swapped.

The same approach is being applied by the BSDA in their work with sports teams, where not only tackling existing conflicts but also prevention of such conflicts and improvement of the emotional dynamic in a team is of priority. The BSDA are also **training** teachers at schools and sports trainers on how to apply this safeguarding approach in their classes.

The main collaborators of the BSDA under this project are the local authorities and the Regional Inspectorate of Education. They should thus play a crucial role in turning such projects into regular practices at schools. Up to now, the BSDA have executed the bulk of their activities under this project at schools located in Sofia, and in a few schools located in large regional towns such as Plovdiv and Stara Zagora.

Outcomes and learning points

The key outputs and outcomes of the project are still to be observed after completion of the project activities in 2020. Nevertheless, the BSDA have already observed quite positive results in relation to changes in attitude of children who have been bullied or who have bullied. The role play games (particularly when children play the “emotional role” during sporting activities), allow children to easily relate to the emotional state of their peers.

Moreover, from September 2019 onwards, desk research on violence against children at school will be conducted in each of the project countries. This research will feed into the information materials that the organisations will share at the round table discussions.

Various stakeholders consulted indicated that targeted and consistent measures to protect children from all types of violence in sport (e.g. verbal, sexual) are not sufficiently covered by the Bulgarian legal framework. They highlighted that working with children at schools at local level, having local government support in putting practical measures in place and training teachers are vital to effectively preventing and dealing with violence related problems. Therefore, this project is very important to prevent and deal with already existing conflict situations at schools.

Besides this project, the BSDA have been actively working on other projects in the field of sport and safeguarding children¹⁰⁰.

¹⁰⁰ Examples of other projects: Sport against bullying, available at: https://www.bulsport.bg/sport_bullying_KA2/view.html?nid=20106; Youth sport fair chance, available at: <https://www.bulsport.bg/YSFC/view.html?nid=20418>; Safe in sport, available at: https://www.bulsport.bg/sis_project.html.

Case study three: Prevention of violence in sport in schools (Croatia)

Summary information	
Name of programme/initiative	Prevention of violence in sport in schools
Lead organisation	The Central State Office for Sport; Croatian Fair Play Committee and other national authorities
Key focus/objectives	Peer to peer violence; Fair play in sport
Member State(s)	Croatia
Period	2009 – ongoing
Programme funding	State budget
Internet link	https://sdus.gov.hr/prevencija-nasilja-sportom-u-skolama/148

Aims and approach

Prevention of violence in sport in schools in Croatia is a multi-stakeholder approach, bringing together many different stakeholders, including the Ministry of Education and Sport, the Agency for Education and Teacher Training, and national sport federations, among others. The approach is based on **numerous initiatives and activities**. Some of these are partially linked to the **comprehensive Action Plan on the Implementation of Measures against Violence in Sport, Sport Competitions and Outside of Sport Competitions**, while others are separate initiatives. The Action Plan was adopted in 2009. Most of the measures were funded from the state budget.

One of the main actors behind the prevention of violence in sport in schools is the **Central Office for Sport**. The Central Office for Sport acts in accordance with the Law on Sport and co-finances public sport programmes at national level. It encourages and supports the development of sport and sport participants, including participants in recreational and elite sports. The main focus of its measures are **educational activities** targeting pre-school and school children who take part in school or recreational sporting activities. Against this background, different materials have been translated into Croatian including **educational documents** for combating violence in sport for different age groups (from pre-school to high school), **panels** aiming at promoting the positive guidance of children in sports, and numerous professional **conferences and international expert meetings** were held.

The rationale behind these measures is linked to the idea of **fair play** – violence and inadequate behaviour that occur in sport actually mirror social reality and norms of good behaviour taught through sport, which could be applied to all other spheres of social life. A strong supporter of the fair play concept is the Croatian Fair Play Committee whose main mission is to systematically promote fair play values based on tolerance and mutual respect in all forms of sport.

Outcomes and learning points

This section outlines the most important outcomes of prevention measures against violence in sport in the last few years in Croatia.

Living fair play¹⁰¹ is a publication published in 2015 and available in Croatian and English. 4,000 copies (2,000 in each language) have been published. The main objectives of the publication were to promote the idea of fair play and ethics in sport, targeting children and sport instructors. The publication gives an explanation of fair play and the codes of conduct,

¹⁰¹<https://sdus.gov.hr/UserDocsImages/dokumenti/Prevencija%20nasilja%20%C5%A1portom%20u%20%C5%A1kolama/Publication%20-%20Living%20fair%20play.pdf>.

Besides financial constraints, the biggest challenge for the implementation of these measures is the lack of research and empirical data in Croatia, which could be used to illustrate the importance of undesired behaviour in sport and the need for measures to tackle this type of behaviour. These issues therefore diminish the understanding of the importance of safeguarding children in sport in Croatia.

Case study four: You are not alone (Finland)

Summary information

Name of programme/initiative	You are not alone
Lead organisation	The Finnish Ice Hockey Association, the Family Federation of Finland and Finnish Sport Federations
Key focus/objectives	Safeguarding against violence, sexual harassment and abuse, bullying
Member State(s)	Finland
Period	April 2018-2020
Programme funding	2018-2020
Internet link	https://etoleyksin.fi/

Aims and approach

The project **You are not alone** aims at improving safety in sport by providing support to athletes who have been subjected to violence, bullying, sexual harassment and abuse in sport. The project is being implemented through a reporting system based on a **phone hotline service**. The hotline provides support to these athletes. The service has been expanded and now also provides an **online chat service** and offers **additional support** in Swedish.

The **Finnish Ice Hockey Association**, in collaboration with the **Family Federation of Finland**¹⁰⁴ and different Finnish Sport Federations, including among others, the football¹⁰⁵, basketball¹⁰⁶, swimming¹⁰⁷ and gymnastics¹⁰⁸ associations, initially designed this initiative¹⁰⁹ in the period between 2017 and 2018. The project received support from the Ministry of Education and Culture, the Ministry of Social Affairs and Health, the Finnish Olympic Committee¹¹⁰ and the Finnish Centre for Integrity in Sport¹¹¹.

Initially, the project mostly aimed at providing support services to athletes who are part of the ice-hockey federation. However, through the support of the Family Federation of Finland, it has been possible to expand the scope of the initiative and involve other sport federations. In this sense, the project received funding from the Ministry responsible for sport policies (i.e. Ministry of Education and Culture) and the Ministry of Social Affairs and Health. The initiative started in 2018 and the funding allocated will secure its continuation until 2020.

The Family Federation of Finland is responsible for the monitoring and evaluation of the project, which has already provided support to a large number of athletes. In this sense, the data relating to the number of reported cases and people supported through this initiative will be provided to the relevant ministries after the end of the first funding period. The statistics and evidence collected will most likely lead to the continuation of the project after 2020.

Outcomes and learning points

The initiative **You are not alone** proved to be a substantially comprehensive measure to tackle violence in sport environments, due to its focus on different types of inappropriate

¹⁰⁴ Family Federation of Finland, available at: https://www.vaestoliitto.fi/in_english/.

¹⁰⁵ Football Finish Federation, available at: <https://www.palloliitto.fi/english>.

¹⁰⁶ Basketball Finnish Federation, available at: <https://www.basket.fi/basketball-finland/>.

¹⁰⁷ Swimming Finnish Federation, available at: <https://www.uimaliitto.fi/en/>.

¹⁰⁸ Gymnastics Finnish Federation, available at: <https://www.voimistelu.fi/>.

¹⁰⁹ Finnish Ice Hockey Association, available at: <http://www.finhockey.fi/>.

¹¹⁰ Finnish Olympic Committee, available at: <https://www.olympiakomitea.fi/briefly-in-english/>.

¹¹¹ Finnish Centre for Integrity in Sport, available at: <https://suek.fi/web/en>.

behaviour, such as bullying, consumption of drugs, alcohol and tobacco and sexual harassment.

The approach of this initiative results in support that can **effectively safeguard children** (and also adults) from violence and abuse in sport as it is not only limited to the reporting system of inappropriate behaviour. In addition to the services provided through the phone line and the online chat service, the initiative also aims to **raise awareness** of these topics and support sports clubs and federations that are willing to engage in the prevention of violence in sport. Against this background, a **set of guidelines** have been developed to help sports clubs to prevent cases of violence. Different **action models** are available on the project's website¹¹². The action models provide suggestions and measures to help coaches and sports club employers to identify cases of sexual offences against children, and how to prevent and intervene in cases of bullying.

In the context of this initiative, **ad-hoc training and online courses** are also offered to coaches and sports club employers on the prevention of harassment, violence and all forms of inappropriate behaviour. Some materials directly targeting children will also be available in late 2019. These efforts are important as they raise awareness of the issue and could consequently facilitate the prevention and identification of cases of violence in sport environments.

One of the most encouraging outcomes of this project relates to the **wide support received from policy makers**. Since the Finnish Ice Hockey Association proposed the idea in December 2016, the initiative has received the support of many stakeholders involved in the prevention of violence against children and in the sport policy making process. The Family Federation of Finland immediately welcomed the proposal¹¹³. The support of this organisation was particularly important as it provided the opportunity to **secure funding** from the Ministry of Social Affairs and Health, which gave the possibility to officially launch the services in April 2018. In addition to this, to broaden the scope of this initiative, the Ice Hockey Association **promoted** the project among **other Finnish sport federations**, resulting in the support of six sports federations. Despite not being directly active in the planning and more technical aspects relating to the implementation of the project, the federations provided the opportunity to **offer the services to a wider audience**, as these challenges are similar in every sport.

One of the main challenges faced by the organisations running the initiative relates to the **need to raise more awareness** of the topic through targeted communication campaigns. For this reason, the organisations implementing the project have decided to allocate part of the funding for this initiative to a **communication campaign** which will be launched during 2019. The campaign aims to increase the visibility of the project through the involvement of different sport associations and role models from the Finnish sport environment. One of the main objectives of this second phase of the project will thus be to improve the communication and support materials for clubs, coaches, athletes and parents through the **development of videos, guidebooks**, etc.

¹¹² Guidelines, available at: <https://etoleyksin.fi/epaasiallisen-kaytoksen-ennaltaehkaisy/>.

¹¹³ The Family Federation of Finland mainly deals with cases of sexual abuse and domestic violence.

Case study five: Sport Ireland's initiatives to safeguard children in sport (Ireland)

Summary information	
Name of programme/initiative	Sport Ireland's initiatives to safeguard children in sport
Lead organisation	Sport Ireland
Key focus/objectives	General safeguarding measures addressing all types of violence
Member State(s)	Ireland
Period	2005-present
Programme funding	Sport Ireland's budget; additional government budget allocation for certain measures
Internet links	<ul style="list-style-type: none"> • Code of Ethics and Good Practice for Children's Sport 2005 • Safeguarding Guidance for Children & Young People in Sport • Code of Ethics Safe Sport App • Safeguarding Training 1: Child Welfare & Protection Basic Awareness Course • Safeguarding Training 2: Club Children's Officer • Safeguarding Training 3: Designated Liaison Person • Safeguarding Auditing Framework • Webinar: Make Children Safer: Online & in Sport

Aims and approach

Sport Ireland (SI) is a government agency which oversees, and partly funds, the development of sport within Ireland. SI is responsible for developing and disseminating guidelines and training standards that promote best practice for the protection of children in sport and which are consistent with child welfare and protection guidance and legislation. Since 2005, SI have developed and implemented a number of initiatives to safeguard children in sport namely:

The Code of Ethics and Good Practice for Children's Sport 2005 and Safeguarding Guidance for Children & Young People in Sport (the revised Code):

The original Code of Ethics is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity and fair play, and relationships and safety in children's sport. It addresses issues relating to the roles and responsibilities of all involved in children's sport, and underpins the importance of policies and procedures in providing quality leadership for children in sport. It outlines principles of good practice and child protection policy and procedures. The Code was reviewed to bring it into line with current legislation, policies & procedures and best practice in terms of safeguarding and child protection (The revised Code is now known as *Safeguarding Guidance for Children & Young People* and was launched in February 2019.) The new Safeguarding Guidance addresses issues facing sports leaders involved in children's sport by providing guidance relating directly to their roles and responsibilities within their clubs. The document outlines principles of good practice and child protection legislation, policy and procedures.

Code of Ethics Safe Sport Free App:

A free app 'Safe Sport' was developed based on the Code of Ethics and Good Practice for Children's Sport. The app provides information and guidance for everyone involved in children's sport. The goal is to raise awareness and ensure a common understanding about safeguarding and best practice in children's sport. There are four key areas of the app which can be accessed from the home screen: Leader/Coach, Parent/Guardian, Club/Organisation and Child/ Young Person. Within each section information and guidance is provided on "fair play", "good practice", "a child centred approach" and "should or should not". The app addresses how to report child welfare and protection concerns of suspected child abuse to TULSA Child and Family Agency and poor practice to the Club Children's Officer or National Children's Officer. The Code is voluntarily implemented by sports organisations.

Safeguarding Workshops:

As part of SI's Safeguarding Programme (i.e. Child Welfare & Protection (Code of Ethics) - Safeguarding Programmes), SI requires all National Governing Bodies (NGBs) to ensure that all of their members working with children complete the SI safeguarding workshops which target sports leaders and adults involved in the organisation of children's sport. There are three workshops:

- **Child Welfare & Protection Basic Awareness Course (Safeguarding Training 1):** all coaches, Children's Officers and Designated Liaison Persons must first complete this Child Welfare and Protection Basic Awareness Course. The course educates participants on the importance of safeguarding children in sport and the implementation of best practice in protecting the welfare of children involved in sport.
- **Club Children's Officer (Safeguarding Training 2):** A person appointed to the Club Children's Officer position in a club should complete this workshop. This course will help the Club Children's Officer to carry out their role in the club (i.e. the establishment and maintenance of a child-centred ethos in the club) and support the implementation of best practice in the club.
- **Designated Liaison Person (Safeguarding Training 3):** A person appointed to the Designated Liaison Person position in a club should complete the Designated Liaison Person workshop. This person is responsible for dealing with any concerns about the protection of children and for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or *An Garda Síochána* (national police force).
- **Safer Recruitment Training:**

SI also offers training in the area of safe recruitment to its funded and recognised NGBs. This training assists these organisations in making safe recruitment decisions for staff and volunteers working with children.

- **Safeguarding Auditing Framework:**

The Safeguarding Audit framework has been designed to help sporting organisations safeguard children from harm, meet their legal obligations and adopt best practice. The framework provides the structure for risk assessments as required by section 11(1) (a) of the Children First Act 2015 and as such, will complement the development of effective Child Safeguarding Statements. It also provides a robust reassurance process that benchmarks the quality of safeguarding practice and delivers a mechanism for ensuring ongoing compliance.

- **Webinar - Make Children Safer: Online & in Sport:**

This free webinar explores what safeguarding children in the digital world means for sport. The webinar provides information on the risks facing children in the digital world including bullying, sexting & grooming, how to educate & empower children to better protect

themselves, how to mitigate the risks associated with consent & images and how to go beyond compliance to safeguarding children.

In terms of funding, most of the initiatives (i.e. Safeguarding Guidance for Children & Young People in Sport, Safeguarding Workshop materials (booklets & certificates), Safer Recruitment Training & the hosting of webinars) are included in SI's budget. The Safe Sport App and the Make Children Safer: Online & in Sport are accounted for by an additional government budget allocation (cost in the region of 25,000 EUR project).

All of SI's safeguarding workshops are evaluated by the use of participant feedback forms (no further information is available on these feedback forms). No other larger scale evaluations of SI and its child safeguarding initiatives have been conducted to date.

Outcomes and learning points

SI's abovementioned policy initiatives are particularly successful and could be considered as good practices in helping to safeguard children in sport. The policy measures focus on all actors involved in children's sport, are practical, meet the current needs of today's children and the digital world they live in, and could be replicated in other Member States. Moreover, SI engage with a working group of NGBs to ensure their guidance documents and safeguarding workshops are tailored to the needs of the sector and the target group. This also leads to SI's measures being as effective as possible.

Over the past 19 years the **Code & Ethics and Good Practice for Children in Sport** has been implemented at grassroots level across all sports. The implementation of the Code has been driven by the National Children Officers, Local Sports Partnerships and NGBs of Sport at national and club level (e.g. Basketball Ireland's 'Code of Ethics Children's Sport', Irish Football Association's 'Safeguarding Children and Young People Policy & Procedures Guidance for Staff and Volunteers', Handball Ireland and the Rounders Council of Ireland's 'Our Games our Code: Code of Best Practice in Youth Sport when working with underage players', etc).

The free **Safe Sport App** is also particularly innovative as it meets the current needs of today's digital world and allows parents to track their child's journey to and/or from the planned sport event. SI confirmed that more and more people are using the App and the other online resources. Key messages are therefore reaching a larger audience.

The **safeguarding workshops** have also been particularly successful in reaching a large audience:

- Safeguarding Training 1 : 122,678 people from 2004 to present
- Safeguarding Training 2: 7,009 people from 2014 to present
- Safeguarding Training 3: 1,331 people from 2014 to present

SI indicated that there has been a year on year increase in the number of people attending these safeguarding workshops. This not only highlights their success but is also an indication that child protection and safeguarding awareness is given the highest level of importance by all NGBs of sport in Ireland.

The only constant challenge highlighted by SI is that of trying to reach as many people as possible through these initiatives so as to ensure that they are educated on the legal and best practice elements in organised sport.

Moreover, the learnings gained from attending a safeguarding workshop or accessing online resources is carried back to the network of clubs around the country. This ensures that the grassroots coaches/volunteers are informed on how to safely engage with children in a sport environment. This process therefore generates sustainability for SI's safeguarding initiatives.

Case study six: Off-side: Sport against violence (Italy)

Summary information	
Name of programme/initiative	Off-side: Sport against violence (<i>Fuorigioco: Lo sport contro la violenza</i>)
Lead organisation	Municipality of Trieste
Key focus/objectives	Safeguarding against sexual violence and abuse, against bullying and homophobia
Member State(s)	Italy
Period	2013
Programme funding	CONI (Italian Olympic Committee) and other local actors
Internet link	http://friuliveneziagiulia.coni.it/friuliveneziagiulia/friuliveneziagiulia/notizie/notizie-friuli-venezia-giulia/4034-fuorigioco-lo-sport-contro-la-violenza-interventi-informativi-e-formativi-per-istruttori-sportivi.html

Aims and approach

The initiative **Off-side: Sport against violence** (*Fuorigioco: Lo Sport contro la violenza*) is part of a broader project aimed at **raising awareness** and **preventing cases of sexual violence** and abuse against children. According to Article 21 of the Regional Law 20/2004¹¹⁴, the regional authority of Friuli Venezia Giulia¹¹⁵ provides annual funding for activities aimed at preventing cases of sexual violence against children through **ad-hoc training** and **awareness-raising initiatives**. The municipality of Trieste acknowledged the importance of tackling sexual violence and abuse against children and established an inter-institutional group in 1995. The inter-institutional group gathered different local actors in order to set up a broad scope of yearly activities for different employers working with children. Since 1995, this group has implemented the different initiatives funded by the regional authority and implemented by various actors, including:

- Different departments of the municipal authority (i.e. education, university, research, culture and sport, social affairs and services);
- Neighbouring municipalities (i.e. *Duino Aurisina, Muggia*, etc.);
- Local health authority in Trieste¹¹⁶;
- Local hospitals (i.e. paediatric hospital: *Ospedale Infantile Burlo Garofolo*, etc.);
- Regional department for minors of the Ministry of Justice¹¹⁷;
- Regional Office of the Italian Ministry for Education (i.e. *MIUR - Friuli Venezia Giulia*¹¹⁸);

¹¹⁴ Regional Law 20/2004, available at: <http://lexview-int.regione.fvg.it/fontinormative/xml/xmlLex.aspx?anno=2004&legge=20&ART=000&AG1=00&AG2=00&fx=lex>

¹¹⁵ Regional authority, available at: <http://www.regione.fvg.it/rafvfg/cms/RAVFG/>

¹¹⁶ <https://asuits.sanita.fvg.it/>

¹¹⁷ Regional Department for Minors of the Ministry of Justice, available at: https://www.giustizia.it/giustizia/it/mg_12_4.page

¹¹⁸ Regional Office of the Italian Ministry for Education, available at: <http://www.scuola.fvg.it/usr/fvg/USRFVG/>

- G.O.A.P. (*Gruppo Operatrici Antiviolenza e Progetti*), NGO involved in prevention and awareness-raising activities on violence against women;

Through the inter-institutional group, specific activities mainly aimed at preventing sexual violence against children in the relevant environments and targeting different types of people in contact with children have been implemented (e.g. school, family, church, sport clubs, etc.).

The aim of the 2013 initiative was to raise awareness of the issue of sexual violence, bullying and homophobia against children in sporting environments by focusing its activities on a selected target group (i.e. sport coaches). The initiative offered **ad-hoc training opportunities for coaches** working with children in the area of Trieste, in order to help them to identify potential cases of violence or abuse against children, and how to support children who experience such violence.

The CONI regional office (Italian Olympic Committee¹¹⁹) provided the inter-institutional group with the opportunity to use its communication channels in order to engage a large number of sport authorities and stakeholders. It enabled them to reach the relevant audience and the different sport federations.

Two meetings were organised in 2013 as part of the **Off-side: Sport against violence** initiative. The first meeting focused on the role of coaches in preventing inappropriate behaviour and sexual abuse against children, while the second meeting focused on three different thematic approaches defined as *preventing and tackling bullying, violence in sport and the fight against homophobia in sport*. Different actors from the local health authority, the Department of Minors, the Ministry of Justice and the municipality participated in these thematic meetings, thus providing their expertise and offering a comprehensive approach to tackle the issue.

Outcomes and learning points

The contribution of the inter-institutional working group has been of fundamental importance in implementing the **Off-side: Sport against violence** initiative. The group **created a network** of different types of local actors providing thematic expertise, and **dissemination channels** which allowed the awareness-raising opportunities to reach a wider audience.

Collaboration with the CONI regional office has also been particularly effective in helping to **reach a large number** of sport federations (i.e. football, basketball, swimming, etc.).

The two meetings provided coaches with **ad hoc indicators** to swiftly identify cases of violence or abuse against children and how to address potential cases if they occur.

Moreover, this initiative played an important role in **enhancing the visibility** of the work carried out by these actors in preventing and tackling cases of violence against children. In this way, the coaches that were trained through this initiative **increased their understanding** of the different roles and field of expertise of the relevant local authorities and actors.

One of the main outcomes of this initiative relates to the opportunity to offer **good practice examples** and to **raise awareness among coaches** on how to identify, prevent and tackle episodes of violence, abuse, bullying or homophobia. It also contributed to **emphasising the importance** of these types of initiatives **among sport federations**, as different coaches had the opportunity to report back to their colleagues the points made at the two meetings.

¹¹⁹ The Italian National Olympic Committee (CONI) is a public entity responsible for the organisation and strengthening of national sports. It provides discipline, regulation and management of national sports activities.

Case study seven: Sportlycée (Luxembourg)

Summary information	
Name of programme/initiative	Sportlycée
Lead organisation	Sportlycée
Key focus/objectives	Physical and emotional safeguarding; Safeguarding against overtraining
Member State(s)	Luxembourg
Period	2012 – ongoing
Programme funding	State funded (The Ministry of Education and the Ministry of Sport)
Internet link	https://portal.education.lu/sportlycee/

Aims and approach

Sportlycée is a special type of secondary school created in 2012 in Luxembourg under the jurisdiction of the Ministry of Education. The aim of the school is to provide a comprehensive and integrated approach to the general education and sport training targeting students between the age of 11 and 19. More specifically, the school's mission is to combine academic and sport programmes tailored to the needs of its high-level sport students. In that sense, the school coordinates all educational, social and administrative elements that allow athletes to adequately pursue both their studies and sporting activities. To be accepted, students have to fulfil the standard admission criteria, which are in line with the standards of other Luxembourgish high schools and technical high schools. In addition, they also have to fulfil the admission criteria related to sport performance. In order to maintain their sport status at Sportlycée, students have to keep both their athletic and academic performance at high levels. The programme is built around the following three pillars in order to strike a balance between academic and athletic components:

1. Academic success by:
 - Sufficient weekly volume of educational inputs;
 - Adapted and differentiated educational projects;
 - Coordination, remediation and support measures;
2. Athletic success by:
 - Respect for Changes in Competition, Discipline Profile and Fundamentals of Coaching, as explained in the [Long Term Athlete Development](#)¹²⁰
 - Placing the athlete at the centre of interests, guided by coaches and supported by a quality structure.
3. Standard social integration by:
 - Recovery periods;
 - Daily and weekly timetable which is sustainable in the long-term

In order to attain academic and athletic success and social integration, a well-structured system is put in place. The system is primarily focused on safeguarding young athletes' interests and well-being. The system has four main elements: psycho-social and academic support; medical, paramedical and dietary, which are explained below.

Medical service

All students need to undergo medical examinations adapted to their sport practices. The examinations are performed upon their first admission, with subsequent examinations when students are 14, 16 and 18 years of age. The medical examination is mandatory to obtain a sport licence.

¹²⁰ <https://sportforlife.ca/>

The process is based on a comprehensive multidisciplinary approach covering:

- Orthopaedic and general examination;
- Control of the vaccination status;
- Anthropometric measurements (height / weight);
- Eyesight and auditory tests, urinalysis;
- Resting electrocardiogram;
- Prescription of a blood test if needed;
- Analysis of eating behaviour.

Paramedical service

These activities are carried out in close collaboration with sport instructors. They include:

- Care in case of injury;
- Coordination of care;
- Maintenance of physical condition;
- Rehabilitation of injured athletes;

Helping with the process of healing of injured athletes:

- Progressive reintegration tailored to specific workouts;
- Safety return to competitive sport;

Individualised preventive programmes:

- Development of athletes' muscle deficits;
- Reduced risk of injury;
- Improved performance.

Dietary service

- Food education sessions with different sport federations

Individual dietary consultations:

- Detailed food history (history, habits, likes, dislikes, beliefs);
- Anamnesis of training, competitions, rest phase;
- Establish detailed and personalised daily food plans, in competition preparation phase, during competitions, after competitions and at rest;

Personalised dietary advice:

- Hydration;
- Balanced diet in everyday life;
- Food before, during and after the competition;
- Different nutrients (proteins, lipids, carbohydrates, fibres, vitamins, minerals);
- Food supplements;
- Adaptation of eating habits to sport objectives;
- Healthy loss / gain of weight;
- Muscle development.

Outcomes and learning points

Since its establishment in 2012, Sportlycée has had between 350 to 400 students per year. More specifically, in 2016, 355 students, divided into 17 classes attended Sportlycée. They were taught by 51 teachers while sport education was provided by 113 coaches. The number of students is relatively stable. School leaving rates have been approximately 20% to 30 % since 2012 and usually occur when children are around the age of 15. This is often the key

age when children decide whether they want to pursue sport at professional level. Moreover, the national exams demonstrated the high academic accomplishments of the children attending this school. This allows them to pursue educational programmes and careers other than sport if they so wish.

Sportlycée represents a good practice example built around a holistic approach to children's wellbeing where different dimensions of safeguarding are addressed, spanning across physical and psychological support, such as safeguarding against overtraining, sport injuries and high stress levels related to sport competitions. Children's sport trajectory is carefully followed and examined by taking into account their psychological, emotional and physical fitness and through preventive work in the form of physiotherapy and adjusted physical programmes.

This integrated approach ensures that children's sporting ambitions do not lead them to precarious situations that could harm their safety in any way. This is highly relevant in light of the fact that elite athletes are at a higher risk of different forms of violence.

Challenges of the programme relate to coordination issues between sport federations and sports clubs. The school works with sport federation coaches who agree to follow certain principles during their practices. However, there are many other sports clubs, which are autonomous and not linked to the school. Therefore, it may be challenging to monitor the behaviour of coaches and ensure that they follow the school's mission. Furthermore, in cases where a child has more than one coach, communication between those coaches is not always transparent and clear and it is challenging to ensure that all participants share the same vision regarding the child's wellbeing.

Case study eight: Alvik basketball association (Sweden)

Summary information

Name of programme/initiative	Preventative work to minimise the risk of sexual harassment and abuse in a local sports association
Lead organisation	Alvik Basketball Association
Key focus/objectives	A framework of prevention measures to combat sexual harassment and abuse, including awareness raising around the 'grey areas' of what is okay and what is not.
Member State(s)	Sweden
Period	Ongoing (2011-)
Programme funding	Stockholm Sport Association (<i>Stockholm's Idrottsförbund</i>), Swedbank and others
Internet link	http://www.alvikbasket.nu/

Aims and approach

Since 2011, **Alvik Basketball Association** has developed a clear framework to minimise the risk of sexual harassment and abuse. This framework forms part of the association's broader work against bullying and discrimination.

This specific line of preventative work was set in motion when a young leader who dealt with sexual harassment on Facebook made the association aware of the need to prevent sexual harassment and abuse. Around the same time, famous Swedish athlete Patrik Sjöberg released his autobiography "What you didn't see"¹²¹. The autobiography recounts the sexual abuse Patrik suffered as a child at the hands of his athletics coach. His perspective provided the association with crucial insight and concrete situations to grapple with, including how to handle grey areas, clearly outline what is okay and what is not, and to formulate a concrete vision of what relationships between leaders and children should look like within the association itself¹²².

In developing concrete initiatives, the association worked with a child psychologist and psychotherapist with 25 years of experience in treating young victims of sexual harassment and abuse. The psychologist helped the association launch and develop its preventative work, but also provides the association with ongoing training and support¹²³.

Over the last few years, the core of the association's work against sexual harassment and abuse has grown to include seven key elements:

- **POA's (Talk about everything-people)**¹²⁴: The POAs have developed into the cornerstone of the association's prevention work. At present, the association has two active POAs, and their main function is to support the young team members by allowing them to turn to the POAs to talk about anything at any time, whether important or unimportant, good or bad. However, leaders and parents can also turn to the POAs to get tips, advice and support in different situations. The POAs are

¹²¹ Sjöberg, P., & Lutteman, M. (2011). Det du inte såg. [what you did not see]. Stockholm: Norstedts.

¹²² Myndigheten för ungdoms- och civilsamhällesfrågor MUCF (2014). From borderline to crystal clear, available at: <http://www.granser.nu/hur/sa-arbetar-andra-2/arbete-med-poa/>.

¹²³ Ibid

¹²⁴ Alvik basketball Association, website. Prata Om Allt-personer (PAO-personer), available at: <http://www.alvikbasket.nu/Klubben/POA-PrataOmAllt/>.

adults who have previously been a part of the association themselves, and have been specifically trained by the child psychologist to provide such support.

- A **Seminar package**, consisting of a presentation of the association's core values, the different aspects of the association's preventive work, and knowledge of what sexual violations and abuse can look like in various contexts. This is communicated to team members and their parents as well as to team leaders in all major contexts such as the annual camp and parental meetings.
- An **ethical conduct contract** that all leaders must sign¹²⁵.
- The **annual nomination of a 'niceness' (Schysst) leader**¹²⁶: Here, the team members themselves are involved in nominating nice coaches and other team leaders across the association to win niceness leader of the year. The criteria for being chosen should not have anything to do with basketball abilities, but rather upholding values such as cordiality, warmth, sympathy, understanding, and compassion. The association's rationale is that in an activity led by a nice and approachable leadership, there is a lower risk of violations, abuse and bullying.
- **Social media guidelines**¹²⁷ in order to minimise the risk of online bullying and harassment.
- A **well-being survey** for all players between the ages of 12 to 16 where the questions revolve around whether or not players feel comfortable with their leader, if they have thought about quitting, and why¹²⁸.
- Alvik also has a **player council** where two players per team from the ages of 12 to 16 are included. The council meets on various occasions to get input from the teams, such as what players want to change and improve. Other agenda topics can be how a good leader should be¹²⁹.

One of Alvik's girl teams also introduced a **logbook** in 2016 for all its players¹³⁰. The coach hands out the logbook during training for the girls to log a specific experience. For instance, the coach can ask a question about a match or tournament and about the player's experience around it, what was good and less good. The idea of the logbook is to give a voice to everyone in the team and especially those who are hesitant to say something openly. The coach collects the logbook at the end of the practice, and before players recover their books, the coach writes that they have read their experience. Providing the players with this acknowledgement that they have been heard is deemed an important part of the exercise¹³¹.

Outcomes and learning points

The commitment to Alvik Basketball Association's preventative work has gradually increased since its inception in 2011, which is reflected in the introduction of novel initiatives, such as the logbook. Since 2016, several other Alvik teams have introduced a logbook - and the idea

¹²⁵ Alvik basket, etiskt kontrakt . [Alvik basketball, ethical conduct contract], available at: <http://www.granser.nu/wp/wp-content/uploads/2014/06/Alvik-basket-Etiskt-kontrakt.pdf>.

¹²⁶ Alvik basketball, website. Alvikscoachen tilldelas KFUM Stockholm Gotlands ungdomsstipendium [Alvik coach is awarded the KFUM youth scholarship], available at: <http://www.alvikbasket.nu/Nyheter/Klubbensnyheter/Nyhetsarkiv/peterwaakararetsschysstasteledare>.

¹²⁷ Alvik basketball, website. Guidelines for social media, available at: <http://www.alvikbasket.nu/Klubben/riktlinjerforsocialamedier/>.

¹²⁸ Stockholms Idrottsförbund, Så gör Alvik Basket för att öka de ungas delaktighet [What Alvik Basket does to increase youth participation in sport], available at: <http://www.stockholmsidrotten.se/varanyheter/2017/sagoralvikbasketforattokadeungasdelaktighet>.

¹²⁹ Ibid

¹³⁰ Ibid

¹³¹ Ibid

is that all teams where the players are 12 to 16 years old will soon take part. Coaches and players have deemed the logbooks successful and reported that it provides an opportunity for the players to communicate things that they might otherwise feel they need to keep to themselves¹³².

The association has already received much appreciation, both from parents and from other associations for its prevention framework. Acknowledgement includes being upheld as a good practice example by the Swedish Government Agency for Youth and Civil Society in their 2014 report¹³³, and the Stockholm Sports Association website¹³⁴. The Association has also won several local awards for their work, including the 2014 Children and Youth Association of the Year Award in the Stockholm district¹³⁵. One of the association's POAs was also awarded the *Kristliga Föreningen av Unga Kvinnor och Kristliga Föreningen av Unga Män* (KFUM) Stockholm Gotland Youth Scholarship in 2014 for his work in the association¹³⁶.

One of the key factors to the association's success has been its ability to create a clear and simple framework of actions, reproduce it in different contexts across the association and then act when something happens¹³⁷. Acting when something happens requires building up a structure to be able to act in acute and grave situations, but also to be able to react to everyday issues like offensive verbal exchanges and unpleasant situations that can occur inside the walls of the changing room.

Another success factor has been the association's clear and concrete communication with leaders, members and parents. This entails describing things exactly the way they are, for example by talking about the types of abuse that can occur without shying away from the discomfort that may come with being specific. This has helped in order to clarify questions or issues and to reduce stigma¹³⁸. The association is therefore active in talking about what sexual violations can be, what the association does and what young people can turn to when needed. The idea is that if all leaders and other activists clarify where the boundaries are and are prepared to be alert and react to warning signs, this increases the overall chances of an association which is free from sexual harassment and violations. Clarifying questions to help make boundaries crystal clear include; is it okay to have a men's team shower with

¹³² Stockholms Idrottsförbund, Så gör Alvik Basket för att öka de ungas delaktighet [What Alvik Basket does to increase youth participation in sport], available at: <http://www.stockholmsidrotten.se/varanyheter/2017/sagoralvikbasketforattokadeungasdelaktighet>.

¹³³ Rikard Ambumsgård, R and Billinger, M (2014). "Även i den bästa av föreningar" Om förebyggande arbete mot sexuella kränkningar och övergrepp ["Even in the best associations" On the subject of preventative work to combat sexual harassment and abuse].. Myndigheten för ungdoms- och civilsamhällesfrågor (MUCF).

¹³⁴ Stockholms Idrottsförbund, Så gör Alvik Basket för att öka de ungas delaktighet [What Alvik Basket does to increase youth participation in sport], available at: <http://www.stockholmsidrotten.se/varanyheter/2017/sagoralvikbasketforattokadeungasdelaktighet>.

¹³⁵ Stockholms Idrottsförbund, Alvik Basket - Årets Barn- och Ungdomsförening 2014 [Alvik Basket, the child and youth association of the year 2014], available at: <http://www.stockholmsidrotten.se/varanyheter/2017/sagoralvikbasketforattokadeungasdelaktighethttp://www.stockholmsidrotten.se/varanyheter/2014/AlvikBasket-AretsBarn-ochUngdomsforening2014???%3F%3F%3F%3F%3F%3F%3F%3F%3Fid=45042>.

¹³⁶ My newsdesk, website. Alvikscoachen tilldelas KFUM Stockholm Gotlands ungdomsstipendium [Alvik coach awarded KFUM Stockholm Gotlands youth scholarship award], available at: <http://www.mynewsdesk.com/se/news/alvikscoachen-tilldelas-kfum-stockholm-gotlands-ungdomsstipendium-111407>.

¹³⁷ Myndigheten för ungdoms- och civilsamhällesfrågor MUCF (2014). From borderline to crystal clear, available at: <http://www.granser.nu/hur/sa-arbetar-andra-2/arbete-med-poa/>.

¹³⁸ Ibid

the junior boys, or for a trainer to comment on a team member's body, slapping a player's buttocks when changing or letting a parent massage a teen's thighs?

The preventative work is never finished, but is rather regarded as something that must be ongoing. A challenge in keeping the work ongoing, however, relates to the required resources. Some resources for the preventative work already existed within the association, but other needs have not been met with internal resources. As such, for some of their prevention initiatives the association has engaged sponsors. For instance, Swedbank sponsors several of the association's initiatives such as the rewards for 'niceness' leaders. Similarly, other challenges the association has identified are time and energy¹³⁹.

¹³⁹ Myndigheten för ungdoms- och civilsamhällesfrågor MUCF (2014). From borderline to crystal clear, available at: <http://www.granser.nu/hur/sa-arbetar-andra-2/arbete-med-poa/>.

Case study nine: Toolkit for International Federations and National Olympic Committees (International Olympic Committee)

Summary information

Name of programme/initiative	Toolkit for International Federations and National Olympic Committees
Lead organisation	International Olympic Committee
Key focus/objectives	General safeguarding measures; applicable to all types of violence
Member State(s)	International
Period	2017 – ongoing
Programme funding	Depending on the national / international organisation implementing the toolkit
Internet link	https://d2g8uwgn1fzjh.cloudfront.net/wpccontent/uploads/2017/10/18105952/IOC_Safe_guarding_Toolkit_ENG_Screen_Full1.pdf

Aims and approach

In light of the Olympic Agenda 2020 that places athletes at the centre of the Olympic Movement, and its Recommendation 18 on strengthening the support to athletes, a **Toolkit for International Federations (IFs) and National Olympic Committees (NOCs) related to creating and implementing policies and procedures to safeguard athletes from harassment and abuse in sport** was adopted in 2017. The IOC Toolkit was created as a joint endeavour of more than 50 people within the Olympic Movement and with other organisations, including a Virtual Task Force (VTF), representatives from IFs and NOCs, the IOC prevention of harassment and abuse in sport working group, and in partnership with experts and organisations both inside and outside of the Olympic Movement.

The toolkit seeks to address the general problem of abuse and harassment in sport, based on the evidence that non-accidental violence can occur in any sport and any country and is related to the lack of regulatory policies and procedures put in place in sport organisations and federations. The safeguarding measures are defined broadly and comprehensively, highlighting the general importance of safeguarding measures in order to:

- Protect the integrity of sport and sport organisations;
- Protect those working within sport;
- Promote the values of safe sport.

This toolkit is primarily designed to assist NOCs and IFs in their design of policies and measures to safeguard administrators, coaches, parents and athletes involved in organised sport.

The toolkit is divided into the following five sections:

- Section 1: Preparation
- Section 2: Positioning
- Section 3: Core components
- Section 4: Implementation
- Section 5: Preventive measures

As the concepts of what constitute harassment and abuse might appear unclear, the toolkit seeks to bring some clarity by providing examples of cultural context, types of non-accidental violence and impacts resulting from them. The example is outlined below.

Table 2 Cultural context, types of violence, impacts

Cultural context	Types of non-accidental violence	Impacts
<ul style="list-style-type: none"> • Sex • Gender • Race • Ethnicity • Indigeneity • (Dis)ability • Age • Athletic Ability • Athletic Longevity • Faith • Socio-economic/ • Financial status 	<ul style="list-style-type: none"> • Psychological • Physical • Sexual • Neglect • Mechanism • Contact • Non-contact/verbal • Cyber • Negligence • Bullying • Hazing 	<ul style="list-style-type: none"> • Athletic Impacts <ul style="list-style-type: none"> • Physical (e.g. illness and injuries, performance loss, disordered eating/EDs, PTSD, self-harm, STIs) • Cognitive (e.g. low self-esteem) • Emotional (e.g. volatile mood states) • Behavioural (e.g. drop out, more likely to cheat) • Mental health (e.g. anxiety, depression, suicide) • Relationship (e.g. social exclusion/marginality) • Economic losses • Organisational Impacts <ul style="list-style-type: none"> • Reputational damage • Loss of players and fans • Loss of sponsorship • Reduced medal tally • Reduced public confidence • Loss of trust • Asset depreciation

Outcomes and learning points

Building on existing guidelines and medical consensus statements, this step-by-step guide focuses on organisational and competition-specific safeguarding policies. Each of the sections gradually explains and guides stakeholders on how to review, draft and implement their policies and procedures on safeguarding. It is reinforced with key research, recommendations and case studies across the Olympic Movement, and offers a solution-based approach. The solution-based approach is illustrated by different suggestions broken down into a three-category format: *Bronze, Silver and Gold* (see Figure 1 below). This format presents a range of possible solutions, including what are the minimum standards defined by the IOC Guidelines (*Bronze*) and what would be the best practice (*Gold*). This format seeks to ensure the universality of the solutions enforced, but also allows organisations to choose between different solutions based on their internal needs.

Figure 1: Three-category format: *Bronze, Silver and Gold*



Section 3 is especially vital, as it outlines the core components of safeguarding measures divided as organisational and competition-specific safeguarding policies. Organisational safeguarding measures refer to long-term policies applicable to athletes who are linked either to an NOC or a National Federation. An organisational policy involves collaboration with multiple stakeholders. Competition-specific safeguarding policies entail all measures related to competitions authorised by organisations, for instance a world cup or national championship.

Related to success factors, the variety of stakeholders who participated in the development should ensure that the toolkit is accurate, relevant and applicable, also emphasising the importance of continuous collaboration and communication between all relevant stakeholders.

Case study ten: Sport Booth (International Olympic Committee)

Summary information	
Name of programme/initiative	Safe Sport Booth
Lead organisation	International Olympic Committee (IOC)
Key focus/objectives	Safe sport, harassment and abuse, education and prevention
Member State(s)	International
Period	Youth Olympic Games 2018, Buenos Aires
Programme funding	IOC
Internet link	https://www.olympic.org/athlete365/safe-sport-yog/; https://www.olympic.org/athlete365/safe-sport/

Aims and approach

The International Olympic Committee (IOC) is a not-for-profit independent international organisation that is committed to building a better world through sport. It ensures the regular celebration of the Olympic Games, supports all affiliated member organisations of the Olympic Movement and strongly encourages, by appropriate means, the promotion of the Olympic values.

While the IOC first introduced a **Safeguarding Framework** for the Olympic Games Rio 2016, a youth-specific Framework was prepared for Buenos Aires 2018, to safeguard athletes and other participants from harassment and abuse in sport¹⁴⁰.

The IOC installed a **Safe Sport Booth** during the **Youth Olympic Games Buenos Aires 2018** as part of the IOC Athlete365 Programme, in order to **raise awareness** on harassment and abuse in sport and **educate** both the YOG athletes as well as their entourage. In addition, athletes or members of the entourage could get in touch with the IOC safeguarding officer in order to report any incident of harassment and abuse which occurred during this major sport event. Any report would then be investigated and followed-up through the procedure detailed in the IOC Youth Olympic Games-Time Framework¹.

As per the Framework, as well as including links to Law Enforcement agencies, for the Youth Olympic Games Buenos Aires 2018, the IOC Executive Board delegated to an IOC Disciplinary Commission its power to hear and decide cases of alleged violations of the Olympic Charter, or of any other decision or applicable regulation issued by the IOC, in particular, cases of harassment and abuse reported within the scope of the Framework.

During the Youth Olympic Games Buenos Aires 2018, athletes and entourage were invited to visit the Athlete365 Space' in the Youth Olympic Village. As well as education on important issues such as anti-doping and the prevention of competition manipulation, the Athlete365 Programme included the IOC Safe Sport Booth, which was available throughout the entire duration of the YOG.

The athletes, all of whom must be between 15 and 18 years of age to be eligible to compete at the Youth Olympic Games, and their entourage were introduced to IOC's athlete safeguarding educational materials:

1. One of the activities was a "Pledge", where the participants received a souvenir photograph of themselves pledging to adhere to the values of safe sport. Both athlete and entourage pledges were available.

¹⁴⁰<https://www.olympic.org/athlete365/safe-sport/>

2. The "Draw the Line" quiz: a scenario-based tool intended to assist athletes to identify moral and ethical boundaries, and recognise various forms of harassment and abuse available in English, Spanish, French and Russian.
3. An animation film, which raises awareness of the different forms of harassment and abuse, and identifies resources for further information and assistance. The tool was specifically designed to be youth-focused, raise awareness of different forms of harassment and abuse such as training when injured and cyber-bullying, and overcome language barriers by providing the information in an animated digestible manner.

A survey was also conducted designed to obtain feedback from athletes and entourage members on the safeguarding educational experience of the Youth Olympic Games Buenos Aires 2018, as well as their understanding of harassment and abuse.

According to the Fundamental Principles outlined in the IOC Code of Ethics (2018)¹⁴¹, all athletes have the right to safe sport, which rejects "...all forms of harassment and abuse, be it physical, professional or sexual, and any physical or mental injuries." This premise is also embedded in Olympic Agenda 2020 – the strategic roadmap of the Olympic Movement - where Recommendation 18 details the need to strengthen support to athletes¹⁴². Central to the Olympic Agenda 2020 is the premise that athletes are at the heart of the Olympic Movement: Athlete welfare has been a core topic at the International Athletes Forum including at the 2015 edition, which resulted in a clear call from athletes for the development of educational materials on issues of athlete welfare including the prevention of harassment and abuse in sport (recommendation 2d)¹⁴³. Athlete Safeguarding is further encompassed within the Basic Universal Principles of Good Governance of the Olympic and Sports Movement, Article 6.2- Protection of athletes.

The aim of the Safe Sport Booth, in the Athlete365 Space at YOG 2018 was to raise awareness amongst athletes and their entourage about the existence of harassment and abuse in sport. At the same time, they were invited to get to know the IOC educational materials in order to increase their knowledge on the topic and inform them about the referral options. Lastly, the Safe Sport booth was an element in the YOG Safeguarding Framework, which also provided support and registration in case of actual incidents during the Games period.

The Booth was staffed by seven international experts in the field, including two survivors of sexual abuse in sport, the IOC's safeguarding officer and six regular volunteers. The Safe Sport booth was open from the Opening Day until the Closing Day of the YOG (6-18 October 2018).

Athletes and their entourage were invited to take an online survey after their visit to the Safe Sport Booth, accessible via tablets in the booth. The questionnaire contained some questions about their knowledge and perception of harassment and abuse in sport and their opinion about the educational materials. Semi-structured interviews and a questionnaire were also conducted by the team of experts and volunteers who worked in the Safe Sport Booth. The data are currently being analysed and will be published in a scientific journal.

Outcomes and learning points

¹⁴¹ https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/Documents/Code-of-Ethics/2018/Code-of-Ethics-2018.pdf#_ga=2.102549192.874782944.1559534350-1311349901.1538086138

¹⁴²

https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/Documents/Olympic-Agenda-2020/Olympic-Agenda-2020-20-20-Recommendations.pdf#_ga=2.224228379.1278621398.1558519935-1689680558.1542281981

¹⁴³ <https://www.olympic.org/international-athletes-forum>

A total of 3980 young athletes competed during YOG 2018. The Draw the Line questionnaire, offered in the Booth, gathered 1463 responses, of which 1254 came from athletes, and the remaining 209 from members of entourage. The overall response rate was 31.5%, ranging between 12% and 54% per sport discipline. About two thirds of the athletes (N=864; 68,9%) completed the English version of the questionnaire, a quarter chose to fill it in the Spanish version (N=320; 25,5%), and the remaining 5.5% (N=70) used the French version. No information on gender, age and country was gathered, due to IOC's privacy restrictions.

Generally, athletes were enthusiastic about their visit to the Safe Sport Booth and the educational tools. The Safe Sport team had some interesting discussions about safe sport with the athletes and their entourage. Remarkably, their perception of 'safe sport' is often quite different from IOC's interpretation. Young athletes often did not relate safe sport to harassment or abuse, but rather to fair play and prevention of doping and injuries. Asked about whether they think harassment and abuse occur in their own sport, almost 35% of the athletes answered likely or very likely. About 20% of the athletes were not sure and the remaining 45% answered no or not likely. More than 70% of the young athletes evaluated the IOC educational materials as good, very good or excellent. About 10% of the athletes did not understand or like them.

Certain **factors** that could explain the success of this practice have been detected:

- The Safe Sport Booth was designed to create an atmosphere of comfort and safety, following consultation with survivors of harassment and abuse. The setting allowed for face-to-face contact with the team when athletes were introduced to the materials.
- Sunglasses marked with the dedicated hotline and email address reporting mechanisms as well as links to educational materials on the IOC platform that is dedicated to athletes (Athlete365) were given as an incentive for participation.
- The unique setting (major sport event for young athletes) and the location of the Booth in the Athlete365 Space at the center of the Athlete Village made it possible to reach a significant number of young, international athletes from more than 200 countries. Furthermore, the Safe Sport Booth was the only Athlete365 Programme activity, which ran throughout the entire duration of the YOG Buenos Aires 2018 – increasing exposure and interaction opportunities with the YOG participants, and highlighting the importance of this topic for the IOC.
- The Safe Sport team, present at the Booth to welcome and guide the visitors, consisted of local volunteers and international experts. Two of these were experts by experience, who could assist in discussions on the topic and share experiences with the visitors.
- The educational materials were properly designed, offered online, interactive and friendly to use.

Certain **challenges** have also been identified:

- The materials were offered only in a small number of different languages, which created difficulties for some young athletes.
- While the location of the Booth was very practical, it did not allow for a separate, quiet room, in which a visitor could have a word with an expert in a private atmosphere, without needing to walk to the Polyclinic, situated in a tightly restricted zone. Considering this, the booth should have been better designed to offer some privacy.
- While there was some prior online training (or briefing) for the volunteers that (partially) worked in the Safe Sport Booth, this could have been more extensive in order for them to be more familiar with the topic and the tools.

- Some practical issues: technical problems with the tablets and connection issues (WIFI) which made it difficult to offer the online materials.

The IOC has ensured that they will implement the Olympic Games and Youth Olympic Games-Time Athlete Safeguarding Frameworks at every edition of the Olympic and Youth Olympic Games respectively, with the latter Framework being revised for each edition of the Youth Olympic Games to ensure that it aligns with the legislation of the host city related to child protection. Education for athletes and entourage members is entrenched within both documents. Due to its unique features, major sports events such as these can have a substantial impact and reach to participating athletes and their entourage, but also to the wider world of sport.

When this initiative is repeated, more preparation time is required to set up the Booth, operationalise the initiative's aims and success indications, as well as to prepare the evaluation survey for visitors. This way, it will be possible to gather more information about visitor's perceptions and learning outcomes, in order to properly evaluate the initiative's effectiveness. In addition, when IOC published information on the (effectiveness of) this practice and the available materials, it might be a good opportunity for other international sport organisations, such as international sport federations, to be inspired and develop a similar initiative during their major sporting events.

HOW TO OBTAIN EU PUBLICATIONS

Free publications:

- one copy:
via EU Bookshop (<http://bookshop.europa.eu>);
- more than one copy or posters/maps:
from the European Union's representations (http://ec.europa.eu/represent_en.htm);
from the delegations in non-EU countries (http://eeas.europa.eu/delegations/index_en.htm);
by contacting the Europe Direct service (http://europa.eu/europedirect/index_en.htm) or
calling 00 800 6 7 8 9 10 11 (freephone number from anywhere in the EU) (*).

(*) The information given is free, as are most calls (though some operators, phone boxes or hotels may charge you).

Priced publications:

- via EU Bookshop (<http://bookshop.europa.eu>).

