Austrian Center
for Gender Competence
and Safe Sport

Guidelines for Action

on the prevention of violence in sports

To give coaches a sense of security in their actions, it is sensible to establish rules on how people interact within the federation/club. In day-to-day interactions, guidelines for action serve both to protect athletes - especially children and adolescents - from abuse and to protect coaches and staff from false accusations.
The following guidelines apply equally to everyone involved in sports and should be developed collaboratively and communicated thoroughly within your organization.

1. **Rules for entering changing rooms** (who may enter the changing rooms at what time – this also applies, for example, to parents or guardians helping their children change)

2. **Respecting privacy during showering** (this may need to be clarified organisationally if there are no separate wet rooms by gender; coaches do not shower together with athletes, etc.)

3. **Provide information** to athletes and parents/guardians **about necessary physical contact** when providing sports assistance and explaining techniques (e.g., during a parents' meeting at the start of the season)

4. **Physical contact** to celebrate successes, offer comfort, or provide encouragement must be **desired and consented to** by the athletes and must not exceed what is pedagogically appropriate

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5 The **“six-eyes” principle** (another person - a coach or athlete - is present)

6 **Open-door policy** for individual training sessions or one-on-one supervision situations (doors are not locked; this makes assaults more difficult, as someone could enter the room at any time)

7 **Safety checklists for training camps,** away games/competitions, **and overnight stays** away from home (room assignments, mixed-gender supervisors, etc.)

8 **No personal gifts or discounts** for individual athletes (this makes it more difficult for potential perpetrators to place children in a position of personal dependence)

9 **No private invitations** to athletes from coaches (risk of perpetrators abusing their position of authority!)

10 Promoting **respectful behavior and a culture of respectful communication** (e.g., no sexualized jokes; addressing athletes appropriately, etc.)

11 **Transparent communication** between coaches and athletes (e.g., clear goal-setting, open dialogue, collaborative problem-solving, regular feedback)

12 If you notice anything concerning, speak up within the team, and contact vera* Sport if you have any uncertainties or questions:

vera* Vertrauensstelle gegen Belästigung und Gewalt Kompetenzbereich Sport

100prozent-sport.at/vertrauensstelle

Opening hours
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