



CHILD SAFE STANDARDS

GUIDE FOR TEENS

Version Control

Document Name:	HVCT Child Safe Guide for Teens
Prepared by:	HVCT Vice President & Treasurer
Endorsed by:	HVCT Committee
Date Endorsed:	11th January 2023
Version:	2022:01
Purpose of Document:	<p>Help children and young people in sport to understand:</p> <ul style="list-style-type: none">● that sport should be safe;● that it's OK to tell an adult they trust if they have any concerns; and● their own responsibilities when participating in sport.
Actions:	<ul style="list-style-type: none">● Read and understand● Encourage others to read, understand and promote the Kids Guide to children and young people and their parents.● Make available to children and young people in HVCT
Other relevant resources:	<ul style="list-style-type: none">● Child Safe Policy● Child Safe Code of Conduct● Image use● Reporting & Responding● Physical Contact



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	<ul style="list-style-type: none">• eSafety• Recruitment & Screening• Guide for Parents & Guardians
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Change History

Amendment Date	Version No.	Page No(s) replaced	Description of change

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Three Important Messages

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

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others in calisthenics, particularly adults.
3. If you don't feel safe or comfortable, **it's OK to speak up**. HVCT wants you to **tell an adult that you trust** – whether that's your Mum or Dad, guardian, coach, HVCT representative, HVCT Child Safety Officer or another member of HVCT or family.

Your rights

HVCT believe that all teens involved in our sport should:

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



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Our Commitment to you in Calisthenics

HVCT now has a Statement of Commitment for Safeguarding Children and Young People that aims to make sure you are protected from harm. When involved in calisthenic, we want it to be enjoyable for everyone. So, we'll try to make sure that activities are suitable for your age and development and are led by qualified people. HVCT commits to:

- Doing our best to make sure that you are protected from harm;
- Supervising your involvement in calisthenics in Victoria;
- Obtaining parent/guardian permission in writing before we can:
 - arrange overnight stays or camps; and/or
 - provide transport to another location.
- Ensuring that **employee/coach/volunteer/official-to-teens ratios are maintained**. (Note - please check with us if you are unsure what is meant by "ratios");
- Trying to make sure that **you are not alone** with staff, coaches, volunteers or officials where they can't be seen by other adults;
- Trying to make sure that **calisthenic coaches, volunteers and/or officials stay within their role**. This means that they cannot be employed for looking after you or visiting you at your home unless with the permission of your Parent/Guardian. They are not allowed to friend you on Facebook, take photos or footage of you for Instagram, YouTube, Snap Chat or other forms of social media unless they are doing this through official HVCT communication channels with the consent of your parent/guardian.
- **Communication between you and coaches, officials and volunteers** in our sport must be regarding your involvement in calisthenics unless your



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Parent/Guardian has given their permission for you to have contact with them at a particular time;

- **Guiding teens fairly, respectfully and appropriate to their age and background;**
- **Reporting and responding to any incidents** of abuse or neglect towards teens involved in calisthenics.
- Where and when possible, our **calisthenic coaches, volunteers and officials wearing a uniform and/or having an appropriate name badge visible** on when on duty.

What to do if you have concerns:

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

Responsibilities of Teens in Calisthenics

When you are involved in Calisthenic, you also have some responsibilities. These include:

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