

Child Safe Standards – Information for Teenagers

Important Messages

The **key things** to always keep in mind are:

- Sailing should be fun, safe, and enjoyable.
- You should never feel uncomfortable around others in sailing, particularly adults.
- If you don't feel safe or comfortable, **it's OK to speak up**. We want you to **tell an adult that you trust** – whether that's your parent, training leader, ESC club manager, or another member of ESC.

Your rights

We believe that all young people involved in sailing 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 sailing
- Be provided with clear directions and given the chance to positively change your behaviour if ESC 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
- Contribute suggestions or feedback about ESC and sailing

Our Commitment to you

ESC has a Child Safety Policy and a Code of Conduct When Dealing with Children that aims to make sure you are protected from harm. When involved at ESC, 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.

ESC commits to:

- Doing our best to make sure that you are protected from harm
- Helping to supervise your involvement in sailing at ESC
- Obtaining parent/guardian permission in writing before we can:
 - take you on an excursion.
 - arrange overnight stays or camps
 - provide transport to another location

- 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 **ESC staff, 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 or messaging unless they are doing this through official club 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 sailing unless your 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 sailing
- Where and when possible, **ESC staff, volunteers and officials having an appropriate name badge visible** when training children

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 ESC 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 ESC

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

- Let a member/parent/guardian know if you are unhappy or you don't feel safe
- Treat other participants and adults with respect
- Follow the rules when involved in sailing.
- Let the tower officer know if you are racing so rescue boats can be alerted to help keep you safe on the water.
- Remember that there are others involved in sailing. You are certainly free to choose your own friends. However, don't stop other teens or younger kids from enjoying and participating in sailing
- Listen to others and respecting their opinions

ESC Contact for Children:
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