

## Rights & responsibilities: A summary for Children and Young People

### The rights of young people

Swimming Australia believes that all Children and Young People in our sport should:

- Feel comfortable;
- Be safe;
- Feel safe;
- Have a right to contact your parents or others if you feel unsafe, uncomfortable or distressed at any time during an activity, event, program or service;
- Be provided with clear directions and given an opportunity to redirect your behaviour in a positive manner if staff, coaches, volunteers or officials believe that you have broken any of Swimming Australia's rules or policies and/or you have misbehaved;
- NOT be subject to disciplinary action involving physical punishment, or any form of treatment that could reasonably be considered degrading, cruel, frightening or humiliating; and
- Contribute suggestions and feedback on an activity, event, program or service in which you have participated.

### The commitment of Swimming Australia to Children and Young People

Swimming Australia now has a Child Protection Commitment Statement that aims to make sure that Children and Young People are protected from harm. We want our activities, events, programs and services to be enjoyable and beneficial for all Participants. So, we'll strive to ensure that our activities, events, programs and services are suitable for your age and development and are led by appropriately qualified staff, coaches, volunteers and/or officials.

Swimming Australia commits to:

- doing our best to make sure that you are protected from harm;
- supervising programs, events, services and activities effectively;
- obtaining parent/guardian permission in writing before we can:
  - take you on an excursion;
  - arrange overnight stays or camps; and/or
  - provide transport to another location.
- ensuring that "employee/coach/volunteer/official to young people" ratios are maintained. (Note -

please check with us if you are unsure what is meant by ratios);

- using its best endeavours to ensure that a Child or Young Person is not alone with Swimming Australia staff, coaches, volunteers or officials where they cannot be observed by other adults;
- striving to ensure that our staff, coaches, volunteers and/or officials do not exceed their role scope. This means that they cannot be employed for babysitting or visit you at your home unless with the express consent of your Parent/Carer. They are not allowed to friend you on FACEBOOK, take photos of you for INSTAGRAM or YouTube or Snap Chat you. Communication between you and coaches, officials and volunteers in our Sport must be regarding swimming activities, services, events or programs unless your Parent has given their permission for you to have contact with them at a particular time;
- guiding Children and Young People fairly, respectfully and appropriate to age and background;
- reporting and responding to any incidents of abuse or neglect towards Children or Young People who participate in our activities, events, programs or services.
- where and when possible, our staff, volunteers and officials wearing a uniform and/or having an appropriate name badge visible only when on duty.

## **What to do if you have concerns:**

If at any stage you feel uncomfortable, unsafe or worried, you must:

- Tell someone at your club or your swim meet. That may be your coach, an official or a parent;
- Let your parent or guardian 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 Young People at Swimming**

When you participate in a Swimming Australia activity, event, service or program, you also have some responsibilities. These include:

- Letting a staff member or parent know if you are unhappy with the way you are being treated or you don't feel safe;
- Treating other participants and adults with respect;
- Following the rules of the activity, event, program or service that you are participating in;
- Remembering that there are others in the activity, event, program or service. You are certainly free to choose your own friends. However, don't stop other young people from enjoying and participating in a program; and
- Listening to others and respecting their opinions.