

Sports and after school activities

Practical tips for parents and caregivers



01 Know who they're with and where they are.

Have the contact details of the coach/teacher and connect with them and other parents as much as you can, in person where possible. Know details of the activity, where it takes place, and the time/s and day/s it occurs.

Depending on the age of your child/ren you'll either need to arrange transport for them or create a safety plan to get themselves there and home.

02 Check the organisation and supervision.

Find out about the organisation's Code of Conduct and Child Protection Policy, and whether the supervising adult/s have been police vetted.

You may want to ask if the staff and/or volunteers have undergone child protection training and know who their Designated Person is.

03 Openly communicate safety and boundaries.

Talk to your child/ren about their experiences at their sport/activity - the good and the bad. Encourage them to speak up if they feel uncomfortable, and remind them that they can always come to you if something doesn't feel right.

Discuss what is and isn't considered appropriate behaviour, personal boundaries, and what they should do if they feel unsafe in the moment - contact you or another trusted adult, for example.

04 Consider their overall wellbeing and interests.

Every child is different. Think about whether the activity is age-appropriate, if they have the right skills and confidence, and if it aligns with their interests and schedule.

If you notice a change in their behaviour or attitude towards attending a certain activity, don't ignore it. Ask questions, and take steps to ensure your child/ren are in a safe environment. Never force them to attend an extra-curricular activity they don't feel comfortable doing.



Before they go,
make sure they know:

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| ☐ When they're going | ☐ What personal boundaries are |
| ☐ Who they'll be with | ☐ Who to contact if they feel unsafe in the moment |
| ☐ Where they're going | ☐ That they can speak to you at any time about anything |
| ☐ How they'll get there and home | |