

'A quick resource for busy people'

Welcome. Every adult working with young and at-risk people in sport knows how important safeguarding is, and despite best intentions keeping up-to-date is difficult because we often feel overwhelmed with information. At Active Essex we understand this, so our Safeguarding newsletters will just take a very quick look at some current topics and resources, with links to more information if you want it!

What is Safeguarding?: If your understanding here is a bit vague, the Child Protection in Sport Unit (CPSU) can explain:

MORE: <https://thecpsu.org.uk/help-advice/introduction-to-safeguarding/>

Childline: 'Online, on the phone, anytime':

The recently rebranded Childline introduces a new sport specific page to its website especially for young people interested in sport. But it's not just safeguarding advice, there's plenty of information about the positive aspects of sport and how to find the right sport. A great link to pass-on to other people. Check it out, you'll be pleasantly surprised!

MORE: <https://childline.org.uk/info-advice/you-your-body/my-body/sport-exercise/>

How to choose a club, tutor or coach:

Active Essex has recently collaborated with the Essex Safeguarding Children Board and Essex County Council to produce a new leaflet resource providing parents and carers with guidance on how to keep their children safe when looking for a sports club, coach or personal tutor.



MORE: <http://www.escb.co.uk/Portals/67/Parents/How%20to%20choose%20a%20club,%20tutor,%20coach%20FINAL.pdf>

Safe Summer of Sport: With the success of Team GB at the **Rio 2016 Olympics** and the **Paralympics** just around the corner, the nation is geared up for a fun-packed summer of sport. If you're planning



a sporting event or activity, have you considered what safe-guarding measures need to be in place? The CPSU has some tools that may help.

MORE: <https://thecpsu.org.uk/news/2016/august/safe-summer-of-sport/>

Parents in Sport week 3rd – 9th October 2016:

All too often we only hear negative stories about extreme poor behaviour from the side-lines or pool side. The CPSU wants to raise awareness of the crucial role of parents in helping a young people reach their full sports potential. The three key outcomes will be:

- a)** Encourage sports organisations to promote the positive role of parents/ guardians.
- b)** Empower parents by sharing information with them on the key roles they can play as a sports parent in supporting their child's participation, success and fun, therefore retaining a child's interest in sport.
- c)** Assist coaches/officials to understand the crucial role parents/guardians have on a child's participation and continued involvement in sport. This is a great opportunity for everyone to have a focus on parents within their club or organisation.

MORE: <https://thecpsu.org.uk/resource-library/2016/parents-in-sport-videos-for-parents/>