

Safe Sport for Coaching

Creating a safe training and competitive environment for all members of the Triathlon Canada Nation is Triathlon Canada’s number one priority and a responsibility we share with all sport participants. Triathlon Canada is committed to a sport environment that is safe **for all participants**, free from and with zero tolerance for any type of abuse or maltreatment.

“Safe Sport” as a movement is gaining prominence and traction in both Canada and across the world. More than ever, participants and consumers of sport are demanding that sporting environments are safe, inclusive, and conducive to a quality sporting experience. Coaches are the architects of these environments and experiences, and they hold the highest responsibility in the delivery of Safe Sport practices. Triathlon Canada’s goal of providing sport environments that are safe for all is inclusive to the needs of our coaches.

In recent years, Sport Canada has developed and mandated a variety of Safe Sport-related policies for National Sport Organizations like Triathlon Canada to implement on behalf of its members and participants. For coaches, it can be difficult to stay up to date with current requirements and best practices in this area. In response to these new mandates, and to support our coaches in adhering to them, Triathlon Canada has created a formal coach licensing process. The “basic registration” steps include all the required safe sport training and screenings. Once these requirements are met, a formal license is issued, and the coach is added to a public registry of safe sport coaches.

Triathlon Canada Safe Sport Information: <https://www.triathloncanada.com/safe-sport/>

Triathlon Canada National Coach Registry: <https://www.triathloncanada.com/coaching/#coachregistry>

Triathlon Canada Basic Registration Requirements:

REQUIRED TRAINING	OFFERED MODULE	RENEWAL
Make Ethical Decisions	NCCP Make Ethical Decisions Module	NA
Background Check	Enhanced Police Information Check (Sterling Backcheck)	2 years
Respect in Sport	CAC Safe Sport Module	4 years
Concussion Awareness	CAC Making Head Way in Sport Module	4 years
Intro to Rules	Introduction to Triathlon Rules	Annually

The best ways to promote and model a culture of safe sport for all includes:

1. **Obtain an annual license and ensure your safe sport requirements are kept current.** This shows your commitment to the Safe Sport movement which is a fundamental aspect to protecting the integrity and reputation of all coaches in the Canadian sport system.
2. **Be aware of the risks and take them seriously.** Accusations of abuse or maltreatment have very real ramifications and can cause significant personal and professional damage to a coach. Buying in and being a leader in the Safe Sport space is the best way to minimize these risks. Safe Sport training does require additional time and energy for a coach to engage in, however the positive long-term impact it will contribute to a coach’s reputation is immeasurable.

3. Understand the “Rule of Two” and incorporate these practices into your coaching environment.

The “Rule of Two” is part of the Responsible Coaching Movement. It ensures interactions are open, observable, and interruptible. The Coaching Association of Canada (CAC) offers a pro-d module that is highly recommended for all coaches. It is free, fully online, and takes approximately 20 minutes to complete. Adhering to this practice helps keep coaches out of situations where their conduct can be questioned, or assumptions made about their intentions.

CAC Rule of Two: <https://coach.ca/responsible-coaching-movement/rule-of-two>

The CAC is continuing to develop and add pro-d modules that speak to Safe Sport issues. These are typically free e-learning modules that can be completed in 20-60 minutes. They are worth pro-d points and will also count towards your maintenance of certification. Continuous learning in this space is highly beneficial and reinforces a coach’s work and commitment in this space.

Recommended Pro-D available from the CAC:

1. Understanding the Rule of Two (*free 20-minute e-learning module*)
2. Mental Health in Sport (*free 45-minute e-learning module*)
3. Anti-Racism in Coaching (*free 60-minute e-learning module*)
4. Support Through Sport: Bystander Empowerment (*free 30-minute e-learning module*)
5. Support Through Sport: Gender-based Violence in Sport (*free 30-minute e-learning module*)
6. Support Through Sport: Modelling Healthy Relationships (*free 20-minute e-learning module*)

For information on Triathlon Canada’s Safe Sport policies please visit:

<https://www.triathloncanada.com/safe-sport/>

Additional Precautions for Children and Youth

As a coach, you have a duty of care to report any signs of child neglect, or suspected abuse that may be going on in a child’s life. Signs of child abuse include, and are not limited to:

- » Unexplained injuries such as bruises, fractures, untreated medical problems
- » Fear of going home
- » Changes in behaviour such as becoming anxious, scared, depressed, withdrawn or aggressive
- » Changes in performance or attendance
- » Lack of personal hygiene

If you notice any of the symptoms above in an athlete or have any reason to believe they are being maltreated, please contact your local child protective services.