

Questions to ask your child's coach:

1. How did you get involved with coaching?
2. How long have you been coaching?
3. Do you coach other sports?
4. Do you coach multiple genders and ages?
5. Did you play this sport as a youth?
6. Do you have a child on this team?
7. What are your goals for the team?
8. Do you encourage participation in more than one sport?
9. What coaching education courses have you taken and/or what are your coaching certifications?
10. What kind of training do you have in physical safety (e.g., training/over-training, nutrition and hydration or concussions)?
11. What kind of training have you taken concerning positive coaching techniques?
12. What is your policy concerning bullying, harassment and hazing and how do you communicate your expectations about how athletes treat one another?
13. Have you taken training to help you recognize, reduce and respond to misconduct in sport, including child sexual abuse?
14. How do you handle suspicions or allegations of misconduct, including child sexual abuse?
15. What is your policy for reporting policy violations, misconduct and suspicions and allegations of child sexual abuse?
16. Why did you leave the last club where you coached?

Questions to ask a Club Sport organization

1. What kind of applicant screening and criminal background checks do you require of adult coaches, staff and volunteers before they work with your club?
2. Do your coaches, and other staff, receive training and education about child sexual abuse and other misconduct in sport? If not, why? If yes, what type of training do they receive, and how often is training required?
3. What policies are in place to prevent abuse?
4. Do the policies limit opportunities for coaches/staff to be alone with youth?
5. What is your club's reporting policy for child sexual abuse and other misconduct?
6. How does your club handle misconduct by adults who provide services for your club?
7. How does your club handle misconduct by its athletes?

Questions to ask a Sport Camp Director

1. What kind of applicant screening and criminal background checks do you require of adult coaches, staff and volunteers before they work with your club?
2. Do your coaches, and other staff, receive training and education about child sexual abuse and other misconduct in sport? If not, why? If yes, what type of training do they receive, and how often is training required?
3. What policies are in place to prevent abuse?
4. Do the policies limit opportunities for coaches/staff to be alone with youth?
5. What is your club's reporting policy for child sexual abuse and other misconduct?
6. How does your club handle misconduct by adults who provide services for your club?
7. How does your club handle misconduct by its athletes?

Source: athletesafety.org

Tips for making local and overnight travel safer

Car

- Review and enforce the organization's policy on local travel.
- Take full responsibility for your child's travel arrangements to practice and local competitions. Don't depend on others to make arrangements.
- Ask your administrator to create team directories to help parents develop their own car pools.
- Vary your car pool arrangements so that no one adult other than you ever becomes solely responsible for your child's local travel over an extended period of time.
- It is a good idea for coaches who are also parents to pick up their own child first and drop off their own child last to avoid situations where the coach is alone in a car with an unrelated athlete.
- Ask your administrator to provide an early team social event so that families from the same neighborhood can meet one another and discuss travel arrangements.
- Get the organization's central phone number in case you need to notify coaches or administrators because of an emergency or other personal delay.
- Give the coach your cell phone number as well as a list of back-up contacts for alternative transportation in case practice ends early due to inclement weather, equipment problem, etc.
- Ask coaches to notify you at least two weeks prior to practice schedule changes, if possible, so that you can arrange alternative transportation if needed.
- Notify the organization if your transportation arrangements change.

Hotel

- Ask the administrator to establish a curfew and conduct bed checks with adults visiting rooms in mixed-sex pairs.
- Assign athletes to hotel rooms with same age/same sex teammates.
- Block pay-per-view channels at the hotel to ensure there are no opportunities to expose athletes to pornography.
- Reserve a shared public space at the hotel for socializing, to minimize socializing in hotel rooms.

Staying in Touch

- Make sure there are plenty of opportunities for you to contact your child if you are not present. Ask your sport organization to update the team social media page or website, or to send team emails to keep all parents updated during the trip. Try using video conferencing (such as Skype) to keep in touch.
- Provide your child a cell phone if possible, and ask the coaches and chaperones to provide times for the athletes to contact their parents.
- If you cannot provide your child a cell phone, ask the coaches and chaperones to use a team cell phone during the trip and provide times for the athletes to contact their parents.
- Occasionally contact your child outside scheduled communication time, but please do not disrupt training or competition to do so.
- Make sure you have the cell numbers for all of the adults on the trip for emergency contact.
- Make sure you have contact information for all hotels and venues.
- Ask coaches and chaperones to allow athletes to maintain cell phone access and encourage your child to send you updates during the trip – especially as the messages confirm travel progress.
- Ask the administrator to provide an itinerary that details expected travel times and progress (e.g., reaching the airport/hotel, etc.), as well as blocked times of practice and competition. This will allow you to check progress against expectations.

Travelers

- Attend overnight travel and competitions whenever possible, either as a parent or chaperone. Get chaperone training.
- Make sure there are appropriate athlete-to-chaperone ratios on the trip (one chaperone for every 5-8 athletes for large groups). Maintain this number for both boy and girl groupings.
- For teams with relatively few traveling athletes, ask the administrator to ensure that at least one adult chaperone is present in addition to the coach.
- For teams with boy and girl athletes, consider including both male and female chaperones.
- With athletes under 14 years of age, communicate to the administrator if you would like a chaperone to stay with athletes in the same room.
- With athletes age 14-18, communicate to the administrator if you prefer chaperones stay in a nearby room but check on the athletes regularly.

During your stay

- Have your child wear their team gear while traveling to ease monitoring.

- Attend team events and social gatherings while you're traveling as a parent.

For younger or inexperienced travelers

- Do not visit children age 8 or older in locker rooms so as to build independence.
- Ask administrators to take athletes through a basic training of the "rules for travel" (e.g., travelling in groups, multiple chaperones, etc.). Reinforce the information with your child.
- Participate in family-based travel to competition. This will allow children to become familiar with the routines of competitive travel.
- Ask administrators to provide a full itinerary three weeks prior to the trip whenever possible so that your child can learn the schedule.
- Ask administrators to pair first-time travelers with more experienced athletes of a similar age and same sex. This gives the inexperienced athlete someone other than the coach to model what is considered acceptable behavior and team norms.
- Encourage administrators to assign rooming/travel groups at least one week prior to travel and have the paired athletes train together so that they are more comfortable.
- Stay in the team hotel during travel, but in a separate room from your child, and travel independently. This helps children to become independent, but provides another set of eyes to observe and a level of comfort for the child.
- Speak with chaperones and let them know your child is a first-time traveler, and ask the chaperones for closer monitoring.

Debrief

- Ask your administrator to de-brief overnight travel experiences with all athletes and adults to identify problems encountered and potential improvements.

Source: <https://safesport-parent.azurewebsites.net/Content/Assets/Files/Tips-Travel.pdf>

Tips for Parents: Communicating with your child about misconduct:

<https://safesport-parent.azurewebsites.net/Content/Assets/Files/Tips-Communicating%20About%20Misconduct.pdf>