

Sport Ireland Ethics

Safeguarding Campaign Networking Session

Speakers

1. Siobhan Leonard – Director of Ethics and Anti-Doping
2. Michael Collins – Sport Ireland Ethics Unit
3. Paul Stephenson – NSPCC
4. Kieron Stout – Athletics Ireland
5. George Maybury – Pentathlon Ireland
6. Sarah Banville – Golf Ireland
7. Benny Cullen – Sport Ireland Research & Innovation Unit

Síobhan Leonard

Director of Ethics and Anti-Doping

Michael Collins

Sport Ireland Ethics

- Safeguarding Training & Digital Certs
- Young Voices Toolkit
- Code of Conduct Template & Charter for Sport in Ireland

Safeguarding Training and Digital Certs



Safeguarding Training



Digital Certificates



SPORT IRELAND ETHICS

This is to certify that
Joe Blogs

000001

Qualification Type: Safeguarding 1 - Basic Awareness
Date Achieved: 15/09/2023
Valid To: 15/09/2024

This certifies that the above-mentioned has attended the Safeguarding 1 - Basic Awareness Workshop.

POWERED BY SPORT:80 

Sport Ireland's Safeguarding training promotes best practice for the protection of children in sport consistent with child welfare and protection guidance and legislation.

**Safeguarding 1
Basic Awareness**



SPORT IRELAND ETHICS

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000001

Qualification Type: Safeguarding 2 - Club Children's Officers
Date Achieved: 15/09/2023
Valid To: 15/09/2024

This certifies that the above-mentioned has attended the Safeguarding 2 - Club Children's Officer Workshop.

POWERED BY SPORT:80 

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**Safeguarding 2
Club Children's Officer**



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Joe Blogs

000001

Qualification Type: Safeguarding 3 - Designated Liaison Person
Date Achieved: 15/09/2023
Valid To: 15/09/2024

This certifies that the above-mentioned has attended the Safeguarding 3 - Designated Liaison Person Workshop.

POWERED BY SPORT:80 

Sport Ireland's Safeguarding training promotes best practice for the protection of children in sport consistent with child welfare and protection guidance and legislation.

**Safeguarding 3
Designated Liaison Person**



SPORT IRELAND ETHICS

sportireland.ie

Young Voices Toolkit

Young Voices in Sport

Young members of sporting organisations have a right to participate in the decisions that affect their sporting lives. Volunteers and members of staff in sporting organisations can support the long-term engagement of their young members in the sports they love by listening to their views and acting on them. Sporting organisations that involve young members in decision-making are more relevant to them, more sustainable and more likely to thrive.

The purpose of this toolkit is to give volunteers and members of staff in sporting organisations a clear understanding of what they need to do to involve their young members in decision-making from club level to national governing body. Although many of the activities are suitable for children of any age, those aged between 10 and 18 are the focus of this toolkit.

By using the activities in the toolkit, it will be possible for sporting organisations to find out what is important to their young members, to support their involvement in on-the-spot decision-making and to consult with them in more depth on any topic.

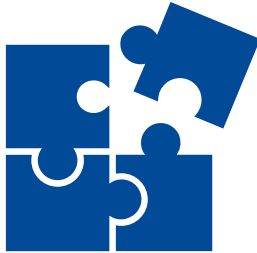
For more information about the Young Voices in Sport Toolkit, please contact the Sport Ireland Ethics Unit:
• ethics@sportireland.ie

Young Voices Toolkit Resources

- Toolkit Booklet
- Toolkit Activity Cards

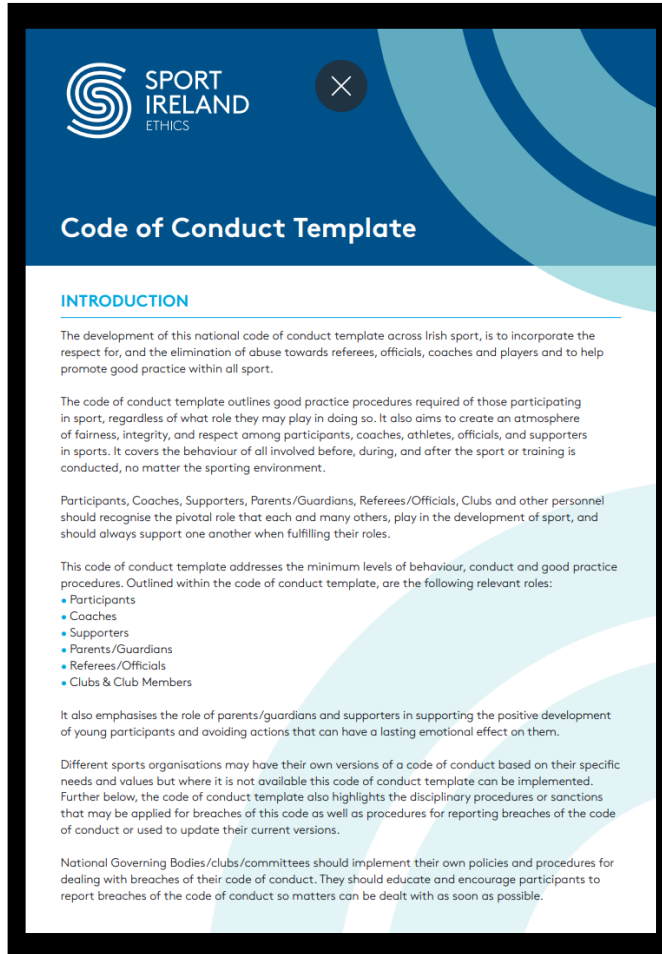


Demo Development



Online Resource

Code of Conduct Template & Charter for Sport in Ireland



Paul Stephenson

CPSU

Sport Ireland Safeguarding Campaign

29th Sept 2023

- The importance of parental engagement
- The volunteer role in safeguarding compliance

Paul Stephenson Child Protection in Sport Unit

Keeping Your Child Safe in Sport - Be their biggest supporter

Aim- raise awareness of the important role parents play in keeping their child safe and happy in sport.

- Year-round campaign,
- A focus week from 2nd Oct
- Media toolkit
- NSPCC CPSU launched a new film called “My No.1 Fan”

To find out more about being your child’s biggest supporter and how to get involved with the campaign, visit thecpsu.org.uk/parents

#SafeinSport



Keeping Your Child Safe in Sport Week 2023

“Be their biggest supporter”

Copy for websites, newsletters, and press

.....

Short form copy

Keeping Your Child Safe in Sport – Be their biggest supporter.

Keeping Your Child Safe in Sport is a national, year-round campaign run by the [NSPCC Child Protection in Sport Unit](#) (NSPCC CPSU) which aims to raise awareness of the important role parents play in keeping their child safe and happy in sport.

Alongside the year-round campaign, a focus week takes place during the first week of October to highlight the campaign and launch new resources and guidance for parents and carers. This focus week brings to life the campaign messages with stories from parents, young people, and coaches.

To celebrate this year’s campaign, the NSPCC CPSU will be launching a brand-new film called “[My No.1 Fan](#)” which will feature real families, talking about what positive parental behaviour and support means to them and how negative behaviour can impact children’s enjoyment of sport.

To find out more about being your child’s biggest supporter and how to get involved with the campaign, visit thecpsu.org.uk/parents

My No. 1 Fan – Positive Parental Involvement in Sport



Why are parents important?

Getting involved

- Showing an interest in the rules of the game
- Post-game support and
- The occasional bit of cheerleading or volunteering,

Being supportive

- Negative feedback from adults can take the enjoyment out of sport for children.
- Equally, positive feedback can help them to celebrate success and stay active and engaged with sport.

Keeping children safe

- Knowing what makes a sport club safe for their child to enjoy,
- How to spot poor practice or abuse and who to turn to if they do have worries about their child or anyone else in sport.

Resources for parents and clubs

How safe is your child's sport club?

5 questions you should be asking

2

Does the club have a safeguarding policy?

Your club should have a policy in place to safeguard children. It should be available for you to read, ideally on their website.

4

Who can you talk to?

All clubs should have a person responsible for safeguarding. They should let you know who they are and how to contact them if you need to.

NSPCC



1

Have the staff been checked out?

The club should have a safe recruitment process for hiring staff. They should be able to tell you what's involved in this process.

3

What happens if there's an accident?

Ask the club if they have a first aider. They should also have your contact details in case of an emergency.

5

What training is there?

Your club can tell you what level of training their coaches have. Safeguarding training is also available to anyone working with children.

For more information on how to keep your child safe in sport, visit thecpsu.org.uk/parents

How can you get involved in your child's sports club?

Keeping Your Child Safe in Sport

Parents feedback, support and behaviour all play important parts in children's enjoyment and experience of sport.

Parents can positively influence their child's participation of sport by:

Communicating around goals

If you and your child are involved in sport for different reasons, this may cause difficulties or conflict.

You should try to:

- talk regularly with your child about both of your goals.
- understand that goals might change over time.
- be open to changing the way you support your child as they grow and change themselves.

Taking an individual approach to supporting your child

The kinds of behaviours and level of involvement needed from parents is individual to every sport.

Always try to:

- ask your child how they would like to be supported.
- help your child develop the emotional skills they need to cope with the ups and downs of sport.

Great sports parents create a supportive environment for their child, where the importance of sport in a child's life is understood and celebrated.

You can do this by developing:

- your knowledge, experience, and understanding of the sport.
- a positive and proactive relationship with your child's coach.
- your ability to keep perspective that sport is just one part of your child's life.

Showing interest in your child's emotions and experiences of sport

For more helpful information, resources, podcasts and advice visit our website: thecpsu.org.uk

Based on research and guidance provided by Dr Camilla J. Knight, professor at Swansea University

Top tips

Keeping Your Child Safe in Sport

for getting parents involved in your sport

- ★ Set up ways to positively communicate with parents regularly
- ★ Get to know parents, listen to any concerns and act on them
- ★ Include parents in club decisions, like choosing new uniforms or practice times
- ★ Enable and encourage parents to stay at practice and support their child
- ★ Make time to regularly update parents about their child's development

For further guidance on working with parents, visit thecpsu.org.uk/parents

Safeguarding talented and elite athletes

Last updated: 16 Aug 2022

Talented and elite athletes

Balancing the pressure of elite sport

Balancing life with elite sport

Balancing training with looking after the body

When the balance tips

Moving through the talent pathway offers fantastic experiences and rewards for athletes. However, there are specific factors in elite sport that can make talented athletes more vulnerable to abuse.

Need help dealing with a concern?

All concerns should be discussed with your club welfare officer (designated person for safeguarding at your club) and reported in accordance with your national governing body's (NGB) policy and procedures.

Find out what to do

www.thecpsu.org.uk

CPSU Website

NSPCC



Parents' hub

We all want children and young people to enjoy taking part in sport – and parents play a key role in that.

This section of our website has been created to signpost parents to all the advice you need to keep your child safe in sport, from choosing safe clubs and activities, to supporting your child in a positive way.

If you're a coach or sports club, you can find further information on engaging with parents on our [parents in sport](#) topic page.

Sign up for
Keeping Your
Child Safe in Sport
updates

[Sign up now](#)

**Keeping
Your Child Safe
in Sport**

Be their biggest supporter

Keeping Your
Child Safe in
Sport Week

Our campaign aims to

**Be their
No.1 Fan**



Take a look at our
video

Real sport parents and
children talk about their
involvement and discuss



Information for
sports parents

This section is full of
advice on keeping your
child safe in sport



Free e-learning
for parents

'Keeping Your Child Safe
in Sport' is a short, free
e-learning course which

The volunteer role in safeguarding compliance

The CPSU have a volunteer coordinator that works across NI, Wales and England supported by a larger volunteer management team.

“Mystery Shopper” role

- NGB website reviews - to ensure key safeguarding information is available and individualised reports returned to each NGB.
- Checking safeguarding response- check how NGB’s respond to a safeguarding enquiry and report on response times and process.

Child Protection in Sport Unit Website audit

This form will address the main safeguarding areas of the organisation website.

Name of organisation _____

Date site reviewed.....=

Reviewed by.....=

1 Name of lead safeguarding officer and contact details
2 Are the safeguarding pages available within 1-2 clicks?
3 Do they have a copy of their safeguarding policy and procedures on the web site?
4 Does this safeguarding policy and guidance include:
A. Anti-Bullying policy/procedures?
B. Social media policy/procedures?
C. Photography policy/procedures?
D. Away trips and travel policy/procedures?
5 Is there information about what to do in the event of a concern about a child/young person?
6 Does the policy/guidance they make specific reference to codes of conduct/ behaviour?

Volunteer Project 3

How far are safeguarding standards, agreed by governing bodies, applied and embedded at a local level?

Email invitation to club/org welfare officer, using contact details in public domain (organisation website or social media) to participate in survey.

Phone based structured interview/survey

Final thoughts

- How is your sport proactively engaging parents?
- How can you use volunteers to assist you in raising safeguarding standards at club level?



Thank you

Call: 07866545229

Visit: thecpsu.org.uk

Tweet: @theCPSU

#SafeinSport



Kieron Stout

Athletics Ireland

George Maybury

Pentathlon Ireland



SPÓRT ÉIREANN
SPORT IRELAND

The Practical aspects of Child Safeguarding in Sport

Background

Safety Officer and Event Controller with Athletics Ireland since 2000.

Child Safety Officer with Pentathlon Ireland for past 4 years.

Currently Chairperson of Pentathlon Ireland

Garda background

Major Athletic Events

A significant number of Athletic Events encompass both juvenile and adult competition on the one day.

This requires building child safeguarding measures into the Event Plan.

In cross country events it also requires additional stewarding where courses require it.

Adequate female /male presence to pick up athletes at the finish of races.

Juveniles in senior competitions

In recent years, several prodigious young athletes have emerged who in reality are still children.

As people having reached 16 years can compete in senior competitions, chaperones must be appointed in respect of these athletes.

Management of the policy & behaviour

Whilst sporting bodies have their policies & Code of behaviour, challenges will arise!

Limited number of coaches.

Some experiences!

Cameras, Dressing rooms!

Small Sporting Bodies

Pentathlon Ireland is a small High Performance Sporting body which brings its own challenges.

Part-time administration, limited resources, uncertainty as to the very future of the sport, huge reliance on volunteers, particularly parents when training or travelling to competitions.

Sport Ireland Ethics

Networking & Lunch

35 minutes

Sarah Banville

Golf Ireland



Growth on the Green Programme

Sarah Banville – Safeguarding and Inclusion Coordinator

The Idea

Can Golf teach Youth
at Risk relevant life
skills?

Patience

Honesty

Respect

Self-discipline

Persistent

Programme Partners



GOLF SKILLS



PERSONAL EFFECTIVENESS
CURRICULUM

Programme Breakdown



Elements to consider when creating the programme

Buy-in from
the
participants

Cost

Equipment

Transport

Food

Sustainability

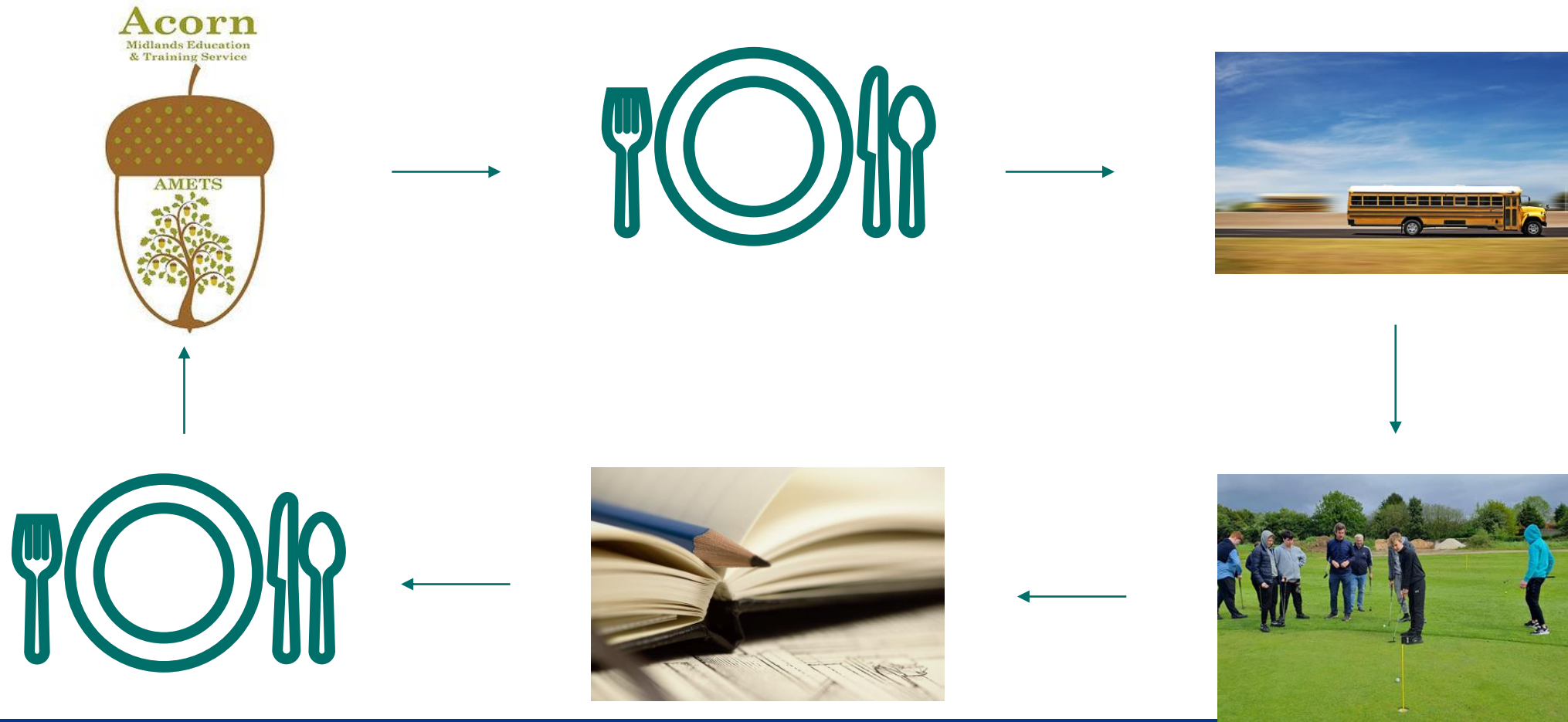
Partners



Funding Partner →



Typical Day of the Programme



Assessment



PRACTICAL 60%



THEORY 40%

Results

Patience

Respect

Empathy

Persistence

Active listening

Ability to take
direction

Ability to build
relationships

Ability to
effectively
communicate

Ability to
reflect on their
experiences

Better
Understanding
of Self

Increased
Confidence

Increased Self
esteem

Thank you

For more information, please contact

Sarah Banville
Safeguarding and Inclusion Coordinator
sarahbanville@golfireland.ie

Benny Cullen

Sport Ireland



SPÓRT ÉIREANN
SPORT IRELAND



Children's Sport
Participation and
Physical Activity
Study 2022



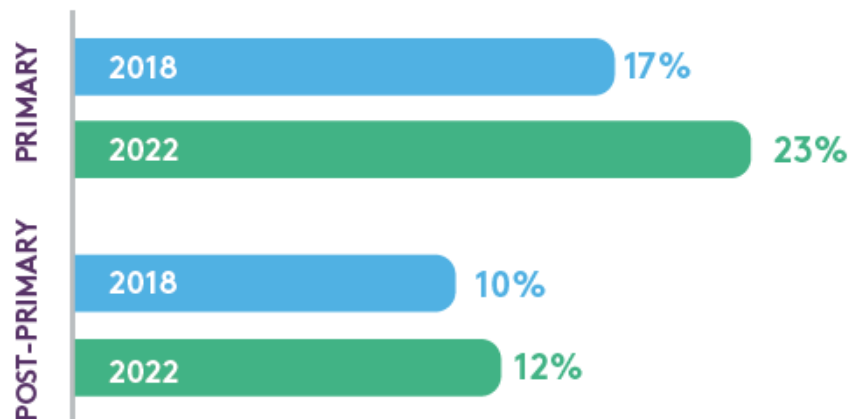
Benny Cullen

**Director of Research
and Innovation**

Key Findings (ROI)

PHYSICAL ACTIVITY

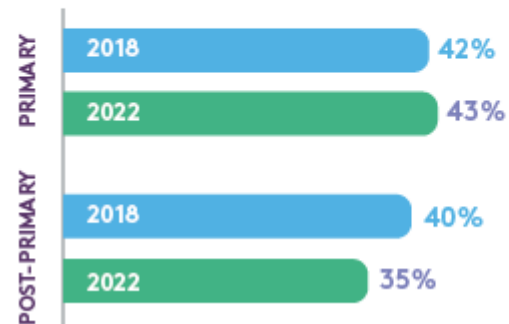
Students meeting the Physical Activity Guidelines



The number of children meeting the National Physical Activity Guidelines has increased since 2018

ACTIVE TRAVEL

Students who actively travel to/from school

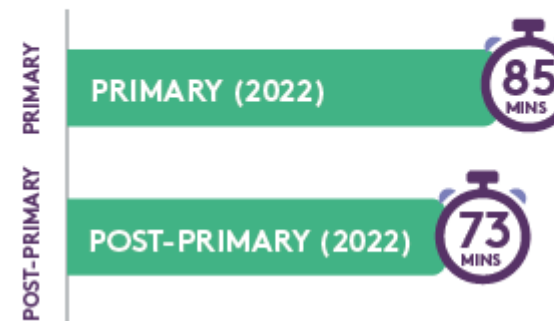


The number of post-primary students actively travelling to or from school has decreased since 2018



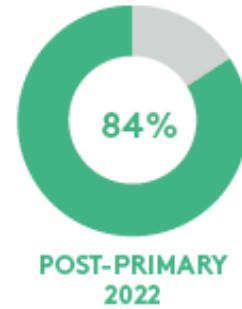
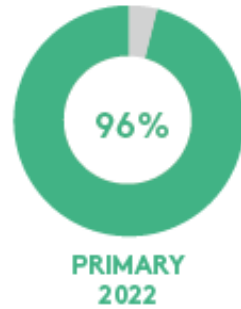
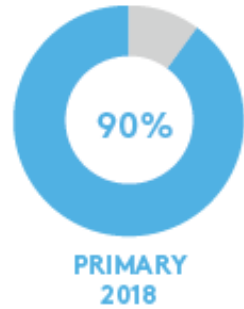
PHYSICAL EDUCATION

Average PE minutes per week in schools



Key Findings (ROI)

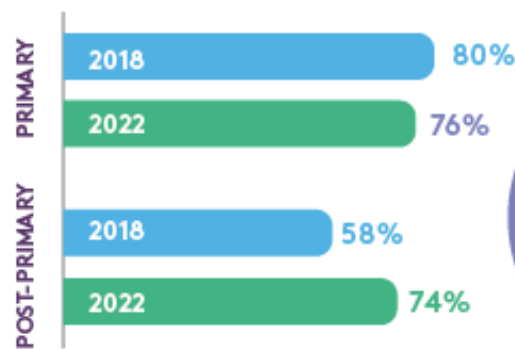
ANY SPORT Students participating in any sport at least once a week



↑
Overall participation rates in sport have increased since 2018

COMMUNITY SPORT

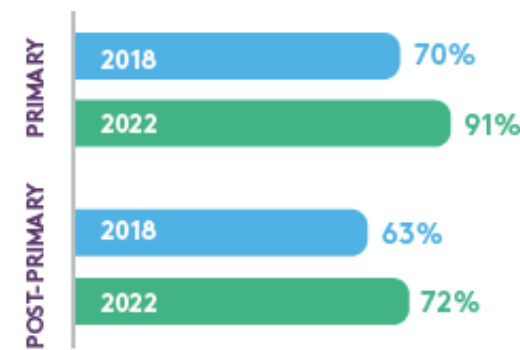
Students participating in sport in a sports club or community setting at least once a week



↑ ↓
Community sport participation has increased in post primary students and decreased in primary students

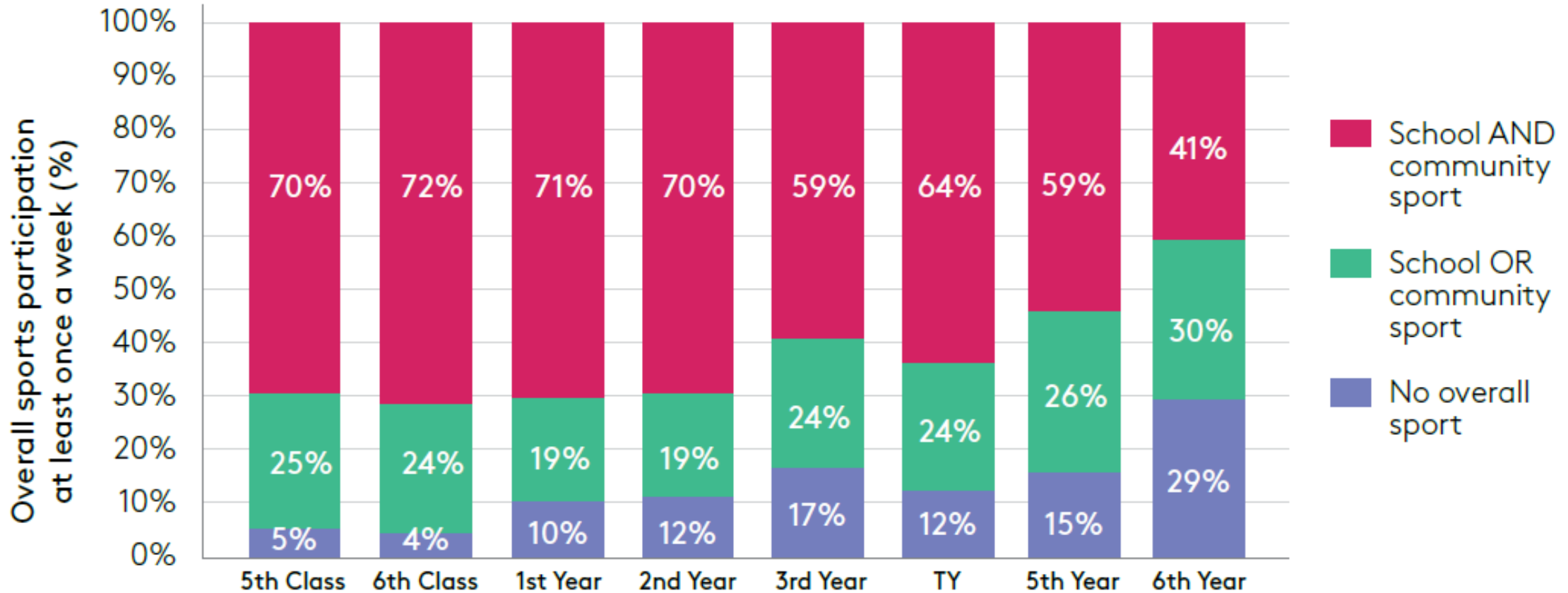
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



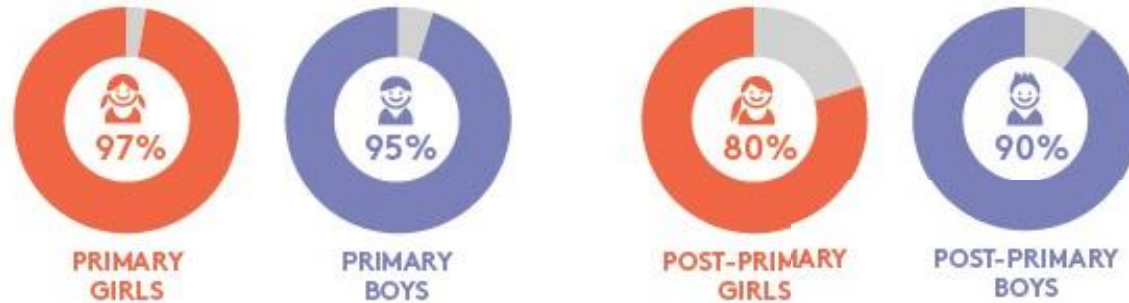
↑
Overall, the number of students in both primary and post primary participating in school sport at least once a week has increased.

Spotlight on Age



Spotlight on Gender

ANY SPORT Students participating in any sport at least once a week



29%
drop in girls school sport participation between primary and post-primary school

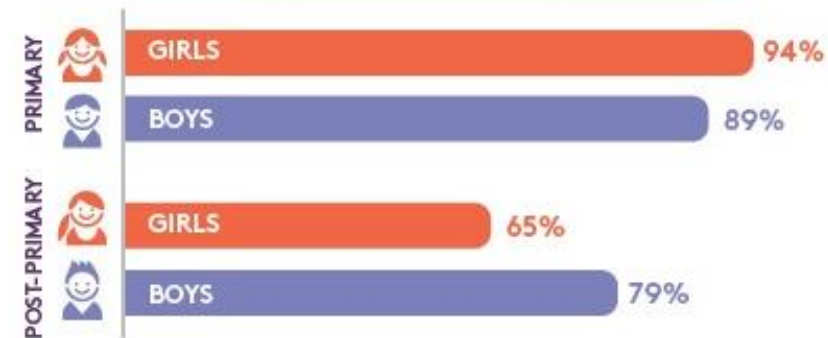
COMMUNITY SPORT

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SCHOOL SPORT

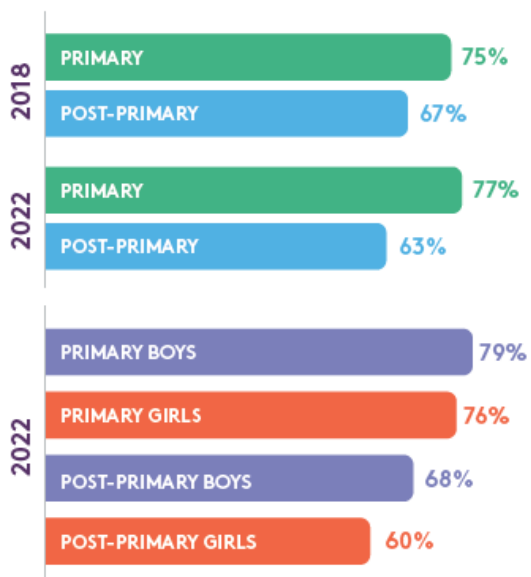
Students participating in sport at school, outside of PE, at least once a week



Social Participation in Community Sport

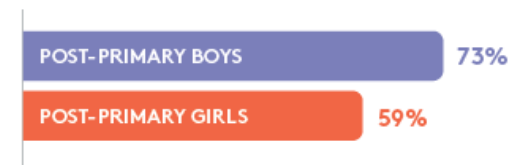
CLUB MEMBERSHIP

Students who report membership of one or more sports clubs

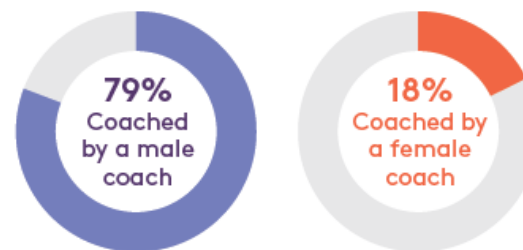


EXPERIENCE OF COACHING

Students who report receiving coaching in community sport



Gender of coaches in community sport



Only 18% of post-primary students reported being coached by a female



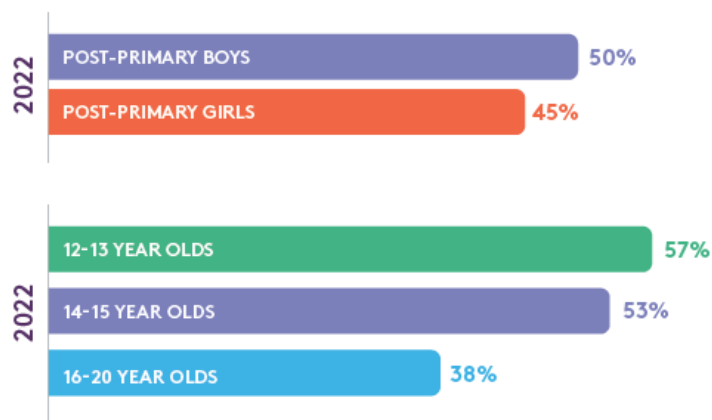
Social Participation in Community Sport

VOLUNTEERING

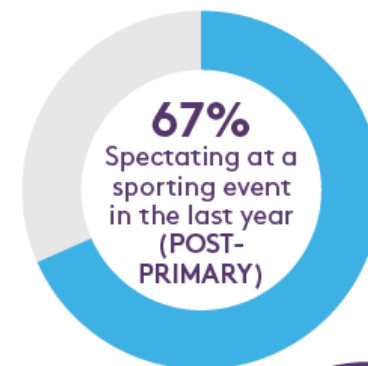
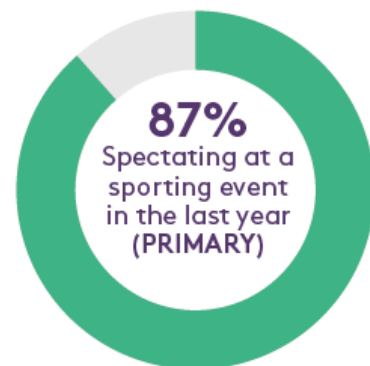
Student who report volunteering once or more a week

Post-primary boys are more likely to report volunteering in sport than girls

Younger post-primary students are more likely to report volunteering in sport than their older peers



SPECTATING



Primary students are more likely to spectate at sporting events than post-primary students



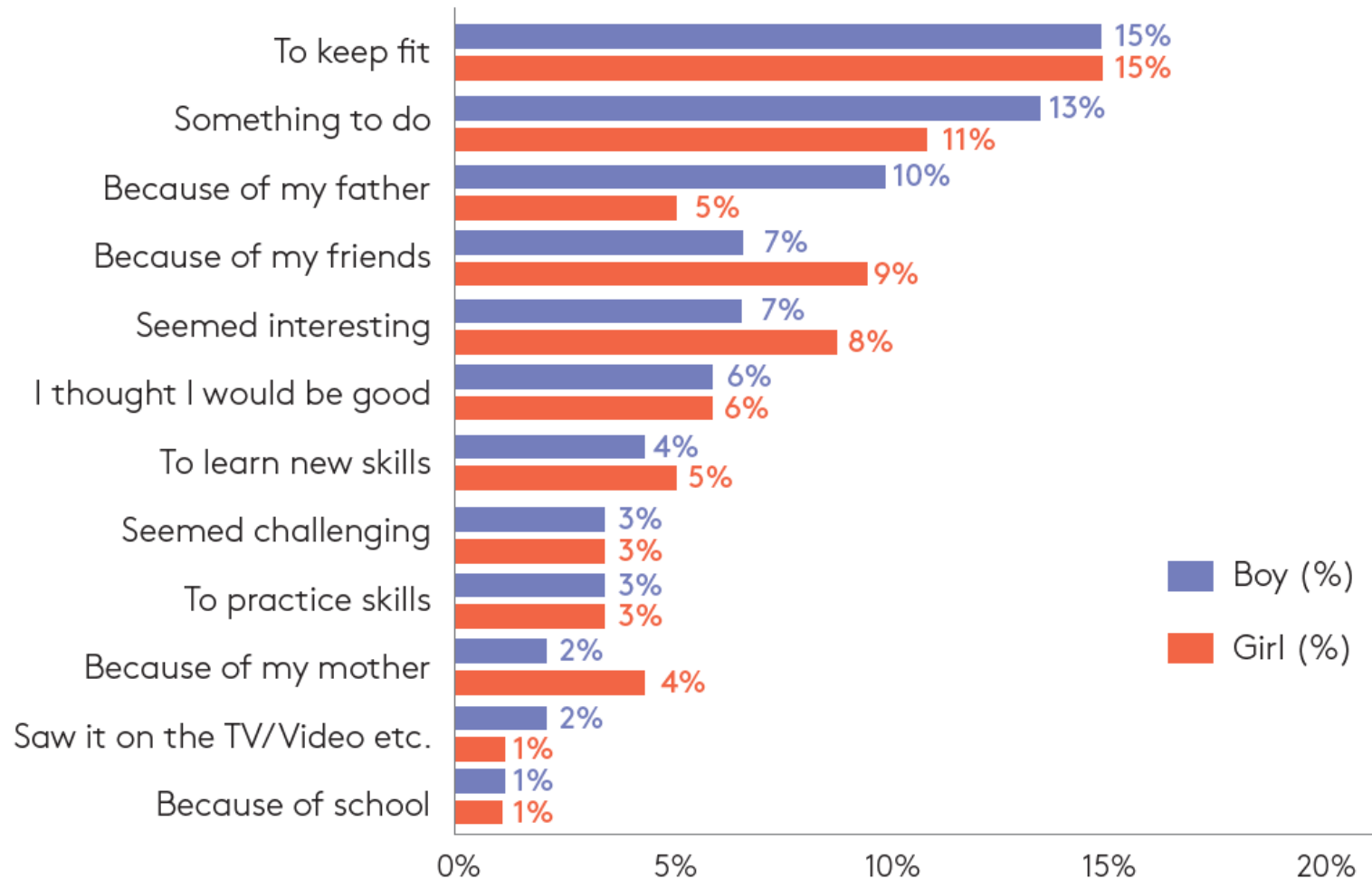
Popular Community Sports

Sport/Activity	Primary (%)			Post-Primary (%)		
	Boy	Girl	All	Boy	Girl	All
Gaelic Football	47	43	45	38	33	35
Swimming	36	45	40	26	34	30
Soccer	56	27	42	41	15	28
Camogie/Hurling	37	40	38	26	22	24
Cycling	21	24	23	19	20	20
Weight training	0	0	0	25	16	20
Athletics	23	29	26	17	18	17
Dance	5	32	18	4	25	14
Tennis	11	17	14	11	14	13
Basketball	17	19	18	14	13	13
Golf	19	14	16	17	8	12
Cross-country running	16	14	14	11	12	11
Rugby	25	14	20	16	6	11
Boxing	17	12	14	13	9	11
Horse riding	13	28	20	5	15	10
Adventure Activities	13	17	15	9	10	10
Martial arts	14	15	15	11	8	10
Gymnastics	5	23	14	4	16	10

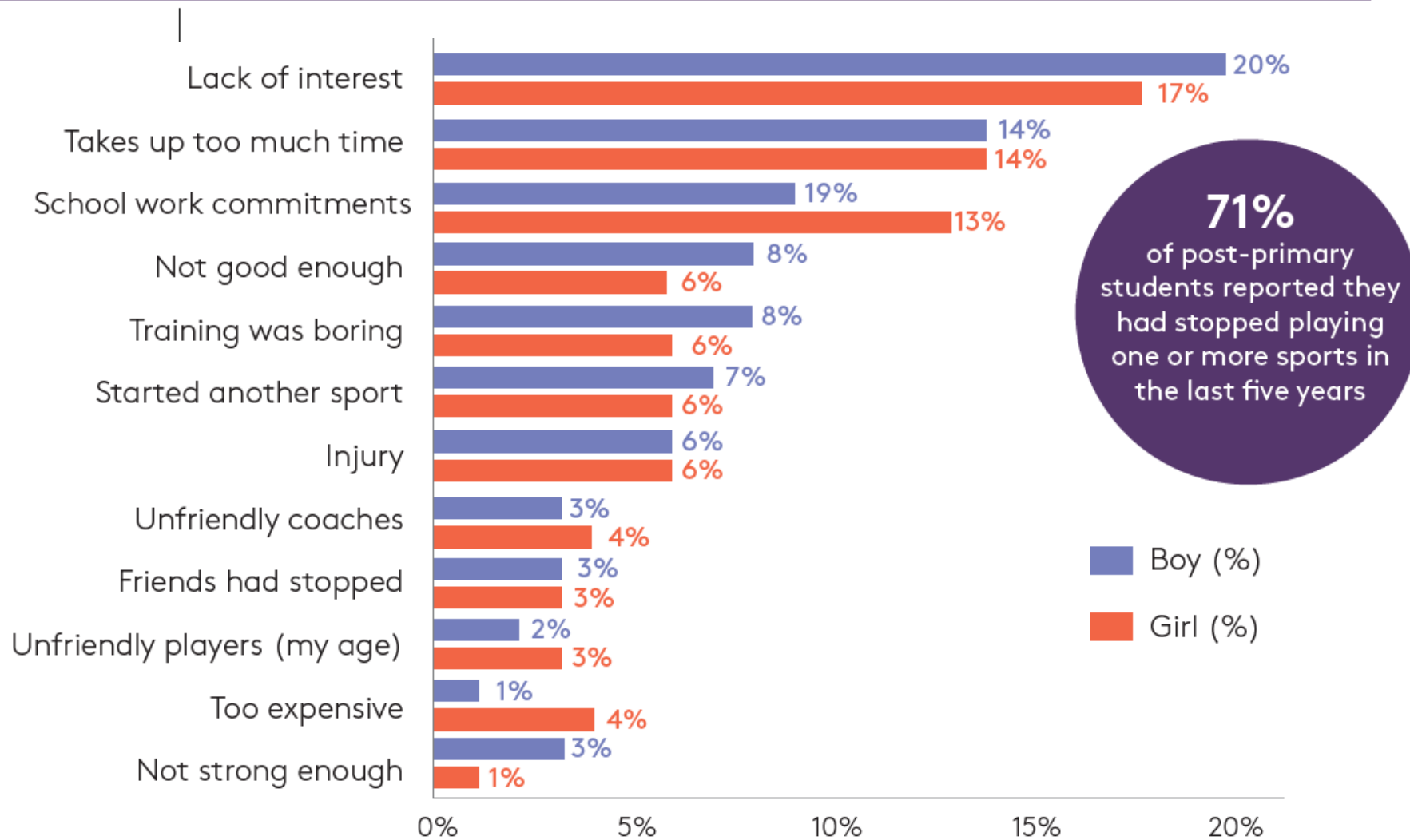
Popular School Sports

Sport/Activity	Primary (%)			Post-Primary (%)		
	Boy	Girl	All	Boy	Girl	All
Soccer	54	36	45	46	17	31
Gaelic football	38	32	35	32	24	28
Basketball	32	33	33	31	22	26
Camogie/Hurling	21	23	22	18	12	15
Athletics	23	22	22	16	14	15
Cycling	16	17	16	12	10	11
Cross-country running	9	9	9	11	10	11
Badminton	8	6	7	9	11	10
Baseball/rounders	17	19	17	11	9	10
Rugby	20	10	15	16	5	10
Swimming	19	14	17	9	8	9
Adventure activities	11	12	11	10	9	10
Tennis	6	12	9	10	7	9
Volleyball	9	13	11	6	10	8
Weight training	-	-	-	11	5	8
Dance	8	15	12	4	10	7
Handball	7	8	8	11	4	7
Hockey	4	13	8	4	7	5

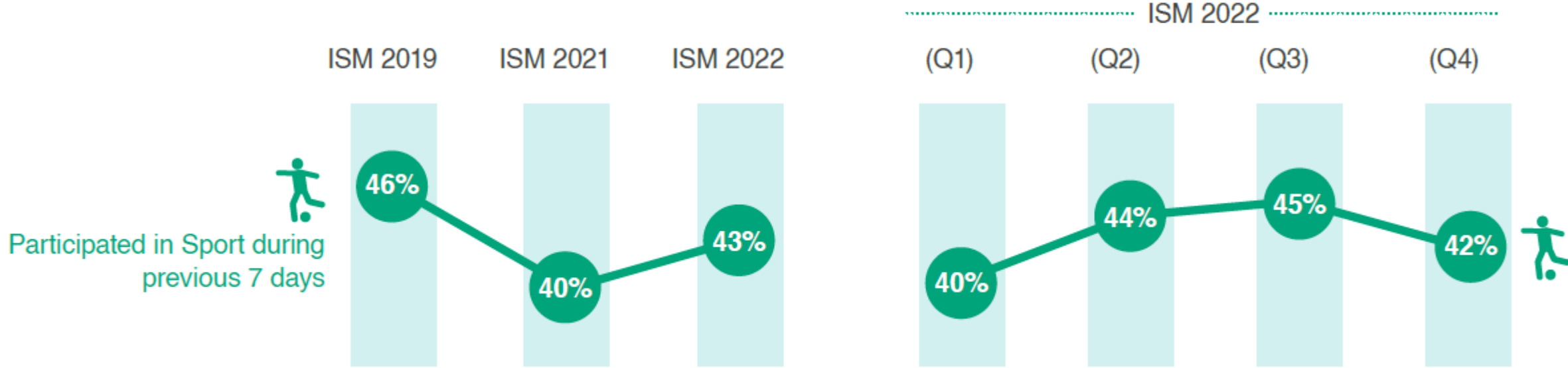
Top reasons for participating in sport among post-primary students



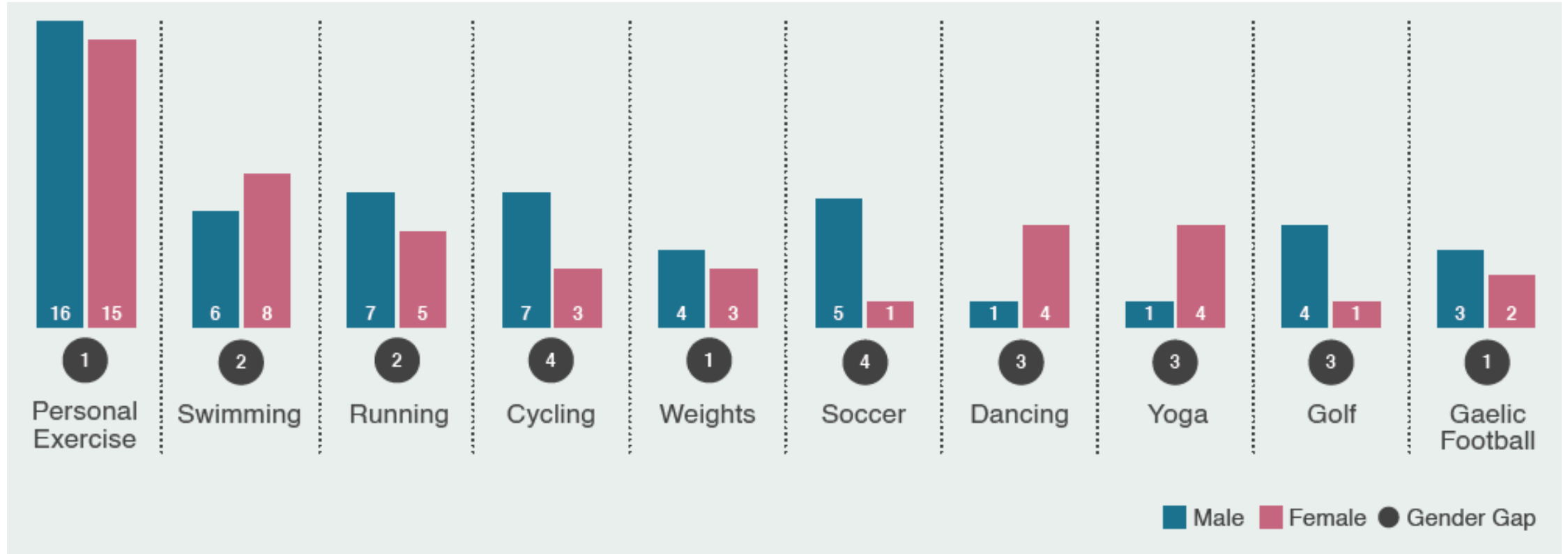
Top reasons for stopping sport among post-primary students



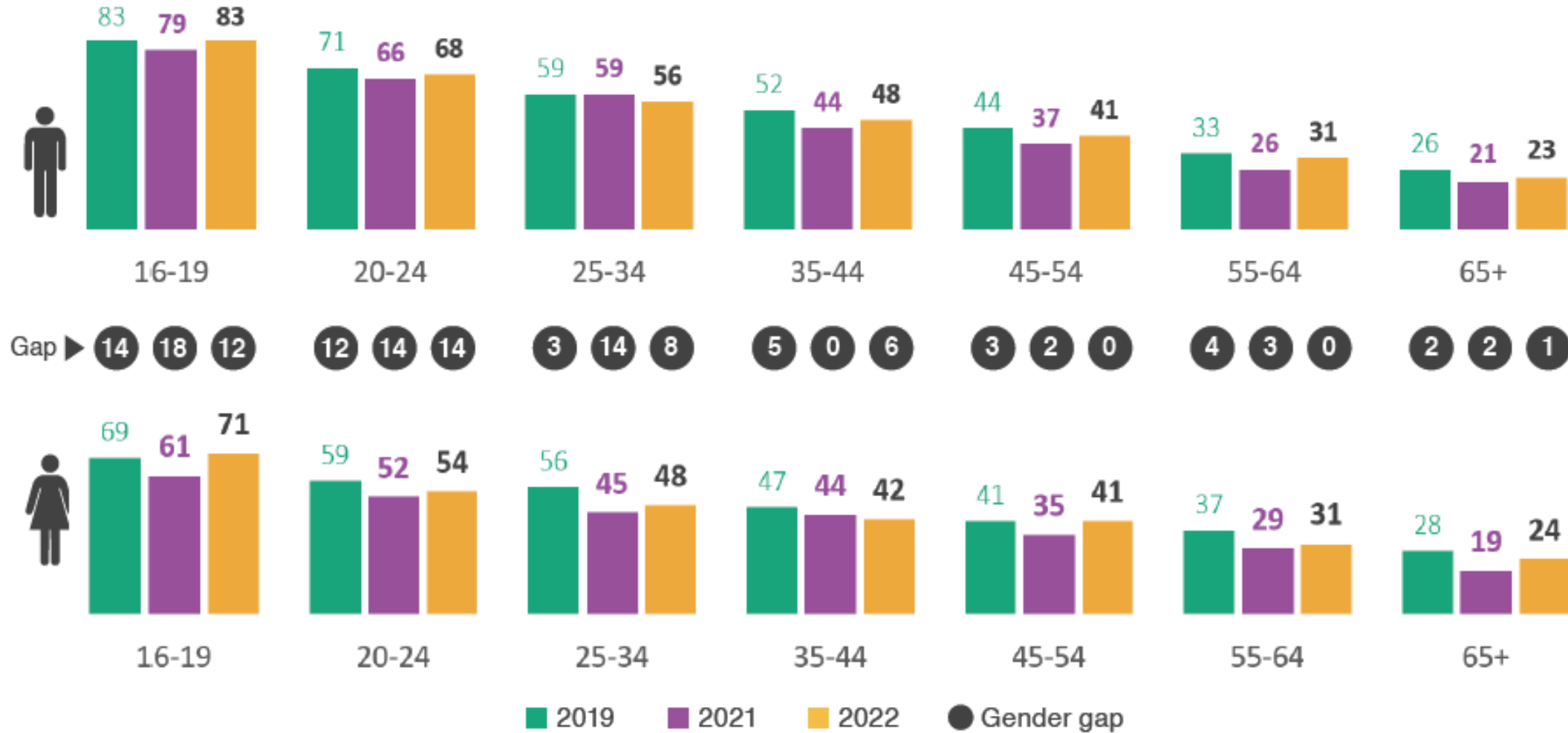
Adult Sports Participation



Most Popular Adult Sports



Sports Participation by Age and Gender



Interest in New Sports

Desire to try a new sport never previously played

29%

would like to try a new sport

49%

of those who would like to try a new sport are not regular sports participants

Most popular sports that potential participants would like to try



11% Tennis



11% Rugby



9% Swimming



8% Golf



8% Basketball

Reason for wanting to try a new sport

24% Because it looks like fun

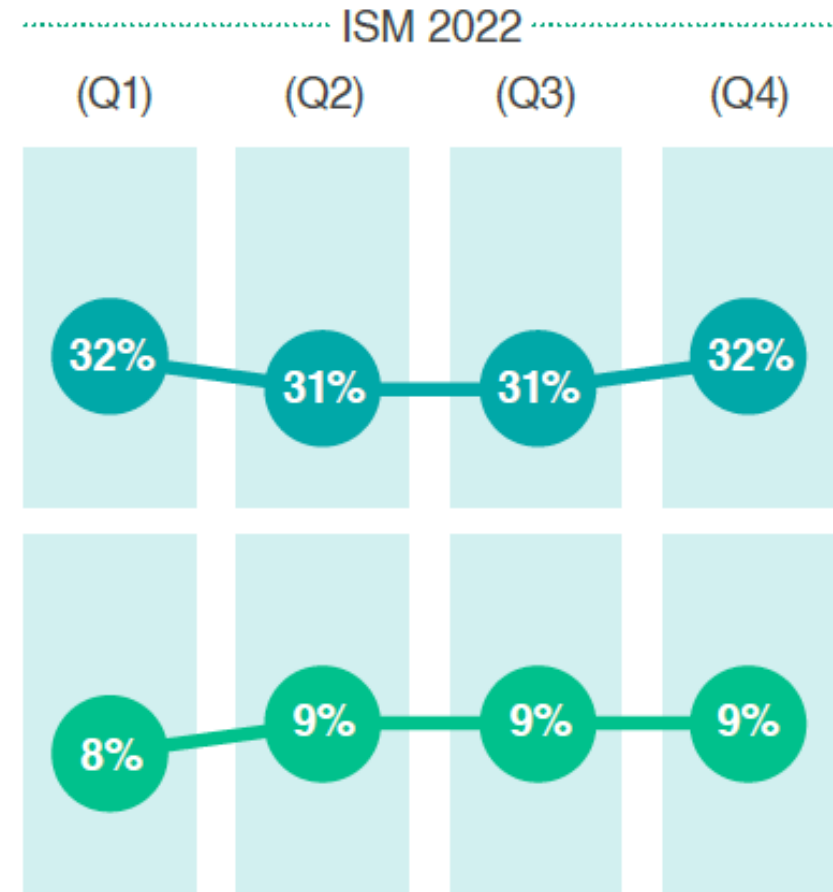
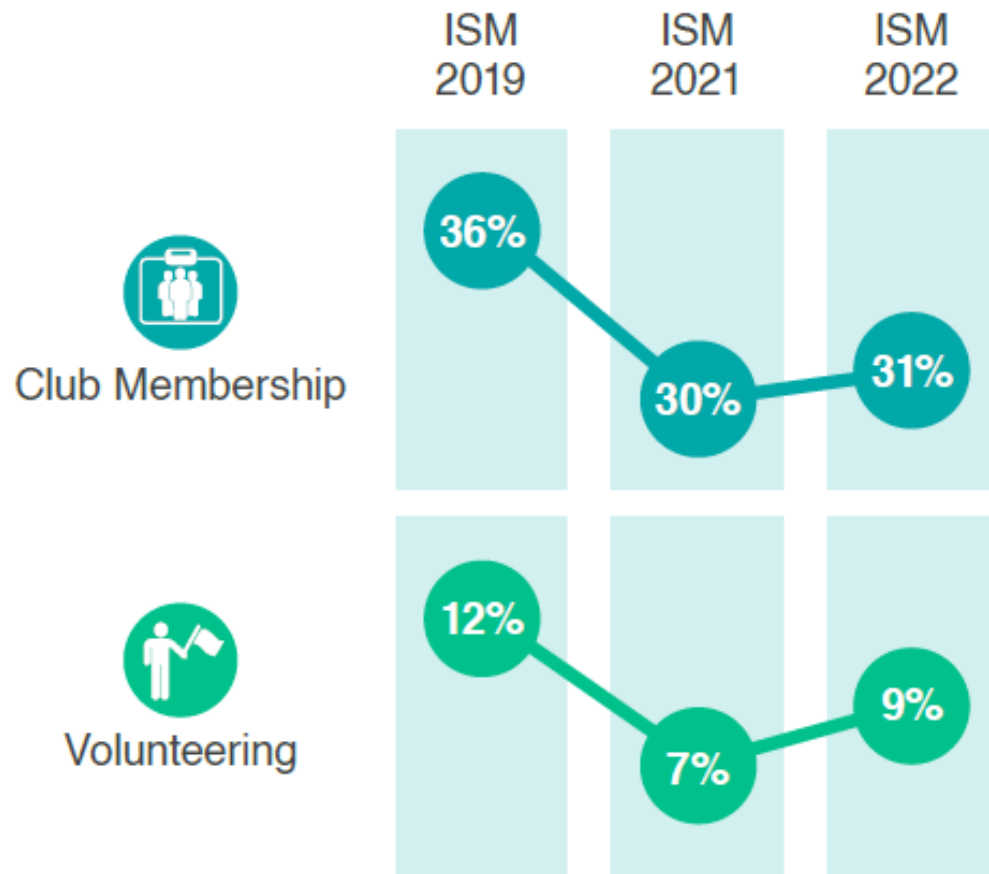
19% To Improve fitness

17% To have fun

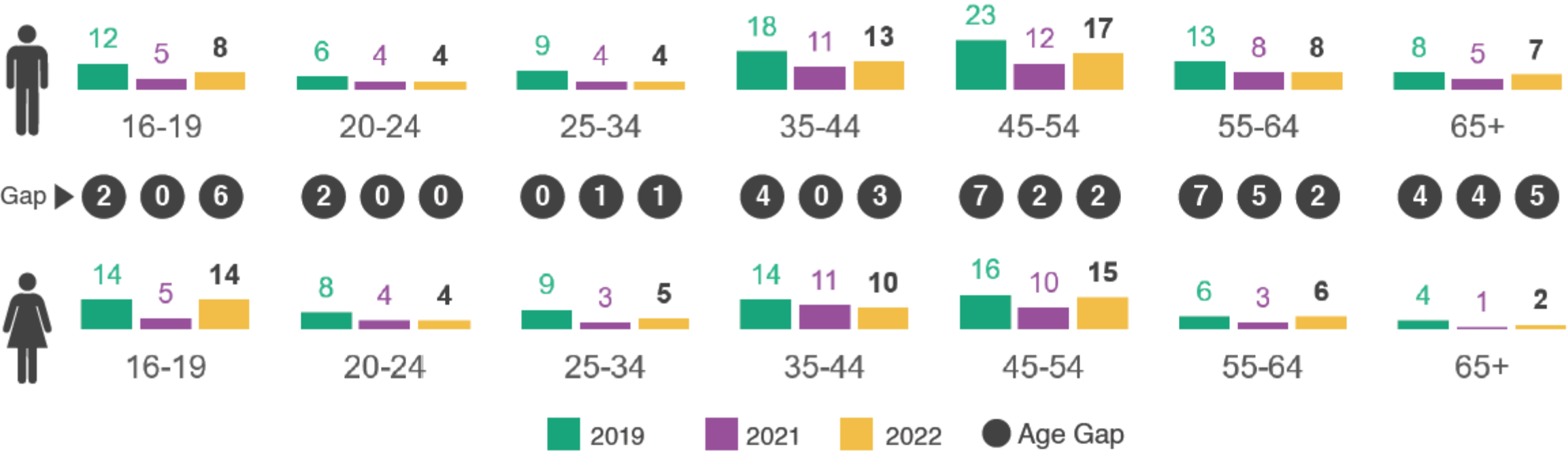
14% To improve physical health

9% To spend time with friends/family

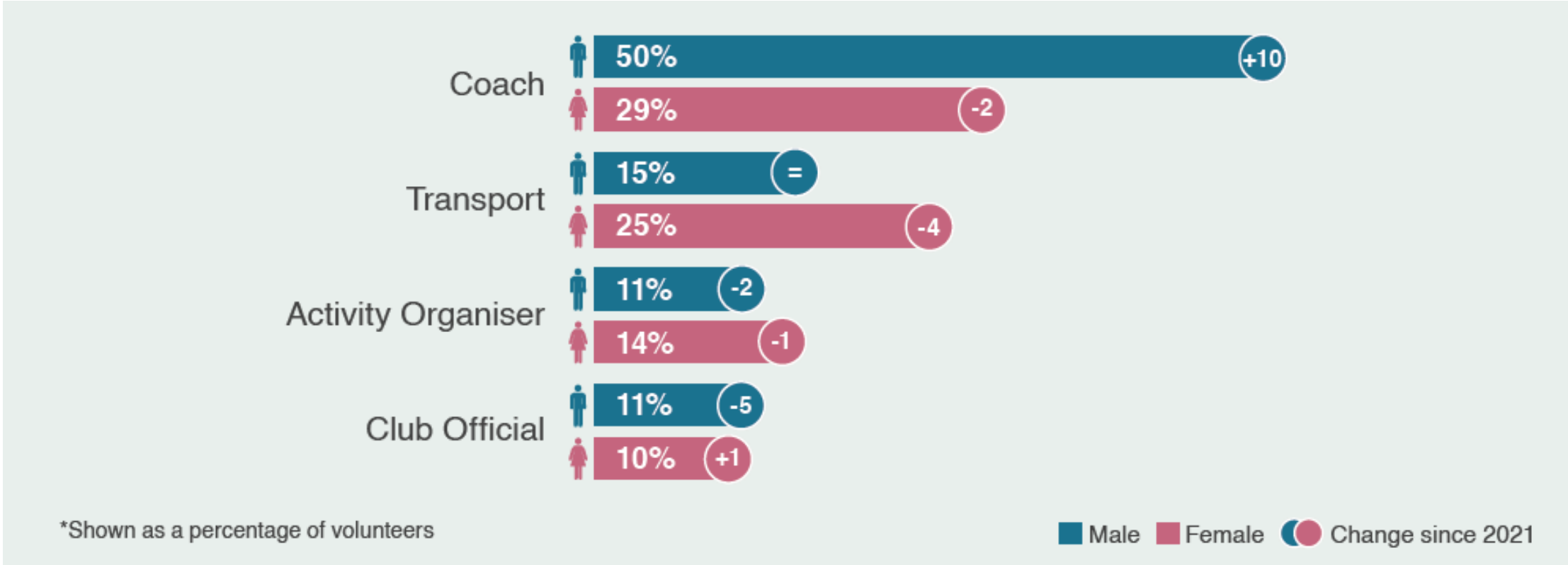
Club Membership and Volunteering



Volunteering by Age and Gender

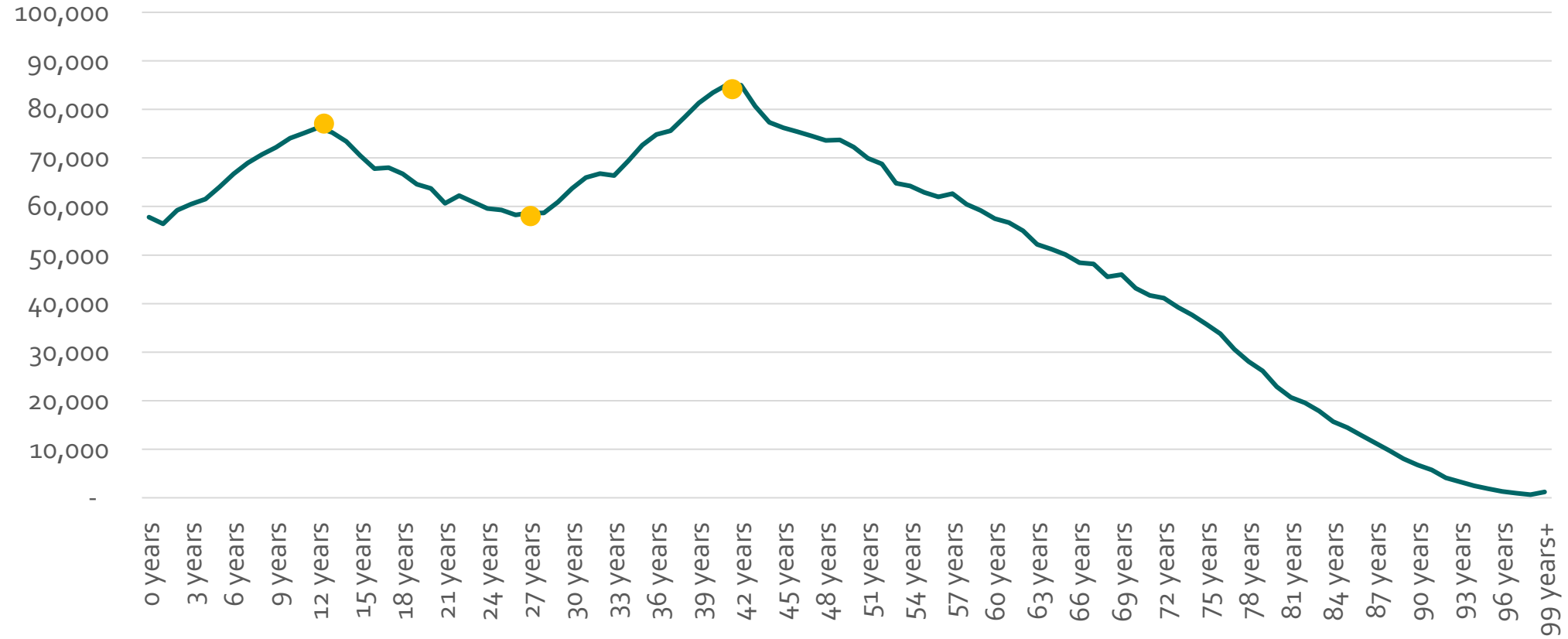


Volunteering Roles by Gender



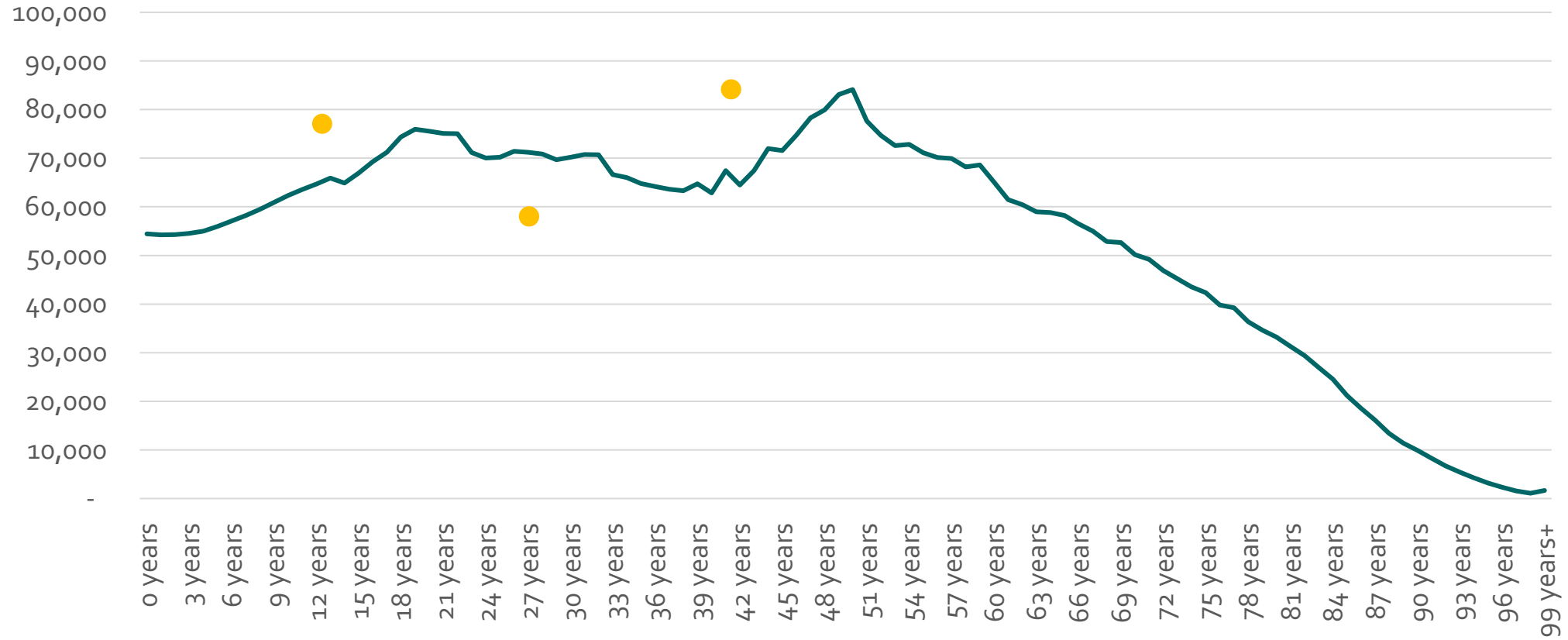
Population Demographics

2022 Population Profile



Population Demographics

2030 Population Profile



Sport Ireland

Thank You Questions?

Sport Ireland Ethics

Safeguarding Campaign 2023