



TWIN CITY CALISTHENICS

Your contact if you have concerns: Admin@twincitycalisthenics.com



Child Safe Standards

GUIDE FOR TEENS

Date created:	1 June 2023
Audience:	Members of Twin City Calisthenics Club who are between 13 – 17 years of age
Version:	2023 V1
Purpose of Document:	Help children and young people in sport to understand: <ul style="list-style-type: none">• that sport should be safe;• that it's OK to tell an adult they trust if they have any concerns; and• their own responsibilities when participating in sport.
Actions:	<ul style="list-style-type: none">• All members of Twin City Calisthenics have access to this guide• All members acknowledge they have read and understand this guide
Review:	As required
Contact:	Twin City Calisthenics admin@twincitycalisthenics.com
Contents:	Document(s) Guide for Teens
Other relevant resources:	https://calisthenics.asn.au/ https://www.twincitycalisthenics.com/ <ul style="list-style-type: none">• TCC Child Safe Policy• TCC Child Safe Code of Conduct• TCC Child Safe Guide for Parents & Guardians• TCC Child Safe Guide for Teens• TCC eSafety Guide• TCC Child Safe Recruitment• TCC Guidelines for Physical Contact• TCC Image Use Consent Form• TCC Guide to Responding to and Reporting Child Safe Concerns



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Three Important Messages

The **three key messages** to always keep in mind are:

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others in calisthenics, particularly adults.
3. If you don't feel safe or comfortable, **it's OK to speak up**. We want you to **tell an adult that you trust** – whether that's your Mum or Dad, guardian, coach, team manager, Club Child Safety Officer – Kate Williams (admin@twincitycalisthenics.com) or another member of Twin City Calisthenics or your family.

Your rights:

We believe that all kids involved in our sport should:

- Feel comfortable;
- Feel safe;
- Have a right to contact your parents/guardians or others if you feel unsafe, uncomfortable or distressed at any time when you are involved in calisthenics.
- Be provided with clear directions and given the chance to positively change your behaviour if calisthenics coaches, volunteers or officials believe that you have broken any rules or policies or you have misbehaved;
- NOT be subject to disciplinary action involving verbal or physical punishment, or any form of treatment that could reasonably be considered cruel, frightening, humiliating or like you are being put down; and
- Contribute suggestions or feedback about calisthenics.

Our Commitment to you in calisthenics:

Twin City Calisthenics now has a Child Safe Code of Conduct that aims to make sure you are protected from harm. When involved in calisthenics, we want it to be enjoyable for everyone. So, we'll try to make sure that activities are suitable for your age and development and are led by qualified people.

Twin City Calisthenics commits to:

- Doing our best to make sure that you are protected from harm;
- Supervising your involvement in calisthenics in Victoria;
- Obtaining parent/guardian permission in writing before we can:
 - take you on an excursion;
 - arrange overnight stays or camps; and/or
 - provide transport to another location.
- Ensuring that **coach/volunteer/official-to-teens ratios are maintained**. (Note - please check with us if you are unsure what is meant by "ratios");
- Trying to make sure that **you are not alone** with staff, coaches, volunteers or officials where they can't be seen by other adults;



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- Trying to make sure that **calisthenics, coaches, volunteers and/or officials stay within their role**. This means that they cannot look after you or visit you at your home unless with the permission of your Parent/Guardian. They are not allowed to friend you on Facebook, take photos or footage of you for Instagram, YouTube, Snap Chat or other forms of social media unless they are doing this through official club communication channels with the consent of your parent/guardian.
- **Communication between you and coaches, officials and volunteers** in our sport must be regarding your involvement in calisthenics unless your Parent/Guardian has given their permission for you to have contact with them at a particular time;
- **Guiding teens fairly, respectfully and appropriate to their age and background;**
- **Reporting and responding to any incidents** of abuse or neglect towards teens involved in calisthenics.
- Where and when possible, our **coaches, volunteers and officials will wear a uniform and/or have an appropriate name badge visible** on when on duty.

What to do if you have concerns:

- If at any stage you feel uncomfortable, unsafe or worried, you should let your parent/guardian or a trusted adult know what has happened – they will want to support you.
- All you need to do is tell someone about what happened and they will do their best to make sure that you feel safe and protected from harm.

Responsibilities of Teens in calisthenics:

When you are involved in calisthenics, you also have some responsibilities. These include:

- Letting a member/parent/guardian know if you are unhappy or you don't feel safe;
- Treating other participants and adults with respect;
- Following the rules when involved in calisthenics;
- Remembering that there are others involved in calisthenics. You are certainly free to choose your own friends. However, don't stop other teens or younger kids from enjoying and participating in calisthenics; and
- Listening to others and respecting their opinions.