

Policy Title: Child Safe Standards Policy – Teens Guide

Date created:	December 2022				
Audience:	Members of Emmanuel Calisthenics aged 13-17 years of age				
Version:	2022:1				
Purpose of Document:	<p>Help Children and Young People in sport to understand:</p> <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"> • Read and understand • Encourage others to read, understand and promote the Kids Guide to Children and Young People and their parent(s)/guardian(s) • Make available to Children and Young People in our Club, and • Use the information on websites. 				
Review:	January 2026				
Contact:	Executive Committee, Emmanuel Calisthenics Inc admin@emmanuelcalisthenics.com.au				
Contents:	<table border="1"> <thead> <tr> <th>Document(s)</th><th>Pages</th></tr> </thead> <tbody> <tr> <td>Child Safe Teens Guide</td><td>2-3</td></tr> </tbody> </table>	Document(s)	Pages	Child Safe Teens Guide	2-3
Document(s)	Pages				
Child Safe Teens Guide	2-3				
Other Relevant Resources (see Website)	<ul style="list-style-type: none"> • Child Safe Policy • Physical Contact When Working With Children Guide • Communication When Working With Children • Code of Conduct For Dealing With Children & Young People • General Code of Conduct • Participant(s) Code of Conduct • Parent(s)/Guardian(s) Code of Conduct • Official/Volunteer Code of Conduct • Parent(s)/Guardian(s) Guide • eSafety Guide • Image Use Consent, and • Responding To And Reporting Child Safe Concerns Guide. 				

Policy Title: Child Safe Standards Policy – Teens Guide

1. Three Important Messages

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

- Calisthenics should be fun, safe and enjoyable
- You should never feel uncomfortable around others at Emmanuel Calisthenics particularly adults, and
- 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, a member of the Emmanuel Calisthenics Executive Committee or another member at Emmanuel Calisthenics or family.

2. Your Rights

We believe that all kids involved in our sport should:

- Feel comfortable
- Feel safe
- Have a right to contact your parent(s)/guardian(s) 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 Emmanuel Calisthenics.

3. Our Commitment to you at Emmanuel Calisthenics

Emmanuel Calisthenics has a 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 will make sure that activities are suitable for your age and development and are led by qualified people.

Emmanuel Calisthenics commits to:

- Doing our best to make sure that you are protected from harm
- Supervising your involvement at Emmanuel Calisthenics
- Obtaining parent(s)/guardian(s) permission in writing before we can:
 - take you on an excursion
 - arrange overnight stays or camps, and/or
 - provide transport to another location/competition etc.
- Ensuring that coaches/volunteer/official-to-teens ratios are maintained
- Make sure that you are not alone with coaches, volunteers or officials where they can't be seen by other adults
- Make sure that Calisthenics' coaches, volunteers and/or officials stay within their role. This means that they cannot be employed for looking after you or visiting you at your home unless

Version: 1		
First created: 31/12/2022	Page 2 of 3	Last reviewed: January 2025
Version changed:		Next review: January 2026

Policy Title: **Child Safe Standards Policy – Teens Guide**

with the permission of your parent(s)/guardian(s). 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(s)/guardian(s).

- Communication between you and coaches, officials and volunteers in our sport must be regarding your involvement in Calisthenics unless your parent(s)/guardian(s) 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, and
- Where and when possible, our Emmanuel Calisthenics coaches wear suitable attire when on duty.

4. **What to do if you have concerns**

- If at any stage you feel uncomfortable, unsafe or worried, you should let your parent(s)/guardian(s) or a trusted adult at Emmanuel Calisthenics know what has happened – they will want to support you, and
- 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.

5. **What Responsibilities of Teens at Emmanuel Calisthenics**

When you are involved at Emmanuel Calisthenics you also have some responsibilities. These include:

- Letting a member/parent(s)/guardian(s) know if you are unhappy or you don't feel safe
- Treating other participants and adults with respect
- Following the rules when involved at Emmanuel 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.

Version: 1		
First created: 31/12/2022	Page 3 of 3	Last reviewed: January 2025
Version changed:		Next review: January 2026