



SAFEGUARDING IN RUGBY

Helsinki Rugby Club Minis

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Supervised by Helsinki Rugby Club

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Introduction

Children's exercise and sports offer countless opportunities for the joy of exercise, health and a sense of community. However, at the same time, it is important to ensure that children can enjoy sports in a safe and healthy environment for them. We hope that this guide will provide you with valuable information and practical advice on how to promote the safety of children's sports. Every step towards a safer sports environment is a step towards children's well-being and joy in sports. Together we can ensure that every child can enjoy the joys and benefits of rugby safely and healthily.

Children have the right to be protected from all kinds of harm and danger. This guide is designed to provide tips on how to ensure the safety of children while playing sports. This safety guide has been compiled in Finnish and English as a tool for all adults working with children and young people working with Helsinki Rugby Club, but also for parents if necessary. The guide helps to identify situations that threaten the child's safety and provides clear instructions for different situations. The guide is based on the corresponding material of World Rugby in English and the Convention on the Rights of the Child.

If you have any questions about the guide, please contact essi.kara@helsinkirugby.org

The purpose of safeguarding

World rugby, as well as most countries that play rugby at a high level, has some basis for how children should be protected in the recreational environment. World rugby also maintains a safety plan related to child safety. This would also be our club's long-term plan. Now, we want to focus on creating this foundation, which is still lacking in the Finnish rugby union at the moment. Under this link you can find a link to the relevant safety plan:

[implementation-guide-for-organisations-who-work-with-children-a5-version-re.pdf \(sportanddev.org\)](#)

Safeguarding children in sport is a priority and requires a multifaceted approach covering physical, mental and social well-being. In addition, safeguarding children in sports requires cooperation and commitment from all parties. Education, proper supervision, and care are key to ensuring that children can enjoy sport in complete safety.

Training of coaches and instructors:

- Coaches and instructors have appropriate training to understand children's physical and mental development and to master first aid skills.
- In addition, anticipation and guidance skills play an important role in children's coaching

Safe training and playing conditions:

- Safe training environment and equipment

Injury prevention:

- Warm-up, techniques and trajectories
- First aid training for coaches

A supportive and equal atmosphere:

- Creating an environment where children feel safe to express themselves and participate in sports without fear or discrimination.

- Encourage positive interaction and team spirit.

Mental well-being:

- Be aware of children's emotional lives and offer support and guidance when needed.
- Teaching children emotional and interaction skills
- Encourage them to have fun and enjoy exercise.

Involvement of parents and guardians:

- Encourage parents to participate in their children's sports activities and inform them about safety practices and expectations.
- Parental support and presence can help create a safe and supportive environment for children.

Children's rights in rugby

Human rights belong to everyone. However, ensuring their protection is the responsibility of the trusted adults in children's everyday lives and, consequently, of the coaches in our club. So, how do we strive to uphold children's rights within Helsinki Rugby Club?

In accordance with, and in compliance with the Convention on the Rights of the Child, we also guarantee that our priorities are in order. The Convention on the Rights of the Child quote: "... Like other human rights treaties, the Convention on the Rights of the Child is based on the concept of equal human dignity for everyone. The same rights therefore belong to all children and children must not be discriminated against on the basis of, for example, skin colour, gender, language, religion, wealth or disability. A child must also not be discriminated against on the basis of the characteristics of his or her parents (or other guardians). Taking children's views into account has a positive effect on children's self-esteem and encourages them to participate in dealing with common issues. A child who is heard in everyday life also dares to tell if adults treat him or her badly – so taking children's views seriously is also a way to protect children."

When children's rights are realized, each child can lead a fulfilling life and grow up in a secure environment. Additionally, we prioritize maintaining open communication among parents, coaches, and other responsible adults. Helsinki Rugby Club adheres to the World Rugby policy concerning harassment and discrimination. Both children and adults have a designated individual to receive and address reports.

Definitions of security, harassment, and abuse

By definition, "safeguarding" entails preventing harassment and abuse within the club/community, as well as implementing an appropriate and standardized policy for addressing reported incidents

Harassment and abuse can be the result of abuse of a position of power, meaning the improper use of influence over another person.

Harassment can take five different forms. Harassment can take many different forms at the same time, including emotional abuse, physical abuse, sexual harassment, sexual abuse, and neglect.

Reporting process

All incidents involving harassment or abuse, along with relevant concerns, can be reported directly to Essi Kara, who holds the position of the club's safeguarding manager.

1.1 Via email or phone: essi.kara@helsinkirugby.fi, 0405367433

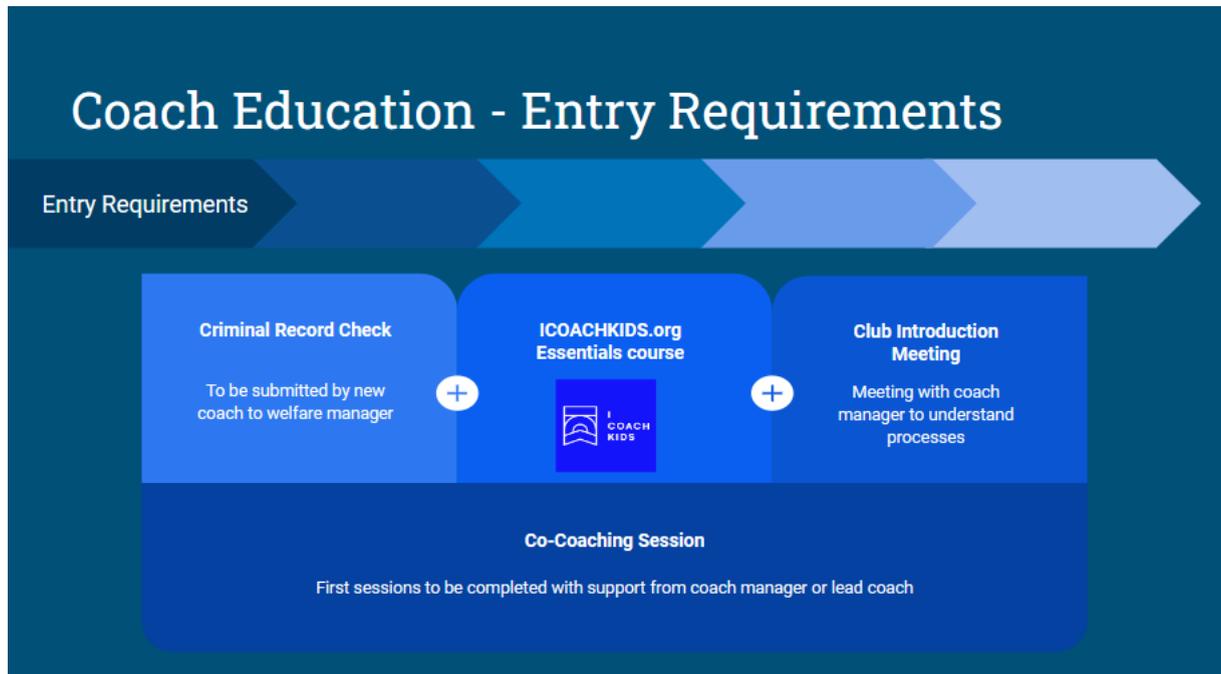
1.2 Via filling a form: Appendix 1

1.3 If a coach/safe adult at the club suspects that there is some kind of neglect, abuse or harassment at home, according to the Child Welfare Act, the coach may also file a child welfare notification or notify the safety director, who can help in the situation. The City of Helsinki website contains detailed instructions and forms for child welfare notifications. There is also a number where you can ask for advice in an unclear situation.

1.4 If you're unsure what to do, you can check the process of reporting: Appendix 3,4

1.5 FINCIS, the Finnish Centre for Ethics in Sports (FINCIS), has also made its own protocol for reporting athletes/coaches/teammates. FINCIS supervises the ethics of competitive sports, as well as, for example, increases awareness of antidoping. More about this can be found under the link: [FINCIS ry](https://www.fincis.fi). With these processes, which we present in our text, we also aim to create practices under HRC that allow us to ethically examine our own club's operations.

The coaches of Helsinki Rugby club



Coaches have certain requirements and a certain path to follow before being responsible for coaching children. This path has been planned by the coaches' management.

The organizer of the activity may enquire about the volunteer's criminal background if the task involves:

- Regularly and significantly providing instruction, guidance, care, supervision, or other interaction with minors and
- personal interaction with a minor and
- performing the task alone or in conditions where the personal integrity of a minor cannot be ensured, despite the organizer having guidelines or specific procedures aimed at safeguarding children's personal integrity.

We verify the criminal background of our coaches through a criminal record check. If any issues arise during the background check process that the Helsinki Rugby Club's board or the coaches' leadership team deem necessary to address, the ultimate decision on who is suitable to coach the team lies with the Helsinki Rugby Club's board and the Minis coaches' leadership team. Criminal record checks are not retained by the club.

We also aim to follow the Family Federation of Finland's You are not alone protocol, which provides clubs with information on how to prevent inappropriate behaviour in our sports club, below is a link to the protocol in question: [Prevention of inappropriate behaviour - You are not alone, Family Federation of Finland](#). Under this link, the recruitment process for coaches is also specified. We strive to carry out a similar recruitment process (background check and interview with the coach manager and safety director) for each coach.

Social media

When a child registers with the club, the child's guardian may either approve or reject the child's image consent. Image consents grant the club the authority to use materials captured during practices or games on social media or for promotional purposes of the club's activities.

From the club to the parents

We aim to organize a fair play discussion at the beginning of each season for both children and adults. The Finnish Olympic Committee provides fair play discussion templates for Olympic sports to adults, and if desired, to children, which we can utilize.

Below are the links where you can find more information: Sports Code of Conduct - Finnish Olympic Committee and Fair Play Discussion – Material ([Urheilun pelisäännöt - Suomen olympiakomitea](#) and [Pelisääntökeskustelu - Materiaali](#))

Fair play discussions and ongoing feedback surveys will be notified to the parents of the club separately. Additionally, if desired, fair play discussions can be arranged before each camp. If desired, the discussion on the rules of the game can be led by any adult in the group.

Sources

England rugby, Safeguarding [Safeguarding \(englandrugby.com\)](https://www.englandrugby.com)

Helsingin kaupunki: Lastensuojelu [Lastensuojelu | Helsingin kaupunki](#)

Ihmisoikeusliitto, Ihmisoikeudet urheilussa [Ihmisoikeudet urheilussa - Älä riko \(alarikourheilua.fi\)](#)

Irish rugby, Safeguarding policy [Irish Rugby | Safeguarding Policy](#)

Lasten oikeuksien sopimus [Lapsenoikeudet.fi](#)

Oikeusrekisterikeskus [Oikeusrekisterikeskus - Vapaahtoisen rikostaustaote](#)

Suomen olympiakomitea, Urheilun pelisäännöt [Suomen olympiakomitea - Urheilun pelisäännöt](#)

THL: Lastensuojelukäsikirja [Lastensuojeluilmoitus - THL](#)

UKK-instituutti: Liikkumissuosituksset [Alle kouluikäisten liikkumisen suositukset - UKK-instituutti \(ukkinstituutti.fi\)](#)

World rugby, Safeguarding [Safeguarding | World Rugby](#)

Appendix 2. SAFEGUARDING POLICY (EN)

The child has revealed concern/worrying information to you

You have witnessed OR you have been informed of an incident or complaint related to how an adult treats the child

STAY CALM - REASSURE - FOLLOW THE PROTOCOL

