See something, do something!

Giving instructions was difficult due to a para-athlete who was physically affectionate. **We made agreements together about when a hug is appropriate. This way, I am learning to maintain my boundaries, and the para-athlete is learning to assess boundaries.**

I regularly addressed a para-athlete with a pet name. **A fellow coach noticed that this was inappropriate for the athlete and pointed it out to me. I now call the para-athlete by their first name.**



A new para-athlete needed help to go to the toilet. **I asked what support was needed and whether the physical assistance was okay.**

A para-athlete was often laughed at because of a slow reaction time. I intervened, but without success. **Fortunately, I could turn to the club's trust person for tips on how to address the bullying behavior.**

As a coach, you can ensure a safe environment for para-athletes.

- Everyone's boundaries are different. It's not only about your intentions, but also about how the para-athlete perceives your actions.
- Ask for permission and also pay attention to non-verbal or atypical behavior of your para-athletes.
- Strive for as much independence as possible for your para-athletes. If you provide physical support, explain why and how.
- Clearly communicate your own boundaries as a coach.
- Introduce the club's trust person to your para-athletes.
- Ask the club's trust person for advice. You can also always contact helpline 1712 with questions about transgressive behaviour.

Safe Para Sport Allies

Do you need more information or specific tips?

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