



## SAFE SPORT SERIES

### ATHLETE INFO

# SAFE BEHAVIOURS IN VOLLEYBALL

Safety is a top priority for Volleyball BC. Abuse, maltreatment, and unsafe practices have no place in our volleyball community. We want to make sure that you have the knowledge and resources that you need to identify when you experience unsafe or inappropriate behaviour in volleyball.

### What is the Code of Conduct & Ethics?

The **Code of Conduct and Ethics** is an important document that governs the behaviour and conduct of all participants in Volleyball BC programs. When you register for Volleyball BC membership or programs, you must read and sign to say you will uphold the Code of Conduct & Ethics as part of the registration process.

It is breaking our Code of Conduct and Ethics for anyone to engage in psychological or physical maltreatment, sexual maltreatment or harassment, bullying, discrimination, child abuse, or other abuse-related behaviours. The Code applies to everyone during the activities, of Volleyball BC and its member clubs, including tryouts, training, practices, competitions, and tournaments. You can read and learn more about what is included in our [Code of Conduct here](#)

Sometimes it can be hard to know the difference between abuse and appropriate behaviours. viaSport BC has developed a helpful [flag tool](#) that can help you figure out if a behaviour is ok or not. You anonymously answer questions about a situation and it will determine whether the behaviour is ok and give you ideas about what to do next.

### Open and Observable Environments


#### Open and Observable Environments

means that you avoid being alone at any time with any Person In Authority. **Persons In Authority** are individuals that hold a position of trust or authority because of the role they have and this includes coaches, managers, trainers, referee allocators or mentors, staff and administrators.

- Always have one-to-one interactions with coaches in an open space where others can see and hear you.
- Avoid staying alone with coaches or supervisors before or after a volleyball practice or game. Ask another athlete or parent to stay with you.
- Never email or message your coach or supervisor 1:1. Always ensure that you message in a group format or include your parent or guardian.
- Do not travel alone with a Person In Authority to practices or games unless they are your parent/guardian or there are more than two individuals.
- All physical contact by a Person In Authority should be infrequent and relevant for teaching a skill or tending to an injury.


# What should I do if I experience or witness someone engaging in inappropriate behaviour or breaking the Code of Conduct?

## Is the individual in immediate danger or are they injured?



### If yes, call the emergency services or police or notify a responsible adult.

The safety of the individual is the main priority. It is not up to you to decide whether or not someone has been abused but it is your job to report your concern and ensure their safety.



### If no, report the concern

There are several options for reporting concerns about abuse, and inappropriate behaviour:

**1. Raise the concern with the program organiser or organisation** – Talk to your program organiser or to the main administrator for the club. Depending on the severity, they may be able to address and handle the situation internally. If you feel more comfortable, share the information with a trusted adult and ask them for their help in telling the program organiser or club.

### 2. Report the concern directly to Abuse Free Sport

Contact 1-888-837-7678 or [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca). Volleyball BC uses [Abuse-Free Sport](#) as an independent third-party to handle complaints that concern abuse and maltreatment. You can speak to someone confidentially and report any incidents directly to the helpline and they will provide you with advice and handle the complaint. If it is appropriate, they will also conduct an investigation into the complaint.

### 3. Report the concern to Volleyball BC

Contact [reporting@volleyballbc.org](mailto:reporting@volleyballbc.org) or by completing the [online incident form](#). We have a [Discipline and Complaints](#) process to address issues or behaviours that break our Code of Conduct. If a complaint is related to abuse, maltreatment, or suspected abuse, VBC will refer the complaint to the Abuse-Free Sport program to or an independent third party.

## Tips for reporting incidents that happen to you

While it may be difficult to tell your parents / guardians or another safe adult about what is happening, it is important. In some situations, talking to a parent may not be an option. In those situations, speak with another safe adult like a coach or relative about what's happening.

- Write a note or an email explaining what's happening and asking for their help.
- Have a friend or a safe adult present with you while you speak with your parents about what happened.
- Have a safe adult (like a coach) speak with your parents on your behalf. This can give your parents time to process the information without you being in front of them.
- If you aren't able to identify a safe adult to talk to, contact a crisis line like **Kids Help Phone (1-800-668- 6868)** or find a counsellor who may be able to help you make decisions about what to do next

## More Info & Support

[Safe Sport Guide for Youth](#)

[Volleyball BC's Safe Sport webpage](#)

[Appropriate and inappropriate behaviours in volleyball](#)

[Mental health in volleyball](#)

BC Helpline for Children - 310-1234  
Crisis Centre BC - 310-6789