

## Safe Sport

# Safeguarding in Sport is Everyone's Responsibility

#SGSafeSport Play Your Part

### Definition of Safe Sport

Safe Sport is defined as "an athletic environment that is respectful, equitable, and free from all forms of harassment and abuse" (International Olympic Council's Consensus Statement, 2016).

Harassment and abuse can be expressed in five forms, occurring in combination or in isolation. It is based on any grounds, including race, religion, colour, creed, ethnic origin, physical attributes, gender, sexual orientation, age, disability, socio-economic status, and athletic ability.

It can happen in person or online. Harassment may be deliberate, unsolicited, or coercive. It is often resulted from abuse of authority or power by an individual against another.

### What is Safe Sport?

It is a sporting environment that is respectful, equitable and free from all forms of harassment and abuse. Harassment and abuse can be expressed in five forms and they are:



#### Psychological Abuse

Any unwelcoming act including isolation, verbal assault, humiliation, intimidation, or any treatment which may diminish the sense of identity, dignity, and self-worth.

#### Neglect

Failure of another person with a duty of care towards an individual to provide minimum level of care to the individual, which is causing harm, allowing harm to be caused, or creating an imminent danger of harm.

#### Sexual Abuse

Any conduct of a sexual nature, whether non-contact, contact or penetrative, where consent is coerced / manipulated or is not or cannot be given.

#### Sexual Harassment

Any unwanted and unwelcome conduct of a sexual nature, whether verbal, non-verbal or physical. Sexual harassment can take the form of sexual abuse.



#### Physical Abuse

Any deliberate and unwelcome act that causes physical trauma or injury. This can also consist of forced or inappropriate physical activity, forced alcohol consumption, or forced doping practices.

Sport Singapore takes a zero tolerance approach to any form of harassment and abuse that makes our sporting environment unsafe. Play your part in safeguarding sport.

### Signs & Symptoms to report and/or to seek help

- Reduced ability to concentrate
- Problems in close relationships
- Losing interest
- Depression
- Physical stress reaction
- Avoids contact with people
- Aggression / withdrawal
- Constant tiredness
- Anxiety
- Bruises
- Burns
- Injuries

\*these signs and symptoms are non-exhaustive



### Reporting

If you wish to report an incident related to Safe Sport, you may:

1. Approach your National Sport Association's appointed Safeguarding Officer
2. Email [safe\\_sport@sport.gov.sg](mailto:safe_sport@sport.gov.sg)
3. Call **999** only for emergencies that require immediate Police assistance. Otherwise, you may lodge a report at any Police station or [Police E-Service page \(https://eservices.police.gov.sg/content/policehubhome/homepage/police-report.html\)](https://eservices.police.gov.sg/content/policehubhome/homepage/police-report.html).

If you need help or feel unsure about an encounter, you may reach out to:

1. Sexual Assault Care Centre Helpline: 6779 0282 | [www.sacc.sg](http://www.sacc.sg) (<http://www.sacc.sg/>)  
Operating Hours: Monday to Friday | 10am to 10pm
2. Women's Helpline: 1800 777 5555 | [www.aware.org.sg](http://www.aware.org.sg) (<http://www.aware.org.sg/>)  
Operating Hours: Monday to Friday | 10am to 6pm
3. Other Useful Resources for Reporting [here \(/-/media/SSC/Corporate/Files/Athletes-and-Coaches/Safe-Sport/Other-Useful-Resources-for-Reporting.pdf?la=en&hash=C8C1DABF5492CC19333C43BE0EF51766B8F4393F\)](#)