



Child Safe Standards

PARENTS AND GUARDIANS GUIDE

Endorsed By: Avonde Executive Committee

Date of Review: 23 November 2024

Date created:	24 July 2023	
Audience:	Parents and Guardians of Members and Participants who are under the age of 18 years.	
Version:	2025 V1	
Next Review:	November 2025	
Contact:	Avonde Calisthenics – childsafety@avondecalisthenics.com.au	
Purpose of Document:	(a) To summarise and simplify what parents and guardians need to know about all of our responsibilities to keep children and young people at Avonde Calisthenics safe; and (b) To ensure that parents and guardians have oversight of the information that Avonde Calisthenics distributes to its members under the age of 18 years.	
Actions:	• Read and understand. • Ask and ensure that Parents and Guardians acknowledge that they have read and understand this guide • Encourage others to read and understand	
Contents:	Document	Page
	Child Safe Parents and Guardians Guide	2
Other relevant resources (see Avonde Calisthenics College website)	• Child Safety Policy • Code of Conduct for dealing with Children & Young People • Esafety Guide • Guide for Teens • Guidelines for Physical Contact • Image use • Guidelines for Communication with Children • Guidelines for Responding and Reporting	

Child Safe Standards PARENTS AND GUARDIANS GUIDE

The [Child Safe Framework or equivalent] sets out the responsibilities that all Clubs and Participants of Avonde Calisthenics (including parents) have to keep our kids safe. It consists of:

- Avonde Calisthenics' Commitment Statement for Safeguarding Children and Young People (or equivalent)
- Avonde Calisthenics' Policy for Safeguarding Children & Young People (or equivalent); and
- Avonde Calisthenics' Code of Conduct for dealing with Children & Young People (or equivalent).

WHY YOUR CHILDREN'S SAFETY IS OUR PRIORITY:

1. We love Calisthenics. We also love your child/ren participating in Calisthenics with us and want them to keep participating. Yet we realise that they have to FEEL safe to enjoy Calisthenics and want to keep coming back.
2. All children have a right to feel safe, be involved and have a voice in decisions that affect them*.
3. Society has changed, and with it, higher standards of behaviour are now expected – of all of us. Sometimes, even though we have good intentions, others' *perception* of behaviour is different. So we want to help you to understand how we will work with you to protect your children.

WHAT WE'RE TRYING TO DO:

We're here to help. Victoria has legislative requirements and mandatory standards in place about child safety. We can't ignore those. But we want to make it as simple as possible for you, your children and all of Avonde Calisthenics' volunteers, coaches and members to keep children safe.

We've developed simple resources for you to explain how we keep children and young people safe in Calisthenics. This Guide also includes links to our other child safe resources that we hope are helpful for you to summarise and simplify the key commitments, messages and boundaries that we adhere to and practice in Calisthenics when they are part of our community.

SOME CHILD SAFETY GUIDANCE FOR PARENTS AND GUARDIANS:

You know your children best. Also, our schools now often teach their students about safety, boundaries with adults and that it's OK to speak up if they don't feel comfortable or safe. You can also help us to reinforce the key messages we have for children about child safety at Avonde Calisthenics just as in life.

The three key messages we have in our Child Safe "Teens Guide" are:

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others at Avonde Calisthenics particularly adults.
3. 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 or another member of your club or family.

We know that children are more likely to speak up if they feel valued and are listened to in an authentic and genuine way. So please help us to keep the conversations open with your children about how they are feeling.

SOME CONVERSATION TIPS TO TALK ABOUT SAFETY WITH YOUR CHILDREN:

It's not always comfortable talking to children about how they are feeling in Calisthenics community or other environments. The delivery of conversations is just as important as the message or content itself. You're more likely to engage with children about tricky topics if the conversation is calm, non-judgmental and open.

That is, you're listening carefully to them and open to hearing more – showing empathy and letting them know that they're doing the right thing by talking.

To open up a conversation with your child about safety at Avonde Calisthenics - first of all, choose the right time. Sometimes, you may get more information in casual interactions, such as when driving in the car or going for a walk together. You could try using an example that you have heard of with another child and whether they had seen or heard anything similar. For example, *"another parent at the club told me that they were worried about how the coach is talking to their child. Have you seen or heard anything similar?"*.

IF YOU NEED HELP:

If ever your child tells you that they are not happy, comfortable or safe at Avonde Calisthenics, please tell Jo Barton – College Vice President or another trusted Coach or the Grievance Officer/MPIO. Then we'll make sure that any issue raised is dealt with appropriately and in line with our Child Safe Framework.

If you reasonably believe any child is in immediate danger of a significant nature, please call 000 to speak with police. You can also contact services such as Parent Helpline, NAPCAN, Lifeline, Kids Helpline and the Raising Children Network.

Contact here for members of Avonde Calisthenics:

childsafety@avondecalisthenics.com.au

*Australian Government National Child Office for Child Safety Complaint Handling Guide: Upholding the rights of children and young people – A Reference Guide, 2019.

Commission for Children and Young People – Empowerment and Participation of Children Tip Sheet.

^ A reasonable belief is one that a reasonable person in the same position would have formed on the same grounds.

THREE IMPORTANT MESSAGES

The three key messages to always keep in mind are:

1. Calisthenics should be fun, safe and enjoyable.
2. You should never feel uncomfortable around others Avonde Calisthenics particularly adults.
3. 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, Avonde Calisthenics Child Safety Office or another member at Avonde Calisthenics or family.

YOUR RIGHTS

We believe that all kids involved in our sport should:

- Feel comfortable;
- Feel safe;
- Have a right to contact your parents/guardians 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 Avonde Calisthenics.

OUR COMMITMENT TO YOU AT AVONDE CALISTHENICS

Avonde Calisthenics now 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'll try to make sure that activities are suitable for your age and development and are led by qualified people.

Avonde Calisthenics commits to:

- Doing our best to make sure that you are protected from harm;
- Supervising your involvement at Avonde Calisthenics;
- Obtaining parent/guardian permission in writing before we can:
 - take you on outings;
 - arrange overnight stays or camps; and/or
 - provide transport to another location/competition etc.
- Ensuring that coaches/volunteer/official-to-teens ratios are maintained. (Note - please check with us if you are unsure what is meant by "ratios");
- Trying to make sure that you are not alone with coaches, volunteers or officials where they can't be seen by other adults;

- Trying to 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 with the permission of your Parent/Guardian. 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/guardian.
- Communication between you and coaches, officials and volunteers in our sport must be regarding your involvement in Calisthenics unless your Parent/Guardian 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.
- Where and when possible, our Calisthenics coaches wear a uniform on when on duty.

What to do if you have concerns:

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

WHAT RESPONSIBILITIES OF TEENS AT AVONDE CALISTHENICS

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

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