

# UNDERSTANDING YOUR RIGHTS IN SCOTTISH FOOTBALL

## WHEN YOU TAKE PART IN FOOTBALL YOU HAVE THE RIGHT TO:

BE SAFE



HAVE FUN



HAVE A SAY IN THINGS THAT AFFECT YOU



### HOW DOES SCOTTISH FOOTBALL PROTECT YOUR RIGHTS?

Scottish football has a policy that sets out how everyone should respect your rights and keep you safe.

### WHAT IS A POLICY?

A policy is a document which tells adults what they should do and how they should behave when helping you at football. It applies to everyone in Scottish football and will be the same at every club.

### WHAT THIS MEANS FOR YOU AT YOUR CLUB:

- All adults working or volunteering in football must commit to a **set of standards**, or a code of conduct, agreeing to respect your rights and act in your best interests
- Every football club has a **Child Wellbeing and Protection Officer** who is there to make sure everyone keeps you safe and to listen and help you if you are worried about anything
- Everyone coaching or helping you at the club will be **properly trained** to work with and support you
- **At least two adults** from the club will always be present before, during and after all football activities
- The club will **keep in touch** with your parent/carer about your football activities
- Every year you and your parent/carer will be asked to complete a **consent form** to provide the club with your emergency contact details and anything else the club needs to know to keep you safe
- **Photographs** taken by the club will be used safely and respectfully and always with you and your parent/carer's consent
- **Trips away** will be planned by the club and they will speak to you and your parent/carer to let you know what will happen on the trip and what they will do to make sure it is safe and enjoyable



NOTHING MATTERS MORE

# ADULTS WORKING OR VOLUNTEERING IN SCOTTISH FOOTBALL

## ALL ADULTS SHOULD:

- Make football fun and enjoyable
- Be friendly and kind
- Respect you and everyone involved in the game
- Encourage you to be respectful to others
- Put your wellbeing before winning and performance
- Support you to express your views and talk about how you feel and to involve you in decisions which affect you
- Make sure the equipment and football pitch is safe for you to use
- Ask your permission and explain what they are going to do if they need to touch you to show you a technique or treat an injury. If you do not want them to, you have the right to say no!

## ADULTS SHOULD NEVER:

- Make you feel upset or uncomfortable
- Shout or swear at you or use bad language
- Embarrass or make fun of you
- Be alone with you without another adult there
- Put you under pressure to perform or encourage unhealthy competition in the team
- Contact you directly by telephone or social media about football or anything else

## WHAT YOU SHOULD DO:

If you are worried or concerned about yourself or someone else, you should:

- Speak to your **parents** or **your carers** or **another adult who you trust** e.g., your coach, a teacher
- Speak to the **Child Wellbeing and Protection Officer** — if you do not know who the Child Wellbeing and Protection Officer at your club is, you can ask your coach or your parent/carer
- Speak to a **service** who is there to **listen** to children and young people, for example, **ChildLine** on **0800 1111** or the **Samaritans** on **116 123**

To find out more about your rights or what Scottish football is doing to promote and protect them see:

- **United Nation Convention on the Rights of the Child** — UN Convention on the Rights of the Child (UNCRC) — UNICEF UK
- **Scottish FA website** — Children and Young People | Rights and Wellbeing | Scottish FA or [scottishfa.org.uk/wellbeing](https://scottishfa.org.uk/wellbeing)
- **Ask the CWPO at your club** for information on where you can find the Club's Child Wellbeing and Protection Policy



NOTHING  
MATTERS  
MORE