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## Child protection in sport

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### Abstract

Sport includes a broad and comprehensive spectrum of activities suitable to people of all ages and capabilities, with an emphasis on the positive values of sport. Children have unique capabilities, proficiency, skills, aptitude and strengths yet remain sensitive to being obstinate or determined. Every child should have the opportunity to take part in sport at all levels in a safe, protected, secure and positive environment. Child protection change into everyone's responsibility in sports where children and youth participation is predominant or governing. It is essential for clubs, schools, colleges, societies and at every sporting environment to have and appliance child protection guidelines and policies.

**Keywords:** Sports, child protection

### Introduction

#### What Is A Sports?

According to Google search--"An activity involving physical exertion and skill in which an individual or team competes against another or others."

According to Australian Sports Commission, ASC "a human activity capable of achieving a result requiring physical exertion and/or physical skill, which, by its nature and organization, is competitive and is generally accepted as being a sport."

According to Free Dictionary online "An activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively"

#### What Is Sports In A Developmental Context?

According to developmental context, the definition of sport includes a broad and comprehensive spectrum of activities suitable to people of all ages and capabilities, with an emphasis on the positive values of sport. In 2003, the UN Inter-Agency Task Force on Sport for Development and Peace defined sport, for the purposes of development, as "all forms of physical activity that contribute to physical fitness, mental wellbeing and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games".

#### Why Child Protection in Sports?

Every child should have the opportunity to take part in sport at all levels in a safe, protected, secure and positive environment. Children have unique capabilities, proficiency, skills, aptitude and strengths yet remain sensitive to being obstinate or determined. Child protection change into everyone's responsibility in sports where children and youth participation is predominant or governing. It is essential for clubs, schools, colleges, societies and at every sporting environment to have and appliance child protection guidelines and policies.

#### The Contribution of Sport to Enhancing the Human Rights of Children

Sport and games provides abundant ways to reaching the purpose found in the Rights of the Child. Sport is attractive to all age and sex specially children and youth as a leisure time, recreational and competitive activity. Sports provides significant means in bringing the diverse individuals together to a common terrain where people become physically fit, mentally active, socially together, emotionally strong so they can share experiences because of that their interaction ensures an exchange that may be favourable or beneficial to:

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- Contest discrimination by developing integration of varied groups in respect of region, religion, age, gender, colour, cast, race, economic-social situation, ability, etc.
- Help to crumble black mark (destroy blames) that may otherwise be socially restrict Provide scope of special protection for children in offering gateway to children with physical, mental, social, emotional disabilities, etc.
- Motivate, Inspire, spark and stimulate children towards academic attainment as Sport based school programs
- Provide community structure, social interaction and participative opportunities: sport can serve as a common stage to cherish community structure and social interaction.
- Improve public health : a healthy and safe lifestyle and fighting stantorious
- Encourage we feeling, fair-play, channelizing energy and hiding violence acting as an substitute to alternative behaviour
- Support child sufferers through their physical, social, psychological, economic rehabilitation, social emotional and spiritual integration.

### What Forms Of Abuse Of Children Exist In Sport?

The most commonly abused human rights of children as defined in the UN meeting on the Rights of the Child (1990) include the right to health (art.24), the right to protection from all forms of violence and maltreatment (art.19), the right to protection from trafficking

**Forms of abuse:** The most common forms of abuse in sport are:

- Physical abuse
- Neglect
- Child trafficking
- Family Voilence
- Child labour
- Excessive training
- Intensive training
- Peer violence
- Physical violence by adults including corporal punishment
- Violence due to participating in competitions
- Sexual abuse including harassment on the basis of sexual orientation
- Emotional abuse
- Psychological abuse
- Neglect

**Abuse can lead to various problems such as:**

- Physical injuries,
- Depression,
- Sexual health problems,
- Eating and sleeping disorders,
- Low self esteem,
- Stress disorders,
- Post-traumatic
- Suicide
- Indulge in crime etc.

### Definition of child abuse (WHO 1999)

“...all forms of physical and/or emotional ill-treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the

child’s health, survival, development or dignity in the context of a relationship of responsibility, trust or power.”

### Reasons for Human Rights Violations of Children in Sport

The reason for Human Right violations of children in sports are as follows:

**Dependent on Coach or Institutions:** Children treat their coach and institution as Family (where they are trained). This create strong emotional and dependency with the adults. They deal with the pressure of expectations.

**Train acutely and extremely:** The physical and psychological development of the child usually influence them to train acutely and to do almost anything to please seniors making them exposed to the possibility of abuse.

**Lack of qualified trainers:** One of the most noticeable problem is that there are insufficient qualified trainers who have gone through a professional sports career.

**Lack of international standards:** The lack of international standards with respect to human rights protection of children in sports exist, which is also a cause for human rights abuses of children in sport.

### Moving Forward To Avoid Human Rights Violations Of Children In Sport

**Imparting Education:** Develop understanding through education in children can minimise or finish the risks of abuse in sport, their rights.

**Accretion and raise awareness or educate parents:** Informing and educating parents of the possible harms can minimise or finish abuse. Imparting education to parents about their role and responsibilities can contribute to preventing child abuse in sport.

**Impart education to coaches:** Effort to minimise child abuse requires:

- Training and education of coaches on morals and ethics in sport
- Adequate training techniques,
- Conceal for potential culprits.

**Establish policies:** Establish Policies about sport participation, training and competition should compile with the needs and interests of the child or youth at all times to protect children and youth.

### Policy Recommendations

- Evolve policies with definite provisions and employ plans to avoid the exploitation and abuse of children and youth in sport situations.

### Guidelines to Implementation the Recommendations:

- Institution/Institution/Organization/Association (providing sport services to young people under the age of 18) should have child protection policy.
- Proper Screening the staff and volunteers with complete check criminal record check
- Well-publicised approaches in which child can raise concerns, confidentially about unacceptable behaviour by staff or volunteers.

- Safeguarding plan and directions should be planned in relation to transporting children or taking them away on trips, tournaments and tours.

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