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Create a secure sports environment

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Safe sports

Almost all children and young people are members of a sports club at some point during their upbringing. That club sports have such a large place in many children and young people's lives is a fairly new phenomenon. It is only in recent decades that children's and youth sports have begun to be organized to a large extent into associations. In a sports association, we do not just develop within our respective sports but we also learn a lot of other things that we are not directly aware of. This "hidden learning" is often very effective. It includes examples of norms, values, responsibilities, considerations and co-determination. By virtue of its scope and popularity, the sports movement is therefore an important part of the fostering environment, perhaps the most important after home and school.

The sports association therefore has, among other things, an important social function to fulfill in society. We know that 9 out of 10 children and adolescents sometime during their upbringing is a member of a sports association. The association is for most a positive environment where they can do what they like most and do it with friends. For some children and young people, the association is even a free zone; a place where they can be for a while and get away from what is perceived as difficult, for example in the home.

However, there are no guarantees that abusive treatment in any form does not occur even in the sports movement. In club sports, it is both the organizational leaders (the board) with their responsibilities and

coaches/leaders in their role who are responsible for creating safe and secure environments. In 2009 The Riksidrottsmötet decided that the Statutes of the Riksidrottsförbundets (RF) and in the idea dokument '[ldrotten vill](#)', should clarify that all children and youth activities shall be based on the Convention on the Rights of the Child and always have a child rights perspective. The book 'The children's rules of the game' (2018), which RF has developed together with BRIS, clarifies what this involves.

In this material we want to define concepts and help create an understanding of why abusive treatment may occur. We want to tell you what we can do to prevent problems to the best of our ability as well as convey knowledge of what we can do if abusive treatment has already taken place. Everything to be able to offer safe sports for everyone, regardless of whether it is about children, adolescents or adults.

Bullying

Definition of bullying

Bullying is abusive treatment that is repeated during a longer period. It can be physical like hitting and pushing but also psychological, such as mean comments, expressions and ostracism. Bullying defines and is determined on the basis of the victim's experiences, not from the abusers perspective. Being bullied can mean great psychological wounds that can last a lifetime, both for the one who is exposed and for those who are close to the person.

Bullying is a societal problem and can occur in many situations. It can occur in, among other things school, in the workplace, in club sports and on the internet. According to the organization 'Friends' about 60,000 children in Sweden are exposed to bullying - that's 1-2 children per class. Even among adults, bullying is commonly occurring.

Why does bullying occur in the sports movement?

It is common to focus on the individual perspective when trying to understand and explain bullying; the reasons for bullying sought by the victim or by the abuser. But bullying is complex and requires that we also have a perspective on group, organizational and societal levels. In addition, we must have norm-conscious thinking so we become attentive to which invisible rules govern in this context. Different cases have different causes. The only thing we can be sure of is that it is never the one who has been exposed to bullying that has done something wrong.

Bullying is not just something that happens between two individuals. To get an overall picture, we must look at and address things such as safety in the group, leadership in the organization and the norms of society.

How can it be prevented?

The sports movement is basically a positive and fun environment. But there are no guarantees that bullying can not occur anyway. Preventive work is important and it requires some form of long-term perspective. There is one number of points for which we should discuss together to enable a long-term business to be conducted construction work:

- *Consensus* - we who are adults should have the same view of what bullying is and know what we should do when bullying occurs. Coaches and leaders must have clear rules for what happens if the value base is broken, what roles and responsibilities exist. The association should have clear value-based work and there must be both checklists and an action plan, both to work preventively and to use when something has happened. All this must be constantly updated and everyone in the association should know how to proceed if you yourself are bullied or see that someone else is being bullied.

- *Leadership* - a clear leadership is contagious and shows the way. In club sports, idea and value-driven leadership is increasingly used. There is a focus on who you are and what you say, which is expressed in what you do. It is also expected that you as a leader are supported by, but also support, an organization's idea and values, because it is revealed in what you say and do.
- *Community* - builds security and stability for all within the association.
- *Acceptance* - accepting each other's differences provides insight into the strength that is created by differences.
- *Role models* - those who have a leading role in the association are also role models, which is important to be aware of. As a role model, we will among other things show how we should treat each other as well set the tone in the conversational climate.

Questions to ponder...

What does your value-based work look like?

What does the leadership look like in your association?

Can you strengthen the leadership in some way?

What can you do to strengthen community in your association?

How do you highlight your differences as strengths?

Can you identify which role models you have in your association?

How do you want those role models to act?

Harassment

Definition of harassment

Harassment is a form of discrimination and should be associated with any of the seven discriminatory basics: gender, transgender identity or expression, ethnicity, religion or other belief perception, disability, sexual orientation and age.

The common denominator for harassment is that a person feels insulted, threatened, offended or poorly treated. Harassment is a behavior that is unwelcome. It is the one who is exposed to harassment which determines what is offensive. Same behavior can be perceived as harassment by a person while another person does not need to be badly affected at all.

Why does harassment occur in club sports?

In all associations and contexts there is a norm that relates to unwritten rules that set the framework for who is most prominent and who has more difficulty to fit in. The norm is supported by us through manifestations in the form of language and deeds, such as that we take certain things for granted (eg heterosexuality) and use language and words that may devalue certain groups, in order to retain a (power) position, climb up the hierarchy, or just unaware of old habits.

Harassment has to do with both who is in the majority and how inclusive the environment is in general. Racism, for example, usually takes place in a context where most have a light skin color and where the norm, that's most obvious and expected, is to have light skin color (often unspoken).

How can it be prevented?

To discuss norms and think about what and who is most prominent in the association, and what it is possible to be open about or not (such as love life, religious affiliation and functional capacity), is a way to prevent harassment.

An important part of the work to prevent harassment is to include both oneself and individuals; if every individual takes responsibility for his actions and if we are aware of how a norm-blind way of working can lead to negative affects on the organisation, harassment can be prevented.

To link the preventive work to power is also important, the one / those who have a formal position of power in an association (for example the board or the coach) or an informal position of power because it belongs norm, usually has a good position to raise questions about different opportunities and conditions in an association.

In an association where a preventive norm-conscious work occurs reduces the risk of harassment because knowledge can be a way away from stereotypification and in such an environment it is also easier to detect the problems at an early stage.

Feel free to use the canvas "On reconnaissance for an inclusive sport ", where you can look into the different aspects of Sport, such as the dressing room and the boardroom. You can find the resource at the Swedish Sports Confederation education website "Inclusive sports":
<https://utbildning.sisuidrottsbocker.se/sisu/generell/organisation/inkluderande-idrott/>

Questions to ponder...

***Who is most prominent in your organisation? What determines that who are and are not prominent?
 What can you joke about? Is it joking about certain groups of people? How?
 Is there a culture to say when someone crosses a boundary?***

Sexual abuse and sexual harassment

Definition of sexual abuse

A sexual assault is when someone is exposed to a sexual act against their will. No matter how the crime is judged in the sense of the law, sexual acts against someone's will always violate the victim. This applies even if it cannot be classified as crime under the law or if a police investigation is closed.

Examples of sexual acts that count as sexual assault:

- To touch someone's body with, for example hands, mouth or sexual organs, in a way that the person finds it scary or unpleasant.
- Talking to someone in a sexual way that the person experiences as unpleasant.
- Forcing someone to watch when someone does something sexually, for example, showing their genitals or masturbating. It does not matter if it is in real life or online.
- To do something sexual to someone who neither can express their will or protect themselves, for example to a person who is asleep, drunk, under the influence of drugs, ill or has any disability.
- To take advantage of their superiority and make someone feel that they are pressured to perform a sexual act..
- To photograph or film someone for a sexual purpose, if it is against the person's will or if the person is under 18 years.
- Trying to buy or exchange sex or pictures with the help of, for example, money, alcohol, gifts or services.

Rape

Rape is when someone has intercourse or performs others sexual acts comparable to intercourse, with a person who does not participate voluntarily, ie has not given their consent.

For a sexual act to be considered comparable to intercourse, for example, the perpetrator is required to enter fingers or any other object in any bodily opening or force the victim to perform or receive oral sex. It can also be when genitals come into contact with each other.

A person can never be considered to participate voluntarily during the following circumstances:

- If there is abuse or other violence as some type of threat.
- The perpetrator exploits a person who is in a vulnerable situation such as sleep, unconsciousness, intoxication or other drug exposure. It can also be illness, bodily injury, mental disorder or severe fear.
- The perpetrator exploits a person's position.

It is always a question of rape if the victim was younger than 15 years when the abuse was committed. The crime is then rape of a child, even if there was consent.

Definition of sexual harassment

Sexual harassment is a form of discrimination. When a person is subjected to abusive treatment or treatment of a sexual nature that violates the victims dignity and/or personal integrity counts as sexual harassment. An example may be when a person is exposed to physical contact, glances or comments that a person experiences themselves as offensive. Many cases of sexual harassment are punishable under the provisions of sexual offense legislation.

Why sexual and sexual abuse occurs harassment in club sports?

Sexual abuse and sexual harassment unfortunately occurs throughout society. Research, including in the form of interviews with perpetrators such as implemented by the National Center for Women's Peace (NCK) at Uppsala University, has shown that the foundation of the abuse is not about sexuality but about other things, like power and dominance. Sexual violence can therefore help to create and maintain a lack of equality between men and women. This applies not only in the close relationship but also in society at large.

Within the sports movement, there may be risk factors such as close relationships, to be dependent on someone, for example, the relationship active - coach. Within some sports we travel a lot and often without parents and other relatives, which may involve a risk. Other risk environments are, for example, changing rooms left unattended by adults. The perpetrator is not always an adult, even children can expose each other to various forms of abuse, including to fortify their own position in a team or to maintain their status in a group.

Statistics from the Crime Prevention Council, BRÅ, show that the vast majority of perpetrators are men. Both men and women are subjected to various forms of sexual abuse, but in both cases the perpetrator is usually a man.

How can it be prevented?

To work preventively against sexual abuse and Sexual harassment does not have to be difficult even if it is a heavy and difficult subject. To support children and young people and to contribute to the activities they participate in being safe and positive is about both strengthening what is good and preventing what is bad. As an association, you need to ensure that your board and your leaders have the knowledge and security they need to work preventively, for example with strategic gender equality work. It's about information, discussion and support. It's about management and organization, but it's also about courage.

Sexual offenses according to the law:

- *Rape*

- *Sexual abuse*
- *Rape of children*
- *Sexual exploitation of children*
- *Sexual abuse of children*
- *Intercourse with offspring (incest)*
- *Exploitation of children for sexual posing*
- *Purchase of sexual acts by children*
- *Sexual molestation*
- *Contact to meet a child for sexual purposes (grooming)*
- *Purchase of sexual services*
- *Liaison (promote or convey prostitution)*

Register extract

By law, an association has the right to request that whoever must work with or otherwise have continuous and close contact with children should show a limited register extract from the Police. In this extract it is possible to see if the person is convicted of any of our most serious crimes: murder, manslaughter, aggravated assault, kidnapping, all sexual offenses, child pornography, graffiti crime or aggravated robbery.

Requesting these extracts is part of the prevention work and something that should apply equally to everyone, no matter how long a person has been in an association or how well you know each other.

It is important to create a routine to with certain regularly check the extracts, for example every two years.

Requesting the extracts is not very complicated. It is the person to whom the extract refers who requests it from the police. The person in question must then submit the extract to the persons appointed by the board for control. The register extracts are printed on watermarked paper and therefore do not need to be left in an unopened envelope. Receipt is most easily recorded with a tick in a list. The extract must be returned to the person concerned or destroyed by agreement. The excerpt never gets saved in any way. The law says nothing about how you as an association must act if the person has committed any crime that appears in the register extracts. Think though to always put the best interests of the child first when you make your decision.

More information about register extracts can be found below section "Checklist - preventive work".

Other aspects of prevention work

As an association, you need to talk about sexual abuse and sexual harassment. You need to examine and create a picture of how the situation and the structure look in your particular association and be aware that what has been shown to work in other associations may not work as well in your association.

Some things to keep in mind:

- Talk about the issues in a constructive way without making someone feel identified as potential victims or perpetrators. It is important to create openness in the association.
- Ensure that leaders, coaches and the board are trained in the issues. It is just as important to be able to interpret signals and detect early if something is not right.
- Try to have several adults present, for example two leaders during training or in the locker room. Preferably a mix of women and men. If there is not the opportunity to have multiple leaders maybe there are parents who can be involved and keep watch instead.
- Adopt a solution-oriented approach and think always in the best interests of the children.

Questions to ponder...

- *How can you start talking to each other and your members about sexual abuse and sexual harassment?*
- *How do you handle overnight stays and travel to avoid exposure?*
- *How do you create a routine for handling registry extracts?*
- *How do you want the contact between leaders/training-active to look online and on social media?*
- *How can you best secure your everyday environment for to reduce the risk of abuse?*

Violence

Definition of violence

Violence is all acts against another person that damage, inflict pain, frighten or offend. It can too be an act that causes a person to do something against his will or refrain from doing anything he wants.

Violence can be anything from play fighting and pushes, to gross abuse and murder, but also verbal abuse and abuse can fall under the concept.

Abuse

Assault counts on adding another person bodily injury, illness or pain, or to continue the person in powerlessness or any other similar condition.

There are three different degrees of abuse:

- Minor abuse can, for example, be a slap, a light kick or to push someone so that they hurt themselves.
- Abuse of the normal degree can be harmful to someone in that they, for example, get a wound, break a bone or knock out a tooth, but it can also be to shave someone's hair. To put someone in powerlessness or other similar condition entails among other things, that the person loses his bodily control, for example by being drugged.
- Serious assault includes life-threatening assault with, for example, a knife, axe or firearm. If violence is particularly ruthless it also counts as rough. It could be kicking, for example on someone lying or that many people together abusing someone who is helpless. Also the spread of certain diseases, for example HIV, counts as aggravated assault.

What does the law say?

Examples of crimes that include or may include violence:

- *Murder*
- *Killing*
- *Causing the death of another*
- *Abuse*
- *Causing bodily injury*
- *Robbery*
- *Sexual offenses (eg rape)*
- *Unlawful threats*
- *Molestation*

Why does violence occur in club sports?

In a number of sports, there is a certain amount of violence as a natural part of the practice of sport. It is simply something that is accepted and that exists regulated in our various competition regulations. But even if a certain degree of violence is accepted, it never is okay to cross the line. In some sports it is sometimes unclear to the individual where the line goes, which increases the risk of being exposed to violence that does not fit within the framework of the game.

Everywhere in society there are norms, unwritten rules, which most people relate to and which distributes power between people. Norms set frameworks that include some but exclude and limits others.

In some sports, for example, it is the norm to be big, strong and durable. It can contribute to an unhealthy macho culture where the risks of different types of violence increase. It can also be the exact opposite where the norm is to be small, narrow and flexible. Training methods can then sometimes risk crossing the line to achieve the expected ideal.

How can it be prevented?

An important part of the preventive work is about clarity. It must be clear to everyone in the association what is okay within the framework of the sport and what crosses the line.

To address and reflect on prevailing norms in the specific sport or in your particular association and how you both relate to these norms and work with them, is an important part of preventive work. To become aware of the norms that govern and to make others aware are important pieces of the puzzle to be able to prevent violence at an early stage.

Another good way to prevent violence is to react early and intervene when children and young people use rude language or offend each other in various ways. Research shows that environments where heterosexism and boy jargon occurs, that is, consistently devaluing femininity and homosexuality, and where it is the norm to try to find each other weaknesses, the tendency of young people to resort to violence increases. Especially if it occurs in environments where it is simultaneously about performing and not backing down, looking weak or insecure, which is true of many of our sports environments. Preventing violence is therefore about language, jargon and human vision: What is it that is expressed? Through conversations with children and young people about how we are expected to be towards each other can we instead create a culture that in the long run reduces the risk of violence.

An important part is also to review which risk environments exist. The dressing room is a classic risk zone for violence between children and young people. Identify your specific risk zones and try to have a high presence of adults in those environments. Always try to be two adults, if there is no extra leader perhaps some parents can step in. Respect the children's privacy in the locker room, but at the same time pay attention to what is happening.

The pyramid of violence

The pyramid of violence is not scientifically established but only one way to visualize a possible escalation of an unwanted behavior and highlights the importance of taking action in the problem as early as possible.

To be able to act when something happens, there are a number different regulations to lean on:

- Swedish law
- The Convention on the Rights of the Child
- The Association's statutes

- The Federation's statutes
- The Riksidrottsförbundet (RF) statutes

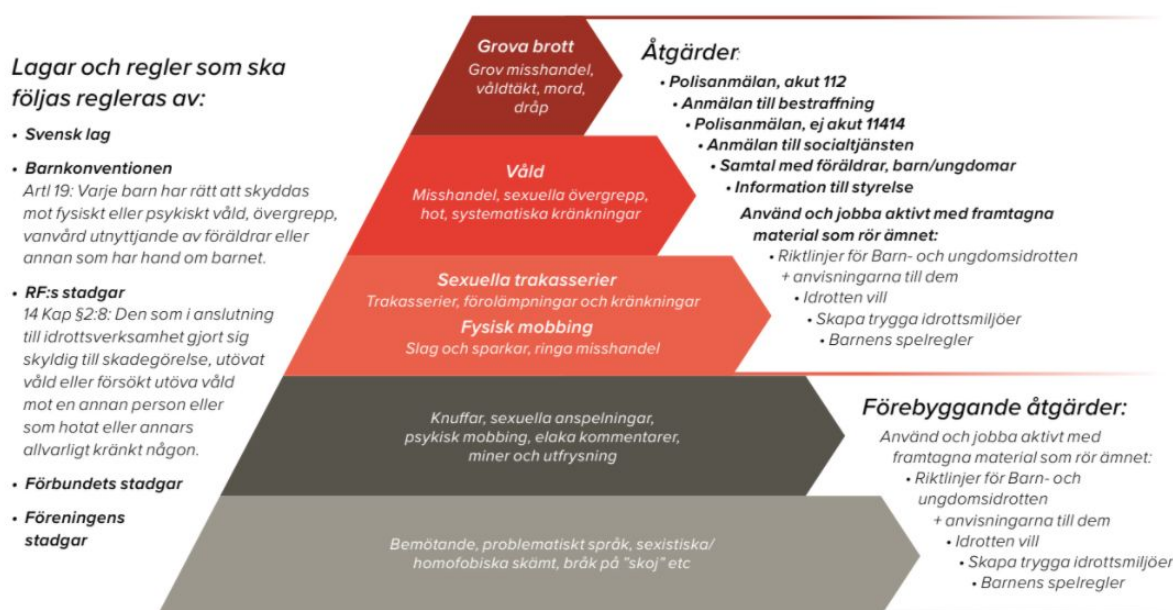
If you want to report a case for punishment within Idrottsrörelsen, you will find the regulations in Chapter 14 of the RF's statutes.

Article 19 of the Convention on the Rights of the Child states:

"Every child has the right to be protected from physical harm and psychological violence, abuse, neglect or exploitation by parents or someone else who takes care of the child."

This means that we in the sports movement have a responsibility to protect children when they are in within our operations.

In all the fields of the pyramid, the work of the association is central but they can find support in various functions within Idrottsrörelsen and in society at large. Matters in the bottom fields of the pyramid should be manageable by the association itself through, for example, conversations with parents, leaders, board and those active. In the middle fields, the special sports federation (SF) gets a bigger role in form of support and help to the association's work. In all parts of the pyramid's the RF/SISU district staff act as support in the work. In particularly difficult cases, there are also RF's sports ombudsman as support and help. In some cases, you may also have to contact police or social services.



Laws and regulations that should followed are regulated by:

- Swedish law
- The Convention on the Rights of the Child
Article 19: Every child has the right to be protected against physical or mental violence, abuse, negligent exploitation of parents or another who takes care of the child.
- RF's statutes
14 Chapter §2: 8: The one in connection to sports activities guilty of vandalism, exercised violence or attempted violence against another person or as threatened or otherwise seriously offended someone.
- The Federation's statutes
- The Association's statutes

Actions :

- Police report, emergency 112
 - Reporting for punishment
 - Police report, not urgent 11414
 - Registration with the social services
 - Conversations with parents, children / adolescents
 - Information to the board
- Use and work actively with the developed material related to the subject:
- Guidelines for Children and Youth Sports + the instructions to them

- Sport wants
- Create safe sports environments
- Children's game rules

Prevention:

Use and work actively with produced materials related to the subject:

- Guidelines for Children and youth sports + the instructions to them
- Sport wants
- Create safe sports environments
- Children's game rules

Severe crimes

Serious assault, rape, murder, manslaughter

Violence

Abuse, sexual assault, threats, systematic violations

Sexual harassment

Harassment, insults and violations

Physical bullying

Blows and kicks, minor beatings

Pushes, sexual allusions, mental bullying, nasty comments, mines and freezing

Treatment, problematic language, sexist/homophobic jokes, quarrels over "fun", etc.

Questions to ponder...

What rules apply to you in regard to violence?

Is there any form of violence that is accepted in your sport?

Where is the boundary between "Accepted" violence and "Unacceptable" violence?

Can you identify some risk zones in your association?

Can you do something to remove any risk zones?

ARTICLE 19 OF THE CHILDREN CONVENTION

Every child has the right to be protected against physical and mental violence, seizure, neglect or exploitation by parents or another who takes care of the child. ”

Checklist for Preventive work

In this section, we address a number of important points that should be included in the association's preventive work to create safe sports environments.

On page 13 you will find a checklist with checkboxes. Feel free to use it as a support at work.

Values work

A clearly defined value base that permeates the whole association is an important part in creating a safe sports. The values are the values and positions the association has agreed on and which shall apply to all members.

The Swedish sports movement's values are based on four cornerstones (which you can choose to expand with words/values that are particularly important for your association):

Enjoyment and togetherness

Everyone's right to be involved

Fair play

Democracy and participation

In order for the values to gain a foothold in your association, it is good that as many as possible are involved in the development. The value base needs to be "Active", ie it is broken down into documents.

Which actions make the difference?

What is a desirable behavior?

How do you know if you yourself have crossed the line?

If that happens, what should you do then?

Where does a person who has been exposed to something that does not feel good turn to?

Regular conversations about the values with different target groups in the association (active, parents, leaders, board) is important for creating a safe environment where everyone shares the same basic view. Contact your RF / SISU district to get help with it. A good tool in values work is the educational web that the Swedish Sports association has produced about Inclusive Sports:

https://utbildning.sisuidrottsbocker.se/sisu/general/organization/inclusive_sports/

Strategic gender equality work

Strategic gender equality work can for example be about addressing the issue in an organizational plan. Instead of appointing a person who will be alone responsible for gender equality and carrying the issues, one can supplement by thinking about which positions/roles can help the work move forward and integrate the questions in these roles. Another tool is to use the 4R method described on the website about inclusive sports. It's about mapping and checking in turn Representation, Resources, Realia and Realize.

To work strategically with gender equality work is also about having a long-term perspective and review power structures and recruitment methods.

Action plan

Build up the association's action plan so that you are equipped in case something should happen. Identify already in the preventive work which person has which responsibility during the various steps in the action plan. Make sure the action plan is always up to date and that the persons mentioned there are aware about their area of responsibility. Also build a plan over what routines you as an association want when it comes to follow-up of any incidents. On page 13 there is an action plan with checkboxes that you can make use of. If you need more support, refer to your RF / SISU district.

Network

It is good if the association has access to a wide contact network if an incident occurs based on the areas addressed in this material. Examples of people or functions that are good to have contact information for:

- *Municipality*: Social services and child and youth services (or similar). You can check if your municipality offers crisis handling and call support.
- *County Council*: BUP (Child and Adolescent Psychiatry).
- *Police*: Municipal police .
- *Women's shelters*: Unizon and ROKS.
- *The Swedish Sports Confederation*: The Sports Ombudsman.
- *RF / SISU district*: Expert in children and youth issues.
- *Non-profit organizations that are represented in your municipality*: BRIS, Save the Children, UNICEF, Friends and more.
- *Organizations that work with honor culture and honor-related violence*: You can find suggestions on organizations at www.hedersfortryck.se
- *Non-profit organizations that work with and standards*: RFSL and Make equal.
- *Non-profit organizations that work with questions about masculinity*: Men for gender equality and UNDERSTAND man.

Identify and work with risk zones

Try to identify where in your association there is a risk that bullying, harassment, sexual abuse and violence could occur, such as changing rooms during travel and on social media. Discuss how you together can minimize the risks identified.

Leaders and coaches

Being a leader and coach is a position of trust and no right. For the association to feel safe with the persons who receive a trust features, for example, the following tools can be used:

Register extract

- Shows the most serious crimes - not speeding, tax offenses or the like.
- Makes it difficult for perpetrators.
- Must be requested regularly, for example every two years.
- The person concerned requests his or her extract from the Police.
- The person leaves the register extract to the persons as appointed by the board.
- Responsible persons tick off a list that the person submitted its extract from the register.
- Responsible persons return the register extract to the person concerned after inspection, or destroy it by agreement. The excerpt absolutely DOES NOT get filed in any way.

If the register extract is not empty

The law says nothing about how you as an association should act if the person has committed any crime such as appears in the register extracts. However, remember to always put the best interests of the child in the forefront when making your decision. If the register extract shows convictions relating to sexual offenses, child pornography, murder, manslaughter and unlawful coercion may those appointed by the board take a conversation with the person and explain that work with children is not appropriate with that history. Do you need support in this conversation? RF/SISU District experts in Child and Adolescent questions, or the RF's sports ombudsman, can be helpful. For other crimes, those appointed by the board can open up for a dialogue in the association and with the person in question about the suitability of working with children.

Reference taking

It is important to check if a new association leader/coach has previously worked in another association. If so, it is advisable to take references of the person from the previous association.

Ask relevant questions and try to find out how they worked in their previous role. In working life, reference taking is an obvious part of a recruitment process and if we use it as a tool in sports we can more easily detect if something is not right.

Educate

Offer the leaders and coaches to read more about the subject. There are many good in-depth materials to take help from. Contact your RF/SISU district for assistance to find the right one.

Follow-up

Check annually that the checklist is current and ongoing. One tip is to bring it regularly to the board's agenda for follow-up.

Prevention work checklist:

This checklist can be supported in the text on pages 11.

- Basic work
- Strategic gender equality work
- Action plan

- Network
- Risk zones
- Leader / coach
- Register extract
- Reference taking
- Train
- Follow-up

Action plan - if something unwanted has happened:

This action plan can be supported by the text on page 12.

- What has happened?
- Who is involved?
- Is it a crime?
- Is it a charter violation?
- What support is needed from the person who has been exposed?
- What support is needed from coaches?
- What support is needed on the board?
- What support is needed from others involved?
- What support does the perpetrator need?
- Who needs information?
- What kind of information do they need?

Action plan - Action in five steps

1. Get a picture of the situation. What has happened? Who is involved? If it's urgent, create a safe environment for the victim. Avoid trying to find out for yourself what happened at this stage. If it becomes a police matter, it is important that you have not influenced the people involved.

If the victim is a child, it is important to keep the following in mind:

- Contact parents immediately. If the problem is suspected to be within the victim's family, the social services should be contacted instead.
- Identify if contact with social services is needed to support the child.

If the perpetrator is in the association, it is important to keep the following in mind:

- If the perpetrator has a trust assignment in some form, that person must take "time out" during any investigation.
- If the perpetrator is a child, parental dialogue is very important. Can the event be classified as a crime - also report to the Social Services.

2. Is it a crime? If yes, report to the police. In case of doubt, contact the police for advice. See more below in the section on police reporting (on page 24). If it is not a crime, investigate whether it may be a violation of yours or the Swedish Sports Confederation's statutes. If yes, report to the relevant sports federation's disciplinary committee or equivalent.

If it is neither a violation of the law nor a violation of the statutes, you should try to find out for yourself what happened and then follow the remaining steps in the action plan. If you feel insecure, make contact with your RF/SISU district or the Sports Ombudsman at the Swedish Sports Confederation.

3. Identify the need for support for the victim, coach, club board, any others involved and any perpetrators. Here is the network that you have developed during your prevention work, a very important tool.

4. Identify who needs information about what happened and what form of information it should be. Think about personal integrity, not everyone needs to know everything.

5. Follow the routine you built up during the prevention work to follow up what happened.

Registration to the social services

Society has a responsibility to make an effort when parents and guardians are unable to give children what they need, or when they are powerless in a situation where the child is maltreated. Children are entitled by law to immediate protection and shall be offered various forms of help and support. The municipality's social committee has the responsibility to provide the support and social services needed for the benefit of the child.

What obligation do we have to report?

Anyone who suspects that a child is being maltreated should report it to the social services. It is stated in the Social Services Act. People working in health care, school and in the social services are obliged to report suspicion. Sports leaders and coaches are therefore not obliged to report, but should always report their suspicions so that the social services are given the opportunity to investigate whether the child has need for support and protection.

How do you report?

There is no template for how a notification to the social services should occur. Anyone who wants to report makes contact with the municipality's social services during working hours. If a report needs to be made in the evening or during weekends, the social services are available. The person who reports can be anonymous, but if they give their name anonymity no longer applies. It can still be good to leave their name and contact details if the social services need to come back with follow-up questions or the like. The one who feels unsure if he should make a report or not, can contact the social services anonymously and consult them without telling which child it concerns.

The social services can also help with other things, such as making a police report (if relevant) or to take the child to the doctor (if it would be needed). The social services can also provide the person who reports advice and support on how to act. They can also offer mediation between the vulnerable child and the perpetrator, which may be relevant for example in cases of bullying.

What happens after a report?

When a report has been received by the social services, they must immediately make an assessment of whether the child is in need of immediate protection and care. Further a decision is made as to whether an investigation should be made or not. An investigation must take place within 14 days. If suspicion of abuse, violence or other crime exists, the investigation shall be initiated immediately. The investigation may continue for a maximum four months. A parent or guardian is usually contacted directly when a report has been completed. If the notifier has chosen to remain anonymous, their name is not mentioned.

Private individuals who report have the right to receive confirmation that the report has been received and by whom, but no more information can be given. It means that the notifier can sometimes feel excluded from the process. Exceptions are if the persons concerned have given their consent to the disclosure of more information. What they can then do is contact the social services to get a description of how they work in general and advice/support on how to act now.

Open intervention is the most common intervention for children who are maltreated. It can be a contact person or contact family for the child or a care program of some sort. In some cases, the intervention may be to place the child outside the home, in a foster home or a home for care and living.

The social services' base their work and efforts in voluntary participation, self-determination, integrity and cooperation. But when there is no consent, they have an obligation to provide children with the support and protection needed. The social services must always work for collaboration, both when it comes to the societal issues and when a report is made.

Report to the police

Anyone can report a crime to the Police. This does not have to be the victim himself or anyone who witnessed the incident. It is enough that the event comes to one's knowledge. If an association leader, coaches or leaders find out that something has happened that could be a crime, it is the recommendation to contact the Police who can decide if this is the case.

When registering, there are some general things that will be requested: personal data of the victim of the crime, if there is a suspect, a brief summary of the event and how it came to one's knowledge and where it has occurred. The notifier may also provide his own personal data, but can also be avoided by instead specifying a legal entity as the notifier, for example Association. However, a contact person must be stated, but they do not have to appear with a social security number.

Glossary

Preliminary investigation: Police investigation of a crime

Plaintiff: Anyone who is the victim of a crime.

Reporter: The person who reports the crime to the Police.

Suspect: The person who can be suspected of having committed the crime.

Witness: Anyone who has seen or heard anything in connection to the crime or may otherwise provide information which is of interest to the inquiry.

Other: Someone who does not belong to any of the categories above but who is still interesting for the investigation for some reason.

Different degrees of suspicion

Reason to adopt - The minimum requirement for the Police should be able to initiate a preliminary investigation. There shall be a reason to assume that a crime has been committed. To allege a crime has occurred does not require many details, in principle only one detail of information that something against the law has happened is needed.

Can be suspected - The lowest degree of suspicion directed at the person. It requires some concrete circumstance for a person to be considered a suspect, but no other evidence is needed.

Reasonable suspicion - The next degree of suspicion when a significant increase of the degree of suspicion is suspected. Here it is required that the probability that the person committed the crime is greater than that for someone else being guilty. It requires some kind of evidence or clues pointing in the same direction to achieve this degree of suspicion.

Suspected for probable cause - This means rather an increase in the evidentiary requirements. The evidence that exists needs to be concrete and aimed at a specific person. It can be, for example, DNA from the suspect who can be linked to the crime.

Step by step

- In case of emergency, call 112 - request the Police.
- When registering, call 114 14 or visit the nearest police station.
- Have relevant information on hand when registering the opportunity.
- The notifier can be either a lay person or a legal person.
- After the report has been made, a copy of the report will be automatically sent to whoever is the plaintiff in the case.
- If the police initiate a preliminary investigation, they will begin to interrogate plaintiffs.
- If the case leads to prosecution, the preliminary investigation will take place in public. Anyone can then request information from it, or alternatively the protocol in its entirety. However, the material is tested for confidentiality if necessary.

The Swedish Sports Confederation's sports ombudsman and whistleblower service

The association has a far-reaching responsibility for what happens in your organisation and to go as far as possible to handle situations that arise or do so in consultation with the special sports union or current RF/SISU district. If however, cases can not be handled in this way for various reasons, the RF has set up two support functions to facilitate the association's work.

The Sports Ombudsman

The Sports Ombudsman's task is, among other things, to provide advice and guidance on how to proceed different types of cases and, if necessary, investigate cases containing suspected violations of Chapter 14 of the the sports federation's statutes. The Sports Ombudsman is also the recipient of the cases that come in the whistleblower service.

The sports ombudsman has a telephone number 08-627 40 10 and email ldrottsombudsmannen@rf.se. The service is available weekdays during office hours. If it is difficult to get through - leave a message or send an email and you will be contacted.

Whistleblower service

The whistleblower service is an option for when for some reason it is not possible to take the matter to the association or union - for example when a person does not want or dare to report. Whistleblower cases can, for example deal with financial irregularities, abuse or harassment. The purpose is to make it easier to report serious misconduct in sport. You will find information on how to proceed on The Swedish Sports Confederation's website.

The whistleblower service is encrypted and all messages are treated confidentially and the notifier has the opportunity to remain anonymous.

Together we can go far

This material has been produced as a guide in working with the issues that may be perceived as tough and difficult. We do sports in associations to have fun, feel good and develop throughout life. To be able to do so, the sports movement needs to have zero tolerance for all forms of harassment and abuse. In order for the Swedish sports movement to reach its vision and to be the best in the world at all levels requires everyone to take their

responsibility to contribute to safe and inclusive sports for everyone. The goal is for everyone who plays sports to be able to develop both physically, mentally and socially. A safe sport lays the foundation for just that.

Nobody can do everything but everyone can do something. The Swedish sports movement's values are based on the following cornerstones:

Enjoyment and togetherness

Everyone's right to be involved

Fair play

Democracy and participation

If we together turn these values into action, we have come a long way towards being a world class sport.

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