



Belgian Twirling Sport Federation

National v.z.w.

Lid IBTF Membre

CODE FOR THE PROTECTION OF CHILDREN **TWIRLING AND MAJORETTES**

EVERY ATHLETE HAS THE RIGHT TO:

- to play sports,
- to have fun,
- to benefit from a healthy environment,
- to be respected and treated with dignity,
- to be trained and surrounded by competent people,
- to follow training and competitions adapted to their abilities,
- to measure themselves against young people who have the same chances of success,
- to do sport for health in complete safety, without doping,
- to have rest periods,
- to be or not to be a champion,

FOR EACH ATHLETE, IT IS NECESSARY TO:

Placing the well-being and development of each athlete at the heart of everything we do. From the welcome to the end of the activity, the well-being of the athlete must be thought of above all. To do this, it is essential to regularly question yourself about this well-being and share it as a team. For example, when an adult (supervisor or parent) shouts at the edge of the field thinking they are encouraging the child, that child may feel pressure. Questioning oneself in this type of situation helps to put the athlete back at the heart of concerns. Its rights and development must always be a priority.

Be attentive and listen to each athlete. It is important to take an interest in the Athletes with whom we work. This curiosity should allow the adult supervisors to allow themselves to discuss with the athlete, especially in the event of a change in behavior.

Build a bond of trust with each athlete's entourage. It is essential to introduce yourself to the child's loved ones, to plan moments of exchange and to be available. These discussions allow the child to be surrounded and to create a climate of trust.

To train us on a regular basis on issues of athlete development, protection and rights. Providing training sessions makes it possible to integrate issues relating to the well-being and rights of the athlete into the daily practices of the coaches and to have tools to prevent and react to difficulties. To identify training needs, it is essential to address these issues in regular meetings.

To question ourselves on our collective and individual practices and to solve questions as a team. It is healthy to question oneself, to value reflection on the habits and behaviors of each individual and the team. To get into the habit of sharing your questions and experiences in meetings, it is useful to anchor this process by designating a person in charge.

Act in the event of a difficult situation and call on the network of professionals/them if necessary. Having tools and protocols allows you to know who to contact and how to deal with any difficulties. Do not hesitate to ask for support from qualified people or organizations.

Never leave the athlete alone and left to his or her own devices