

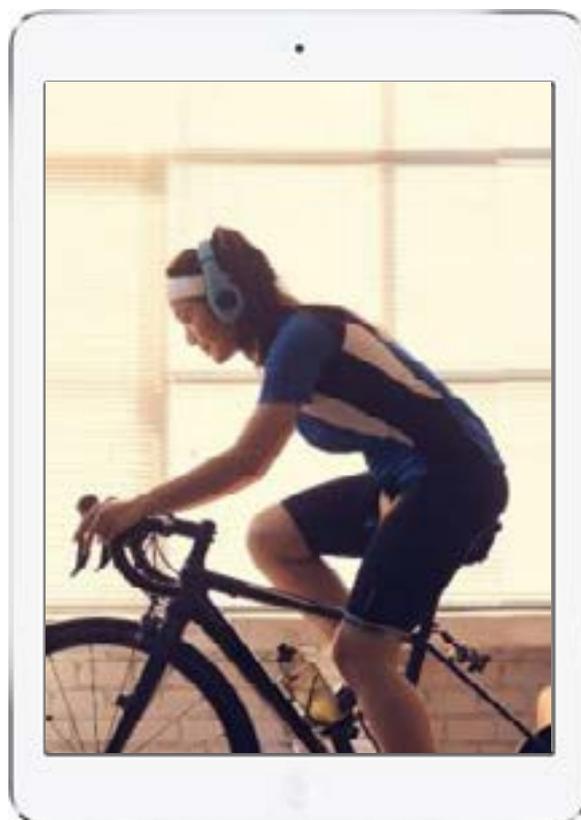
ONLINE DOs AND DON'Ts

GUIDANCE WHEN DELIVERING ONLINE TRAINING AND RACING FOR CHILDREN

CA aims to provide a safe and enjoyable environment for all participants in the sport.

Everyone involved in our sport, and particularly children, should be treated with respect and dignity and be free to participate without being discriminated against, harassed, bullied or abused.

CA expects all clubs and coaches to take safeguarding seriously and each is reminded that training and racing online is subject to the law, as well as CA rules and policies in particular the Member Protection Policy, Junior Sport Policy, Technical Regulations and Disciplinary Policy.



CONSENT

DO:

- Obtain permission for the junior rider to participate in online training or racing directly from their parent/guardian in writing (e.g. by email) and retain on file.
- Advise the junior rider and their parents/guardians that a parent/guardian should be in the room for training sessions or racing where possible.
- Provide parents/guardians with the name of the coach leading the training session and their credentials, including currency of their Working With Children Check (or equivalent)

DON'T:

- × Rely on a junior rider advising you that their parent/guardian has granted permission.
- × Engage in any form of communication a parent/guardian has not given express permission for their child to participate in.
- × Publish any recordings of a junior rider to social media channels that their parent/guardian has not consented to.

COMMUNICATION

DO:

- Limit online communication to issues directly related to delivering online training, such as advising the time of a session or, when conducting the session, to explaining drills and providing instruction.
- Copy all communications to a junior rider's parent/guardian where possible.
- Ensure all training sessions are led by a coach engaged by your club with a current Working With Children Check (or equivalent), which you have on file.
- Clearly communicate expectations to cyclists and their parents/guardians.



For example: Who will be leading the session, what will sessions consist of, what equipment or space will the cyclists need.

- Encourage coaches and club officials to undertake online training and conduct research into online safety.



Note: We have listed some resources that provide information & advice on creating safe online environments at the end of this document.

- Ensure that appropriate security features are being utilised for video calls. For example, lock calls so that they can only be accessed using a password that has been distributed via email to participants.
- Utilise club accounts for coaches to use (e.g. Zoom) as opposed to personal accounts.

DON'T:

- × Add as a friend, accept friend requests from, follow or engage with juniors on social media, video-conferencing or gaming platforms or via other communication channels outside of training or racing.
- × Communicate with juniors using chat rooms, social networking sites, game sites or instant messaging from personal profiles or accounts.
- × Engage in one-on-one sessions or communications with junior participants. All communications should be with the team as a whole.
- × Use any communications to promote unauthorised 'social' activity or to arrange unauthorised contact.
- × Communicate anything that a reasonable observer could view as being of a sexual or inappropriate nature.
- × Request a child to keep a communication secret from their parents.
- × Require attendance at online training or racing – if a cyclist does not wish to participate or their parent/guardian does not consent, that is the individual choice and they should not be discriminated against or excluded on that basis.
- × Record training sessions unless express and informed consent has been given by the child's parent/guardian for a specified club-approved purpose (e.g. for posting on the club's official social media channels, with consent). Any recordings should be deleted once the purpose has been expended.



Note: If a cyclist decides not to participate or their parent/guardian does not consent to their participation in video training, consider sending a training program with the drills and exercises from each session so that the player can continue to train at home.

HEALTH & SAFETY

DO:

- Ensure that the online training is conducted in a safe outdoor or indoor area that is free of any hazards.
- Wear suitable clothing and footwear, ideally the usual training gear.



Note: There are many varied online training or racing sessions and platforms. The participation in these should be reviewed by a parent or guardian prior to any use.

COMPLIANCE

DO:

- Cyclists and coaches must abide by applicable codes of conduct.
- Cyclists and coaches must abide by rules issued by the government in relation to social distancing.
- Consider random 'spot checks' or regular moderation of online training to ensure they are being run safely.
- Remind Cyclists that the Discipline will apply to these sessions and Cyclists are expected to behave appropriately and treat their teammates and club staff accordingly.

RESOURCES

COMMONWEALTH

- » **eSafety Commissioner:** Australia's national independent regulator for online safety. eSafety works to help safeguard Australians at risk from online harms and to promote safer, more positive online experiences.
 - **eSafety Guide:** Information about applications, their purpose and identified risks.
 - **Key issues: Sporting organisations and community groups:** Information tailored to sporting organisations to help promote an eSafe environment.
 - **COVID-19:** Tips and resources for staying safe during the COVID-19 pandemic.
- » **Australian Cyber Security Centre:** ACSC leads Australian Government efforts to improve cyber security.
 - **Web Conferencing Security:** A resource to help you choose a safe web conferencing option.
- » **Stay Smart Online:** An online resource that provides alerts in relation to cyber security threats.
- » **ThinkUKnow:** An online portal created by the AFP with resources to improve cyber safety for young people. The resources are targeted primarily at parents and carers.

CYCLING AUSTRALIA

- » **Junior Sport Policy:** Provides the regulations for the conduct of junior cycling.
- » **Technical Regulations:** Provides the rules for the conduct of racing
- » **E-Racing Technical Regulation**
- » **Indoor Training Tips and Tricks**