

SAFE SPORT TIPS FIRST SERVE COACHES



Safe Sport means that every athlete, official, coach, and administrator is safe, supported, and strengthened through tennis. This happens when an equitable, safe, and inclusive environment is provided in which participants can train and compete without the fear of bullying, harassment, or abuse.

Creating this environment from the moment someone is involved in our sport ensures a positive tennis experience from the instant they pick up a racquet. As a First Serve Coach, there are many things you can do to keep yourself, and your First Serve participants safe in tennis.

We will provide you with 15 Safe Sport Tips for First Serve Coaches and will be highlighting 5 of them today. Find out more in your First Serve Package and be sure to use all of them in your First Serve Program.

5 FIRST SERVE SAFE SPORT TIPS

- 1** While waiting for participants to arrive to your program, and while waiting for them to be picked up after, always ensure you have another trained and certified coach and/or administrator with you. You never want to be alone with a participant and this includes during drop-off and/or pick up times. So make sure to plan ahead!
- 2** During the First Serve program you will often be providing feedback to participants, and when this happens you want to make sure that you are in an open area, where others can observe these interactions. What you don't want is to be providing feedback or having a meeting alone with a participant in a closed office or room. If you must have a meeting privately, make sure another coach or administrator is present with you.
- 3** During sessions it is inevitable that participants will need to use the washroom and take water breaks. If a participant needs to go to the washroom, make sure they use the buddy system and go with another participant. As the coach, you do not want to go to the bathroom with a participant, nor do you want them going off anywhere alone.
- 4** Part of being a coach or instructor is helping our participants demonstrate proper technique by moving their body or arm/wrist into the correct position. Make sure that you have the participant's permission before you help physically guide them, and don't unexpectedly touch a participant.
- 5** Working with large or young groups, sometimes a coach will need to manage participant behaviour. When this happens make sure to follow the club's policy on rules and discipline, and refrain from yelling, swearing, or isolating a participant.

The goal of the First Serve Program is to instill the love of tennis into each participant that comes out to experience it for the first time. By following these tips, plus the other 10 listed, you can create an environment that is positive, safe, and most of all, fun. If you want to learn more about creating an equitable, safe and inclusive environment, visit [tenniscanada.com/safe-sport](https://www.tenniscanada.com/safe-sport)