

PERSONAL SAFETY

There are few girls who have never feared for their own safety. When participating in a sport programme, girls and their caregivers have to feel safe when travelling to and from training and events, and throughout the entire practice and competition.



STRATEGIES:

- Engage female coaches and trainers who can create safe spaces.
- Organise groups to travel home together.
- Include girls in the creation and implementation of safeguarding policies.
- Invite a qualified instructor, preferably a woman, to teach basic self-defence skills.
- Schedule activities at appropriate times of the day.
- Inform caregivers about scheduling and transport.
- Teach girls to recognise potentially dangerous situations or areas.
- Develop a strategy for communicating with caregivers in case an external emergency arises.