



# Triathlon Ireland Social Media Guidance for Juniors

Revised July 2018

## → Introduction

The purpose of this document is to ensure best safeguarding practice and procedures exist to protect junior members<sup>1</sup> as well as facilitate and enhance the operations of Triathlon Ireland (hereafter referred to as TI) and its clubs. The procedures following are produced to ensure all TI staff, relevant volunteers and stakeholders have a clear understanding of the policy and how it applies to their role. This document will be reviewed on a regular basis.

These procedures were submitted and approved by the Board and the Safeguarding Committee. All previous procedures are superseded by this version with effect from July 2018.

**Any issues arising from the transition between previous procedures and these shall be determined by the CEO, in consultation, where such issues are material, with the President.**

This document may be amended from time to time by the Safeguarding Committee. The definitive text of this document in force is the version contained on the TI internal server under Safeguarding Policies. Any printed text or electronic copy held

elsewhere is only a snapshot of the text at the time it is printed, copied or downloaded.

This policy gives guidance for junior members of TI using social media, phone apps or email to communicate.

Social media is a great way to stay up to date with club events and races and stay in touch with your friends in your club. In order to stay safe online Triathlon Ireland recommends the following to junior athletes.

- › Avoid asking your coach or another adult club officer to be friends on a social networking site as they may be obliged to refuse on the grounds of good practice.
- › Avoid messaging a coach or leader in your club privately as they may feel they cannot respond. Message them as part of a group instead or ask your parent/guardian to message them for you.
- › Think about who you are becoming friends with on social media sites and be aware that people can hide behind a fake persona or profile online.
- › Be careful of who you give your contact number to and do not respond to a number you don't know.

- › Don't use your phone in changing rooms and never take pictures in the changing room of yourself or others. Respect the privacy of other athletes.
- › Avoid sharing photos of other junior club members through your social media channels without checking that they, and their parents, are happy with this.
- › Remember anything that is shared can easily be passed on to others and may not stay with just the individual you have shared it with and, depending how it has been shared, may be accessible to anyone else online.
- › Never share anything that may be untrue and hurtful or that you may regret sharing afterwards or could be used with bad intention by another individual. Never post anything that you would not put in writing or say to another individual face-to-face. Remember what is illegal offline is also illegal online. This could both breach Triathlon Ireland policies and be against the law. Think before you post!

<sup>1</sup> – Junior members – refers to any member under 18 years of age.

## → What should you do if you have concerns?

At some time during your use of social media it is likely that you will view something that you will have concerns over, which could range from negative comments, bullying,

or an offensive photo or message that makes you feel uncomfortable. Do not reply, save it and tell a parent, club children's officer or trusted adult.

If you ever feel uncomfortable about someone messaging you or something doesn't feel right then tell a trusted adult.

### CONTACTS

#### Who can you speak to you in club?

Your Club Children's Officer represents your voice in your club. If you can't talk to your club children's officer you should talk to another trusted adult.

#### Who can you contact in Triathlon Ireland?

The Triathlon Ireland National Children's Officer:

#### Niamh O' Gorman

Contact number: 0873627106

email: niamh@triathlonireland.com

### RESOURCES:

#### Childline:

- › Childline online and mobile safety, [click here](#).
- › Call [Childline](#) from the Republic of Ireland on 1800666666 or text 'talk' to 50101
- › Call [Childline](#) from Northern Ireland on 0800 1111

#### Child Exploitation and Online Protection command:

- › [www.ceop.gov.uk](http://www.ceop.gov.uk)

### WEBSITES:

- › Webwise: [Webwise](#)
- › Netaware: [Netaware](#)
- › Watch your Space: [Watch your Space](#)
- › Your mental health: [One Good Adult](#)