

SPORT COACH+ RESOURCES

Play-by Play



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PLAY-BY-PLAY

Play 1: Preparing Ourselves and Sport Environments

Know your players	Know your context	Prepare yourself and together with fellow coaches
<ul style="list-style-type: none"> ➡ Who are they and where have they come from? ➡ What might they have experienced? ➡ What are their current living situations, particularly for those displaced? ➡ What is their culture / gender / age / religion? ➡ What do you know about their families and communities (e.g., challenges they face, their perception of sport activities)? ➡ What is OK and not OK to say and do? ➡ What particular sensitivities may there be (e.g., political) among players? 	<ul style="list-style-type: none"> ➡ What risks may there be within and surrounding the sport environment, and how can you mitigate them? ➡ What resources are there to help during sport activities (e.g., clothing and equipment, community volunteers or assistant coaches)? ➡ What services and supports can you refer to in case a young player needs more support? 	<ul style="list-style-type: none"> ➡ How might you be perceived by players? ➡ What ground rules and values will be important for you and players to feel positive and safe? ➡ What well-being strategies do you have in place for your own self care? ➡ How do you and your fellow coaches support each other? ➡ What technical support and supervision is available to you and fellow coaches?

Checklist for Play 1	
Do you have...?	<input type="checkbox"/> Knowledge of the players, including family and community understanding? <input type="checkbox"/> Knowledge of forced displacement affecting the community? <input type="checkbox"/> Knowledge of the risks in the context and how to mitigate them? <input type="checkbox"/> Knowledge of the resources in the context (e.g., community supports, specialised services)? <input type="checkbox"/> A contact sheet for referrals? <input type="checkbox"/> A self and team care and supervision plan?

Play 2: Ensuring safety, dignity and inclusion

Checklist for Play 2	
Do you have...?	<input type="checkbox"/> Sufficient privacy for young players to get changed and ready for sport, and to use bathroom facilities? <input type="checkbox"/> Clothing and equipment safe and appropriate for players' age, gender, culture and the sport activity? <input type="checkbox"/> Water, snacks, shaded or heated space for the health and comfort of young players? <input type="checkbox"/> A list of players' names so you can greet them personally? <input type="checkbox"/> A schedule for sport activities with warm-up and cool-down routines? <input type="checkbox"/> A plan for co-creating ground-rules and consequences with young players?

Play 3: Helping young players in distress: look, listen, link.

Look

Young players	Group dynamics	Obvious danger
<ul style="list-style-type: none">➡ How are individual players reacting?➡ Is anyone expressing anger, frustration, sadness, fear?➡ Is anyone withdrawing, or not participating?	<ul style="list-style-type: none">➡ Are there conflicts or tension in the team?➡ Is the group dynamic engaged and cooperative?➡ Is the group disengaged or tense/over-energetic?	<ul style="list-style-type: none">➡ Is there potential for anyone to be hurt or disrespected?➡ Is there active conflict or potential for conflict to erupt?➡ Is anyone seriously distressed to the point they cannot participate in the moment?

Listen

Make contact	Help them feel calm	Listen well
<ul style="list-style-type: none">➡ Check in if you notice a young player in distress.➡ Be respectful, ask if you can help, and find space to talk without distractions (and with some privacy, if appropriate).➡ Make use of co-coaches to keep the group activities going.	<ul style="list-style-type: none">➡ Give practical comfort - water, quiet space.➡ Help them regulate their emotions and behaviour and reset.➡ If they don't want to talk, offer to stay with the person or to be available to talk later if they like.	<ul style="list-style-type: none">➡ Ask their needs and concerns, don't assume you know.➡ Listen more than talking.➡ Don't jump to giving advice, take time to understand.➡ Ask what they feel would be helpful, and how they want to approach solving the problem.

Link

Co-create simple, immediate solution	Access their strengths and resources	Services and supports, as needed
<ul style="list-style-type: none"> ➡ Think together about a simple, immediate solution as a starting point (achievable solution). ➡ Suggest options to rejoin and keep participating in sport activities now or at a later time. 	<ul style="list-style-type: none"> ➡ Help them acknowledge their own strengths and coping capacities. ➡ Help them to consider supportive resources in their lives and activate them. ➡ Consider together how coaches and teammates can help. 	<ul style="list-style-type: none"> ➡ Know your boundaries - what you can and cannot offer as a coach. ➡ Link with information about where/how to get help or access community supports. ➡ Make referrals, as needed for, e.g., social or legal services, psychological support, health care. ➡ Create a plan to keep the young player engaged in sport activities after referral.