

Young athletes: Questions to discuss with your parents, coaches and club

The following questions are designed to prompt discussion about your participation in sport, what your sport does to make it the best experience possible for you, and how you are involved in decisions that affect you as an athlete and a young person. They are based on the recommendations put forward in the [Duty of Care in Sport Review](#).

Education

- Is your school/college/university aware of your involvement in sport?
- Does your school have a [Junior Athlete Education Programme](#)?
- Are you encouraged by your sport to participate in other activities?
- Are there people who are trained to support elite young athletes?
- Are you aware of the [Advanced Apprenticeship in Sports Excellence](#)?

Transitions

- Are you invited to welcome meetings whenever you move through the sport?
- Are your coaches, parents and other support staff involved in the meetings?
- Do you have access to information about your training arrangements?
- Do you have regular conversations about life outside sport?
- Are you supported by your sport to attend career events?
- Do you understand how deselection and appeals processes work?

Participant's voice

- Are you given opportunities to share ideas about the way your sport works?
- Do people who run your sport talk to you about matters that affect you?
- Are you provided with information in a way that you can understand?

Equality, diversity and inclusion

- Do people in your sport talk about fairness, and respecting differences?
- Have you been told about unacceptable behaviour and language?
- Do you know what to do if you see or experience bullying in your sport?

Safeguarding

- Has it been made clear that participating in your sport should be safe and enjoyable?
- Does your sport promise that coaches have to treat you the same way teachers do?
- Are there codes of behaviour for athletes, coaches and other staff in your sport?
- Is it easy for you to find information about who to talk to if you are worried?
- Have you been given any information about nutrition and supplements?
- Are you aware of campaigns such as [#itsnotokay](#) and [Sport Respects Your Rights UK](#)?

Mental welfare

- Does your coach ask you about worries, thoughts and feelings about your sport?
- Have you been given activities to help you cope with the ups and downs of sport?
- Do you know who to talk to if you find yourself feeling badly or losing confidence?
- Are you aware of organisations such as [Rethink](#) and [Action for Happiness](#)?

Safety, injury and medical

- Is illness and injury talked about in meetings with your club and coaches?
- Are you made aware of what is being done to make your sport safer?
- Do you meet regularly with medical staff?
- Are you confident that you can openly talk about illness and injury with your coach?
- Is it clear in your sport that you should not be treated unfairly due to injury?