SAFEGUARDING
IN COMBAT SPORTS & MARTIAL ARTS

ACTION GUIDE

This guide explains what to do if you witness violence, experience violence, or realise you have acted in a harmful way.
It applies to participants, coaches, referees, staff, volunteers, caregivers and leaders.

A SHARED RESPONSIBILITY

Safeguarding is everyone's responsibility. It is not only about reacting to abuse — it is about **preventing it, speaking up, listening, and acting with care every day.**

THE CULTURE WE CREATE DEPENDS ON:

- How we **act**
- How we **speak**
- How we **respond**
- How we **protect one another**

IF YOU WITNESS CONCERNING BEHAVIOUR OR VIOLENCE

This includes physical, psychological or sexual violence, bullying, discrimination, neglect, boundary violations or unsafe practices.

What to do:

- **Do not ignore it.** Silence can allow harm to continue. Let others know when their behaviour is wrong.
- **Ensure immediate safety** if someone is at risk.
- **Report the concern** using the club's safeguarding or reporting channels.
- **Record facts only** (what you saw/heard, when, where).
- **Do not investigate on your own** or confront aggressively.

Speaking up helps protect others and strengthens a safe sport environment.

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IF YOU EXPERIENCE VIOLENCE, HARASSMENT OR SUFFER ABUSE

Violence is never acceptable — and it is never your fault.
What to do:

- **Put your safety first.**
- **Talk to someone** such as a safeguarding officer, coach, caregiver or support professional.
- **Use confidential reporting channels** provided by the club or federation.
- **Seek medical, psychological or legal support** if needed.

Your well-being comes before sport, performance or results.

IF YOU REALISE OR ARE TOLD YOU ACTED HARMFULLY OR CROSSED BOUNDARIES.

Safeguarding also means taking responsibility and committing to change.

What to do:

- **Stop the behaviour immediately.**
- **Do not minimise or justify what happened. Take full responsibility for your actions. Acknowledge the impact** of your actions.
- **Do not contact, pressure, or influence the person affected.**
- **Cooperate with safeguarding procedures.** Be honest in investigation processes and accept the consequences, including suspension or removal from roles.
- **Seek education, supervision or support** to prevent repetition.
- **Commit to respectful and safe behaviour.**

ACCOUNTABILITY IS ESSENTIAL TO SAFE AND TRUSTWORTHY SPORT ENVIRONMENTS.

STRONG IN SPIRIT, SAFE IN PRACTICE

GET INVOLVED
JOIN THE MOVEMENT AND BE PART OF LASTING CHANGE!

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