



凝動守護兒童小冊子

守護兒童你要識 兒童篇

《SPORT 守則》

運動讓我們健康和快樂。同時我們要學懂好好保護自己，才能避免受傷，並享受當中的樂趣。

謹記守則中「SPORT」的 5 個字母，提醒你們在運動時該如何保護自己。



S-Safety 注意安全

留意場地及天氣是否適合運動，並佩戴合適裝備



P-Polite 以禮相待

說話有禮，不說粗言穢語，亦不取笑或欺凌別人。



O-Say NO! 堅決說不

如任何人在 **未得到** 你的同意下觸碰你的身體，你應馬上喝止對方的行為，並與對方保持距離。



R-Report 告訴信任的人

如在課堂中受傷或遇到不快的事，要告訴父母或信任的成年人（如老師或社工）。



T-Together 共同守護

身邊的成年人會協力建立一個既安全又開心的運動及成長環境。

「有火火聽你講」



「熱血火火」

「熱血火火」是奧林匹克聖火運送時，走失的小火種。聖火象徵光明、團結、友誼、和平、正義，「火火」同樣繼承了這些特質。活躍於運動場的「火火」充滿熱情，更熱衷於推廣「守護兒童」政策，經常以身作則示範如何安全地參與體育。雖然貪玩的「火火」有時會忘記安全意識，但每次都勇於認錯，繼續努力實踐《SPORT 守則》。

守護兒童你要識 家長篇

總有激勵自己、使自己更上一層樓的方式。寫下來，以此作為夢想，然後把它轉化為行動。不要只是做夢。

— 丹 • 蓋博（美國摔跤運動員）

我們的《守護兒童政策》

本會致力保護接受我們服務的兒童和青少年免受傷害，並制定《守護兒童政策》讓所有人都了解自己在守護兒童中的角色和責任。

- 政策是基於《1989 年聯合國兒童權利公約》、香港特別行政區社會福利署出版的《處理虐待兒童個案程序指引》、國際培幼會的《守護兒童政策》及其他國際上的模範案例所制訂而成。
- 政策清晰列明與兒童相處時的行為準則、政策實施，以及違反政策事宜發生後的匯報及調查程序。
- 本會所有僱員（包括職員及教練）均已接受並通過性罪行定罪紀錄查核。

掃描 QR Code 以查閱網站及完整的《守護兒童政策》吧！



家長 Q&A

假如小朋友在課堂中受傷，該怎樣辦？需要送院嗎？

- 兒童在受傷後馬上告訴教練或隨堂的中心社工或職員，他們將視乎同學傷勢及情況作適當處理。
- 如為簡單皮膚擦傷，社工或職員將為兒童進行即時消毒及傷口處理。
- 假如傷口大量出血、懷疑傷及器官或骨頭，或有機會對兒童造成進一步傷害，會考慮將兒童送院治理，以確保他們得到最合適的治療。兒童將會在至少一名成年人（如教練、中心社工或凝動職員）的陪同下送院，一方面安撫兒童情緒，另一方面可實時了解傷勢。
- 有關因兒童在課堂受傷所產生的醫療費用，請閱讀手冊 P.7 有關保險索償部份。

假如我從小朋友身上察覺到不尋常的傷勢（非因運動所引致），或從小朋友口中得知受到欺凌，我該如果處理？

- 請告知隨堂社工或職員，或致電 560 560 13 直接聯絡凝動保護兒童主任江女士 (cpo@inspiringhk.org)。
- 我們會先向同學及相關單位（如在現場的同學及教練）溝通，以掌握事件全貌，並將事件呈報凝動保護兒童主任，並以適當方法處理和解決。
- 如發現事件牽涉欺凌甚或虐待，或事件中有同學受到嚴重傷害，社工或職員有機會將事件呈報至社會福利署甚至報警處理。向受傷害同學提供合適協助及支持。

情景題

如果教練或職員邀請我作私人訓練，或私下約會我，我該怎麼辦？

無論任何原因，教練或凝動職員均不應與同學單獨接觸。如出現上述情況，你應拒絕對方，並告知家長、社工或凝動職員，或致電 560 560 13 直接聯絡凝動保護兒童主任江女士 (cpo@inspiringhk.org)。

班上有同學以粗言穢語互相指罵，這樣恰當嗎？

體育精神的意義之一正是包容和尊重。我們對不同年紀、種族或身型的同學、教練，甚或對手，都應彼此尊重，並互相支持，任何時候都不應該以粗言穢語互相指罵。

訓練中途我被同學弄傷了，我該怎麼辦？

任何運動皆有一定受傷風險，我們需分清楚是因為意外或惡意侵犯而受傷。我們絕不容許刻意導致的惡意侵犯，例如使用工具如球拍、球棍追打別人。不過，無論因**任何事故**導致受傷，都應**立即**告知教練和凝動職員。

如果教練或同學在未取得我同意下觸碰我的身體，令我感到不適，我該怎麼辦？

任何人觸碰你身體時，必須出於**合理原因**或**事先得到你的同意**。如在任何情況下有不必要的身體接觸，並讓你**感到不適**，請立即喝止其行為並告知在場社工或凝動職員。



掃描以下 QR code 瀏覽守護兒童影片吧！





IHKSports Child Safeguarding Brochure

Child Safeguarding Tips Child

“SPORT Rules”

Sport makes us healthy and happy. At the same time, we need to learn to protect ourselves to avoid getting hurt, and to enjoy the fun of sport. Learn these 5 letters of “SPORT” in the Rules. They remind you how to protect yourselves when doing sports.



S-Safety

Note if the venue and weather are suitable for sports and wear appropriate gear.



P-Polite

Be courteous in speech and do not use foul language. Do not laugh at or bully others.



O-Say NO!

If anyone touches your body **without permission**, you should immediately tell them to stop and move away from them.



R-Report

If you are injured or encounter something unpleasant during class, you should tell your parents or an adult you trust (such as your teacher or social worker).



T-Together

Work with the adults around you to establish a safe and happy environment for sport and growth.

Flamey always listens!



Flamey

"Flamey", a tiny spark that got lost during the Olympic torch relay, inherits the Olympic flame's symbolic meanings of hope, peace, friendship, and solidarity.

Besides being a sports enthusiast, "Flamey" is also keen on promoting Child Safeguarding Policy and serving as a role model for safe sports participation. Even if "Flamey" misbehaves sometimes, he has the courage to admit mistakes and continues to uphold the "SPORT Rule".

Child Safeguarding Tips Parent

There's always ways of motivating yourself to higher levels. Write about it, dream about it. But after that, turn it into action. Don't just dream.

- Dan Gable
(American wrestler)

Our “Child Safeguarding Policy”

Our organization strives for protecting the children and youth receiving our services from being harmed, and have made the “Child Safeguarding Policy”, so that everyone can understand his role and responsibility in child safeguarding.

- The Policy was based on the “1989 United Nations Convention on the Rights of the Child”, “Protecting Children from Maltreatment – Procedural Guide” published by the Social Welfare Department of the Hong Kong Special Administrative Region and other international best practices.
- The Policy clearly lists out the behavioural conduct, policy implementation when staying with children, as well as the reporting and investigation procedures when matters violating the policy have occurred.
- All our employees (including staff and coaches) of the organization have undergone and passed the sexual conviction record check.

You can scan the QR code to read the website and our entire “Child Safeguarding Policy”!



Parent Q&A

What happens if a child is injured in class? Will the child need to go to hospital?

- When a child is injured, they should immediately inform the coach, the social worker or centre staff present at class, who will take appropriate action in light of the circumstances and the condition of the student's injury.
- If it's just a simple scratch, a social worker or staff member can apply antiseptic and treat the child's wound.
- If the wound is large and bleeding and we think that the child's organs or bones may be injured, or there is a chance for further harm, we will take the child to hospital so they can get suitable treatment. Children will be accompanied by at least one adult (such as the coach, centre social worker or InspiringHK staff member) to the hospital so as to get the latest information on their injuries.
- For medical expenses incurred as a result of injuries, please read the insurance claims section on page 7 of the manual.

What should I do if I see that a child has unusual injuries (not caused by sports) or if a child tells me that he has been bullied?

- Please inform the social worker or staff member, or directly contact InspiringHK's Child Safeguarding Officer, Ms Judy Kong (cpo@inspiringhk.org).
- We will first speak with students and relevant parties (such as students who were on-site and coaches) to get a full picture of the incident. Then, we will report the incident to the InspiringHK Sports Foundation and use an appropriate method to handle and resolve the situation.
- If we find that the incident involved bullying or abuse, or if a student was seriously injured in the incident, a social worker or staff member will have the opportunity to report the incident to the Social Welfare Department or to the police for further investigation and will then provide appropriate assistance and support to the injured student.

Situational Questions

What should I do if my coach or staff invites me for private training or dates?

For any reason, coaches or staff should not contact students individually. If the above situation occurs, students should reject the other party and inform their parents, social worker or IHKSports staff, or directly contact IHKSports' Child Safeguarding Officer Ms. Judy Kong (cpo@inspiringhk.org).

Is it appropriate for students in the class to use offensive language?

One of the meanings of sportsmanship is tolerance and respect. We should respect and support each other, coaches and even opponents despite their age, race or body shape.

If I am hurt by my classmate during training, what should I do?

Any sport has the potential risk of injury. We need to distinguish whether the injury is caused accidentally or by malicious aggression. We absolutely do not allow malicious aggression caused by deliberate action, such as chasing others with equipment such as rackets and sticks. However, regardless of any matter resulting in injury, please inform the coach and IHKSports staff immediately.

If I am hurt by my classmate during training, what should I do?

When someone touches your body, it must be for a reasonable reason or **with your consent in advance**. If there is unnecessary physical contact under any circumstances which makes you feel uncomfortable, please immediately tell the person to stop the behavior and inform the social worker or staff in the venue.



Scan the QR code below to watch Situational Questions "Child Safeguarding" video!

