



**True  
Sport**

Powered by SportWest



# SPORT WEST

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True Sport is proudly supported by:



Department of  
Local Government, Sport  
and Cultural Industries

True Sport, supported by the Department of Local Government, Sport and Cultural Industries (DLGSC), provides a cohesive, all-sport approach to align values, culture and practices of sport delivery across WA and enrich the sport experience for all participants.



# OVERVIEW

The inaugural three initiatives launched with the program in September 2023 are:

- True Sport Mental Health & Wellbeing;
- True Sport Child Safeguarding, and;
- True Sport Sideline Behaviour

The program offers a long-term, sustainable approach to safeguard, support and equip the industry from now and into the future. It's all about creating an environment for sport in Western Australia that allows the industry to thrive and prosper for generations to come, all underpinned by WA-specific resources reflective of WA sporting communities and their needs.



With a library of resources available to the WA sporting industry, True Sport is focused on establishing the foundational and functional aspects of the program.

As the program develops and evolves, resources will continue to remain flexible and agile in proactively and responsively meeting the needs of our members and building credibility and connection within the industry.

A Future Initiatives Framework developed in partnership with the University of Western Australia (UWA), will continue to guide the progression and expansion of initiatives to ensure consistent and research-based prioritisation processes are implemented.

The True Sport Child Safeguarding Initiative aims to assist State Sport Associations (SSAs) to understand, navigate and then start to action the National Principles. Focused on building organisational capacity and capability, the Child Safeguarding resources offer support in navigating how to become a child safe organisation.

# CHILD SAFEGUARDING



The initial resources include:

- Child Safeguarding workshops aiming to provide insights into the True Sport Child Safeguarding resources and provide a better understanding of the National Principles for child safe organisations;
- Child Safeguarding webinars offered specifically to respond in a timely manner to feedback regarding topical pieces impacting the industry i.e. National Integrity Framework (NIF);
- A self-assessment tool to assist SSAs work through each National Principle and identify whether they have work already underway or not. This will then inform the development of an action plan to guide SSA action;
- Sport-tailored examples of how SSAs can implement each National Principle;
- A sample SSA Child Safety Statement of Commitment and Child Safety Code of Conduct to help guide SSAs in the development of their own, and;
- A reporting flowchart to provide clarity, guidance and reassurance of how and where to report suspicions of, or disclosures from, a child or young person who is at risk of harm.

While these are currently National Principles, SportWest envisions that these will transition to National Standards, in line with other states in Australia, and thus, have proactively created and provided resources to allow sports in Western Australia to embark on the journey on keeping kids safe in sporting environments.

## Child Safeguarding: Pilot Series

The Child Safeguarding Pilot Series was created to serve as a self-determined and self-paced program, aimed at empowering SSAs to enhance their knowledge and skills in child safeguarding within the context of sport. Through a flexible framework, participants are afforded the opportunity to engage with the program in a manner that best suits their organisational needs, preferences, and schedules.

The Pilot Series continues to adapt to meet the needs of member organisations.

## Child Safeguarding: The Voice of Children and Young People Advisory Group

The Voices of Children and Young People (VCYP) Advisory Group aims to provide youth representatives from within our WA sporting community the opportunity to speak to and advise SportWest on matters concerning their sporting experience.

This includes the opportunity to collaborate on True Sport events and resource development. This sub-initiative aims to empower and elevate the perspectives of our younger generation, providing them with a platform to share their unique voices and contribute meaningfully to decision-making processes in the industry.







The Mental Health and Wellbeing initiative supports SSAs and other sporting organisation staff to respond to mental health incidents and promote proactive mental health and wellbeing in community sport.

Based on funding provided by the Mental Health Commission, The True Sport – Mental Health and Wellbeing initiative has been developed in conjunction with a mental health training specialist, utilising the expertise of a clinical psychologist from The Mental Health Project.

# MENTAL HEALTH AND WELLBEING



The industry now has access to

- A 90-minute eLearning module;
- Mental Health and Wellbeing Workshops;
- An Employee/Volunteer Assistance Program (for eligible organisations);
- The Mental Health Champions Network;
- A Community Links Hub;
- A Critical Response eToolkit, and;
- Over 55 downloadable and editable resources, tailored to both SSAs and Club/community volunteers.



## Mental Health and Wellbeing: Employee Assistance Program/ Volunteer Assistance Program

SportWest launched the Employee Assistance Program (EAP) and Volunteer Assistance Program (VAP) pilot to strengthen the industry. SportWest partnered with Access Wellbeing Services (AWS) to provide mental health and wellbeing counselling and critical incident response to the WA sporting community.

Member SSAs and equivalents with fewer than 30 FTE staff are eligible to participate in the program.

To access the services within the EAP/VAP program, please visit the [True Sport website](#).

## Mental Health and Wellbeing: Mental Health Champions Network

The True Sport Mental Health Champions Network is a network of SportWest member representatives who will champion the mental health and wellbeing messages in their respective organisations, and become vehicles for information, resources and guidance.

This network is not an advisory group, but rather an opportunity to connect and unite in our aim to reduce stigma around mental health and wellbeing in community sport, and to better support clubs and stakeholders.



### This network aims to:

- Act as information conduits between SportWest, as the peak body for sport in WA, and the respective member sporting organisations, for trusted, credible sources of mental health and wellbeing information.
- Create a safe and encouraging platform for ongoing connection and collaboration between industry professionals.
- Share feedback and experiences to be on-shared with the True Sport Advisory Group for consideration.
- Deepen individuals' knowledge and skills in the mental health and wellbeing sector to work towards overall increased education and awareness within the community.
- Mental Health Champions Network individuals drive and imitate/reiterate the network structure within their own organisations.

### Process to join the network is as follows:

- Complete the True Sport Mental Health and Wellbeing eLearning module
- Attend 1 x True Sport Mental Health and Wellbeing workshop

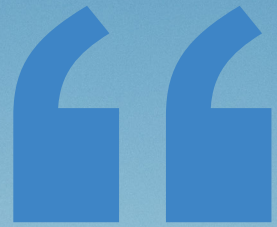
After completing the above learning, participants will receive an email inviting them to join the network communication channels, offering ongoing connection opportunities such as network get-togethers and webinars. Interest in joining the network prior to completing the eLearning and workshops is welcomed, with the expectation that the interested individual completes these trainings at first opportunity.

The True Sport Sideline Behaviour Initiative seeks to increase public awareness of the impact of poor sideline behaviour in sporting environments. The Sideline Behaviour Initiative is here to make sure that everyone feels safe and comfortable playing the sport they love.

# SIDELINE BEHAVIOUR



United to embed the principles of True Sport, SportWest (with the support of State Sporting Associations) will stand together to stamp out poor sideline behaviour in sport.



**THE MESSAGE IS SIMPLE.  
THERE'S NO PLACE FOR  
POOR SIDELINE BEHAVIOUR.  
LET US PLAY!**



In partnership with Club Respect, specific role-based resources have been promoted in various editable formats demonstrating what respectful behaviours look like for Presidents, Administrators, Parents, Players and Volunteers. The partnership has also allowed the WA sporting sector access to the A.W.E.S.O.M.E Game Plan framework, supporting clubs in guiding their community members forwards in building cultures of respect and safety.

Available to the community are:

- Club Respect role descriptions
- A.W.E.S.O.M.E Game Plan for Clubs
- eSignature
- Editable Respect Posters
- Video and social media resources
- Case studies

SportWest sought the expertise from an expert research team from the University of Western Australia (UWA) to develop a robust evaluation framework to align with a criterion for future initiatives.

With the Framework developed early 2024, an additional prioritisation process and criteria were developed to guide a priority system for which initiatives are of most value in a timely capacity to the industry.

A thorough evaluation process is underway to guide the organisation on the evolution of True Sport, with the Future Initiative Framework underpinning the systematic industry-driven approach to development, planning and implementation for the future of True Sport.

# FUTURE INITIATIVES



For more information about True Sport  
please visit [www.truesport.com.au](http://www.truesport.com.au)

