



SPORT INTEGRITY
AUSTRALIA

COACH

Coaches + Athletes

Identifying healthy and unhealthy relationships

All sports want healthy, safe and positive relationships between coaches and athletes. These influential relationships can shape an athlete's physical, mental and emotional development, as well as their skills in other areas like teamwork and resilience.

Healthy relationships are
based on ***care*** and ***support***.

Unhealthy relationships are
based on ***power*** and ***control***.

Sport Integrity Australia has partnered with #WeRideTogether to launch the Coach Athlete Relationship Dynamics Diagrams (C.A.R.D. Diagrams) in Australia.

Athletes, coaches, parents, support staff and bystanders can use the diagrams in their own sporting environments to identify patterns of healthy and unhealthy relationships. This helps everyone play a part in building safer and fairer sporting environments.

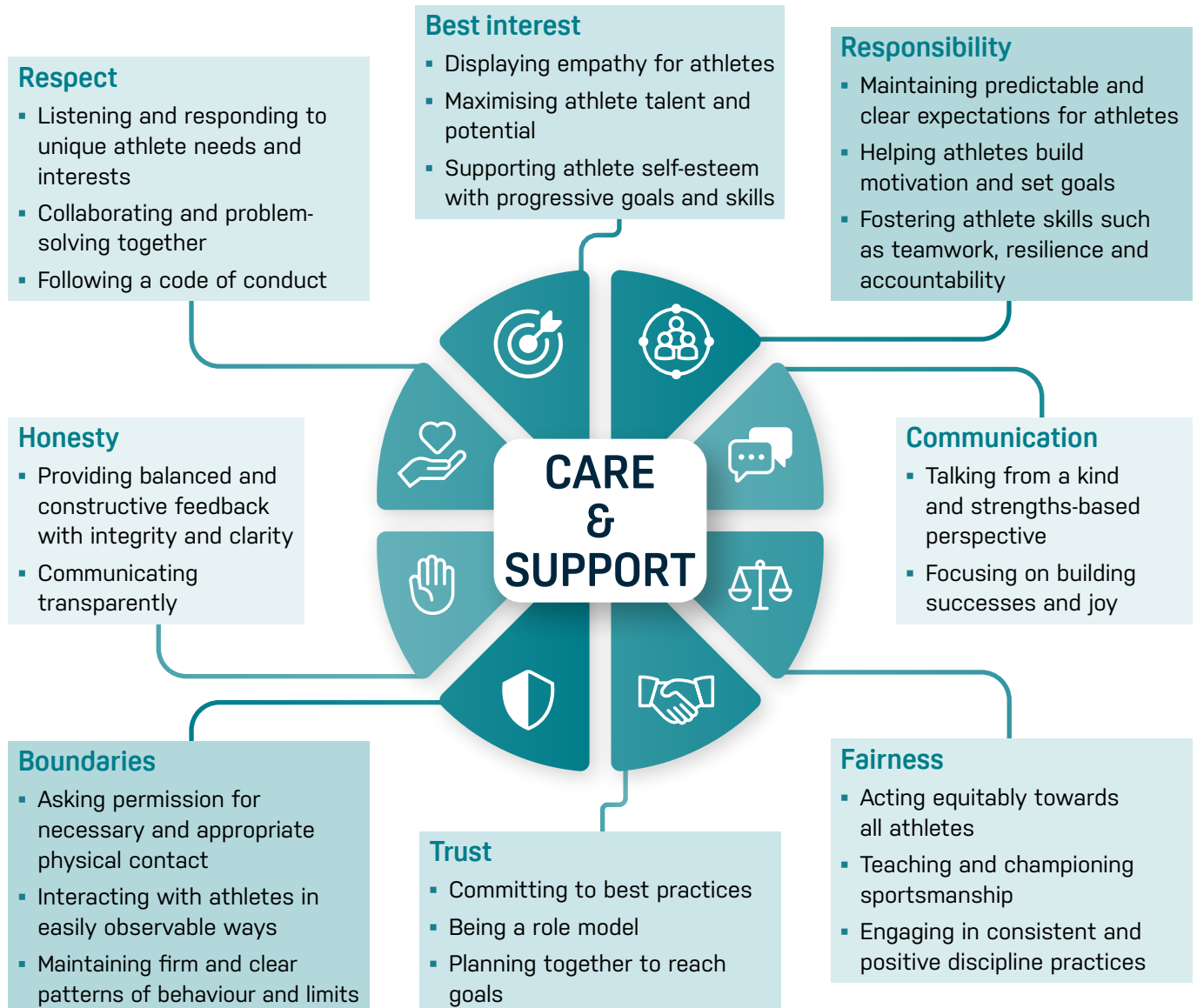
If you experience or see patterns of unhealthy coach-athlete relationships, you can:

- contact Sport Integrity Australia's Safe Sport Hotline on 1800 161 361
- seek more information, including how to make a complaint, at sportintegrity.gov.au.



Healthy coach-athlete relationships *look* like...

Care and support from a coach helps foster an athlete's physical, mental, and emotional development. Establishing positive behaviours, like those outlined in this diagram, promotes everyone's safety and wellbeing.



To learn more visit sportintegrity.gov.au and weridettogether.today

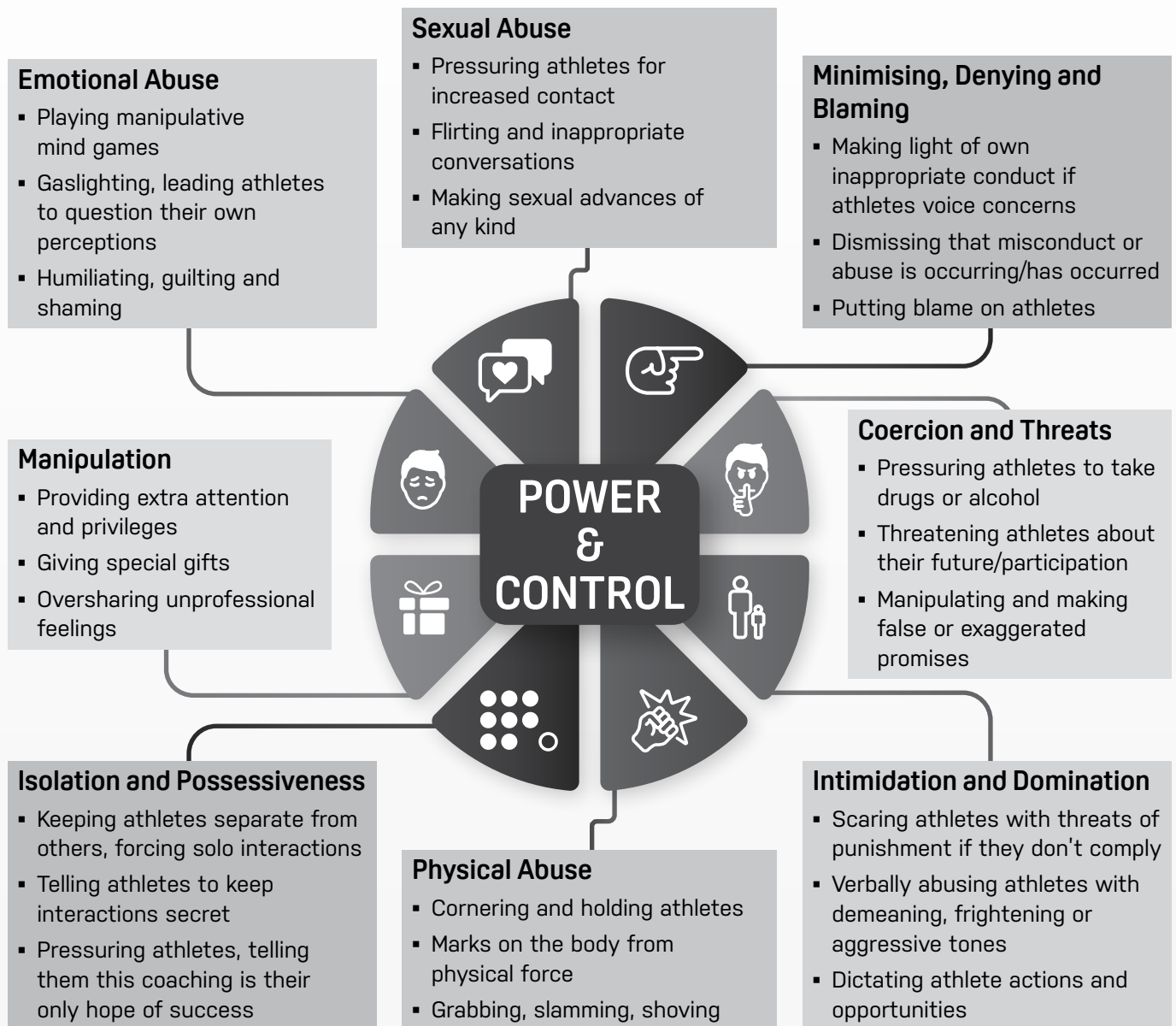


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Unhealthy coach-athlete relationships *look* like...

Inappropriate behaviour between coaches and athletes can sometimes be subtle and difficult to recognise. Unhealthy behaviour patterns may be hidden from those around an athlete or misinterpreted as passion for athlete success. This diagram helps identify unhealthy dynamics. Awareness and prevention of these patterns of power and control help keep everyone safe.



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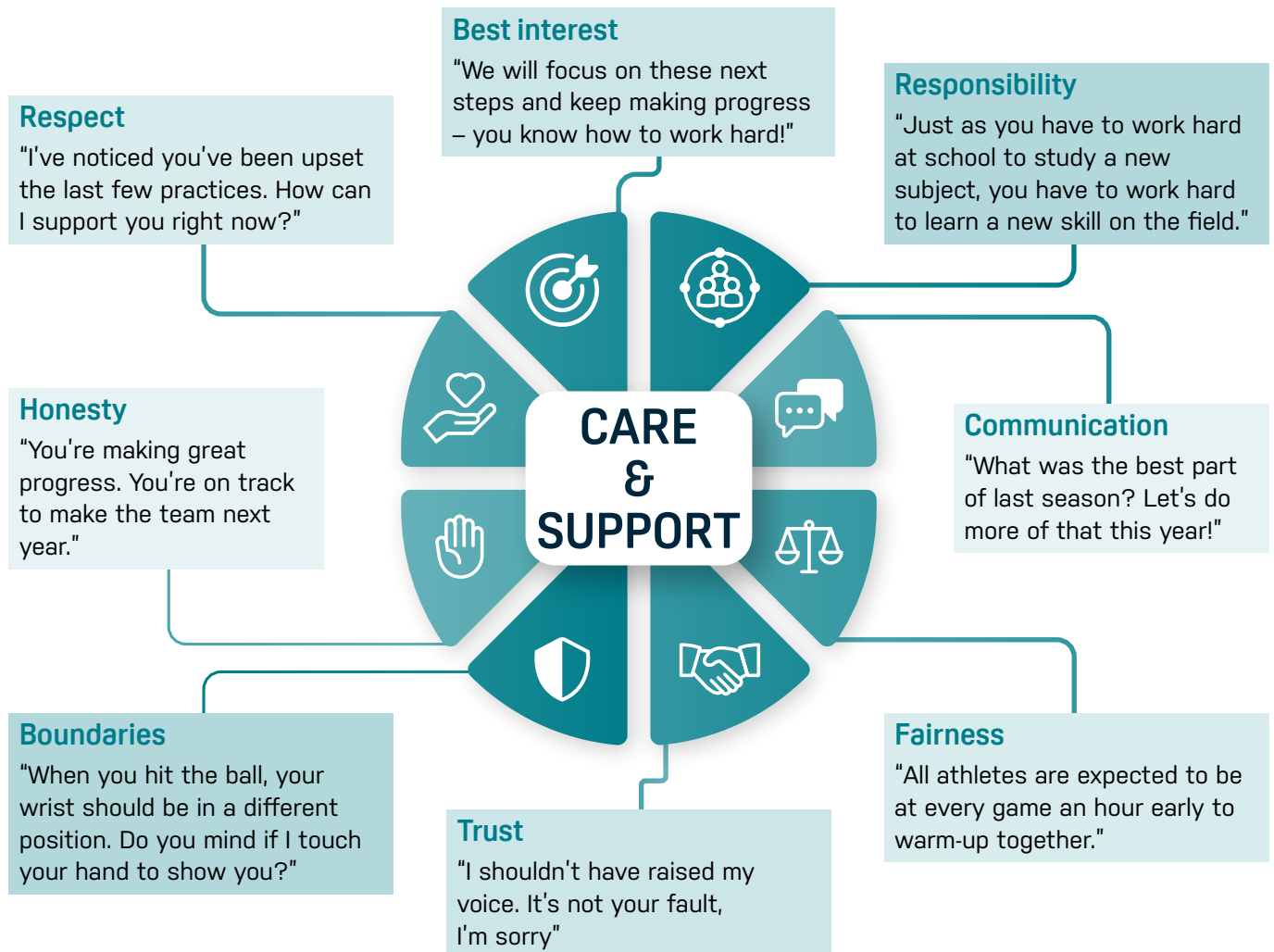
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Healthy

coach-athlete
relationships *sound* like...

The diagram gives examples of what you might be said when there are healthy relationship dynamics between a coach and an athlete. Is this what you're hearing in your sporting environment?



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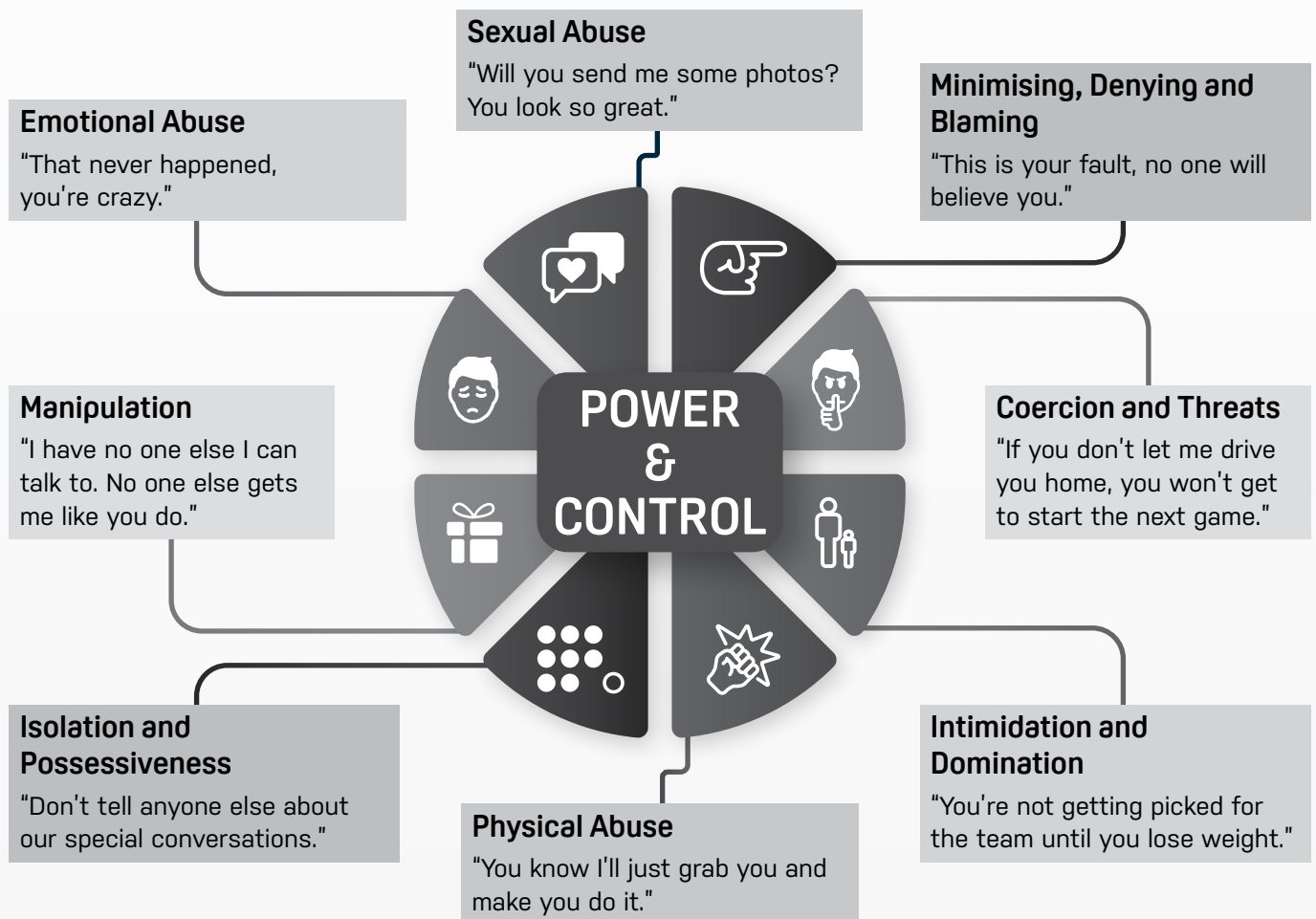
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Unhealthy

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This diagram gives examples of what might be said when there are unhealthy relationship dynamics between a coach and athlete.



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