

# What is Expected of Me as a QAS Supported Athlete

## You have rights and responsibilities as a QAS supported athlete.

This document highlights these responsibilities and expectations and outlines additional rights for those young athletes that are under the age of 18 and athletes living with a disability.

As an athlete it is important to have an understanding and comply with these as your actions, behaviours and choices will determine your overall QAS experience.


## What are my rights as a QAS supported athlete

As part of your QAS Athlete Agreement and Code of Conduct, all QAS Supported Athletes must:

- ✓ Display control, respect, dignity, and professionalism to all involved with the QAS and the sport - including opponents, coaches, officials, administrators, the media, parents, and spectators.
- ✓ Display high standards in language, manner, punctuality, preparation, and presentation. Wearing the official QAS uniform designated for your sport when at QAS training/competition and for official functions.



## DEFINITIONS

-  **Child:** a person under the age of 12
-  **Young Person:** a person aged between 13-18
-  **Athlete:** any QAS supported athlete (any age / any category)
-  **Safeguarding:** having active measures in place to *prevent* institutional harm and abuse of athletes and *respond* to any safety concerns, disclosures, allegations or suspicions of harm and abuse of any athlete.
-  **QAS Staff or Contractor:** any person engaged by the QAS

These rights apply to you, as a QAS supported athlete, and we will do what we can to make sure they are met.

If you are an athlete that is under the age of 18, or if you live with a disability, you have additional rights.

Click the link for more information:

[UN Convention Rights child](#)

[UN Convention Rights Disability](#)

[UN Human Rights Treaty Bodies](#)

[Athlete Bill of Rights](#)

## What are my responsibilities in sport?

As well as having rights, you also have some responsibilities. You are responsible for your own behaviour and how it impacts other QAS supported athletes and staff around you. You are expected to follow instructions provided by the coaching team, QAS staff and performance support teams. You are also expected to turn up on time, carry out tasks outside of sessions and behave in a way that is appropriate, professional and respectful to staff and to each other. If you are not fulfilling these responsibilities coaches and/or QAS staff will address this with you either informally or through formal disciplinary procedures.

**Additionally, there are 3 things we ask of you:**

### CHECK IN WITH YOU

Check your own behaviour is in line with the expectations set by your sport and the QAS and that you are not responsible for someone else feeling unsafe, uncomfortable, unwelcome or excluded.

*Was I respectful? Was I appropriate? Did I have consent?*

What if someone important to me, like my coach or a parent saw / heard it? There are serious consequences for inappropriate behaviour and abuse from anyone, including athletes. Is it worth it?

### CHECK IN WITH THEM

Check in regularly with your friends and team mates, and if they don't seem themselves, hear them out and offer support. Just listen, let them speak, in their own words and their own time. Reassure them there is help available. If you are concerned they are in immediate danger, get help from anyone at the QAS, or call the police.





### CHECK IN WITH US

#### REPORTING CONCERNS

As an athlete you have the right to speak up to RAISE and REPORT a concern of any nature to any person you trust. If you have concerns about the safety of an athlete, someone's behaviour, or have seen or heard something that is questionable and just doesn't feel right, you can REPORT it to the QAS. We will take it seriously.

**Remember: If anyone is in immediate danger contact the police on 000.**

#### You can:

-  Speak to a family member or friend first.
-  Raise your concern with ANY person within the QAS. It doesn't matter what their role is, they will be able to support you and they will take it seriously and help you with the next steps.
-  Send an email to [QAS.Safeguarding@dtis.qld.gov.au](mailto:QAS.Safeguarding@dtis.qld.gov.au)
-  Complete the [QAS Safeguarding Report Form](#) online or via the QR Code.

#### You can also report your concerns externally to:

- Sport Integrity Australia (SIA):  
Hotline 1300 027 232
- AIS Be Heard:  
Hotline 1800 565 965

## What if I am not behaving in a way that meets those expectations?

If your behaviour is impacting on another person's safety and wellbeing at the QAS, we will address it with you. If it continues or if it is serious, there may be consequences.

This can include warnings, a formal discussion, review of your athlete agreement or police involvement.

Safety of all athletes, staff and contractors is the top priority for the QAS.