

# Q&A for Athletes

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## How do I travel to and from training and events?

Unless otherwise organised, athletes are generally expected to organise their own transport. Written approval is required from your parent or guardian if you are under 18 years where your team is travelling together to a specific sporting event.

QAS will contact your parent or guardian if you are under 18 years to notify them of the times of practices and games and when to collect you.

It is not QAS' responsibility to transport you home if your parent or guardian is delayed. It is desirable that the parent or guardian of the second to last child/young person take the last child home or wait with the QAS staff member and the child/young person until the last child/young person has been collected.

## What should I wear for training and events?

All athletes are required to wear appropriate clothing when attending QAS events, training sessions or recovery sessions. This includes wearing all required team uniforms and wearing appropriate training gear and/or swimwear to training and recovery sessions. If you do not comply with the relevant clothing standards you will not be able to participate in the relevant activity.

## What do I do if I am unwell or injured?

You are required to report sickness and injury to relevant QAS staff and seek medical advice when required. If medical advice is sought, you are to follow the advice and perform rehabilitation exercises as advised.

## How can I make a complaint?

QAS is committed to providing you with a safe and supportive service environment directed at ensuring your safety and wellbeing. Therefore, QAS has a **zero tolerance approach** towards physical abuse (e.g. hitting), mental abuse (e.g. teasing/bullying), any sexual activity, intimidation and vilification.

You can make a complaint or report harm that relates to yourself or another athlete through speaking with a QAS employee that you are comfortable with or lodging a complaint online at <http://www.nprsr.qld.gov.au/contactus/feedbackform.php?type=complaint>. Your parents may lodge a complaint on your behalf if you are under 18 years of age.