



My Rights & Responsibilities

as a Young Person in Equestrian



A CHILD SAFE SPORT



Overview

A Child: someone who is involved in equestrian sport who is 12 years or younger – this is usually a rider but it could be a sibling or the child of an adult who is riding.

A Young Person: someone who is involved in equestrian sport between the ages of 13 and 18 years old – this is usually a rider but could also be a sibling or the child of an adult who is riding.

Adult: someone involved in equestrian sport who is over the age of 18 – this may be a rider, official, coach, judge, staff, event organiser, volunteer and/or a parent.



What are my rights in Equestrian sport?

As a young person, you have rights, lots of them.

Your rights are called the UN Convention on the Rights of the Child, you can find them [here](#). Your rights mean that you can feel protected and safe in everything you do, and that includes Equestrian!

Here are some of your rights which relate to Equestrian sport:

The right to:

- be treated fairly, no matter what your cultural background, gender or sexuality, or if you have a disability
- be safe from harm or abuse from your peers or an adult in the equestrian community
- have a say about things that are important to you, and be taken seriously
- have the choice if you want to have your photo taken or have it shared on the internet
- have your personal information protected and not shared without you and your family knowing.



What are my responsibilities in Equestrian sport?

With rights, also come important responsibilities. You are responsible for your behaviour, and how it affects those around you. When it comes to equestrian, remember to:

- Be respectful to those around you – officials, coaches, parents and volunteers.
- Be safe, on and off the horse. You should also make sure those around you are being safe.
- Be kind, you have a responsibility to be welcoming to those around you, be inclusive and patient. This includes in online environments.



What else can I do?

There is a lot of components to equestrian sport, and young people can often forget the rules. Here are some easy ways you can keep in check.

1. Check yourself

Check that your behaviour is not the reason why someone else may be feeling uncomfortable, unsafe, excluded or unwelcome. Check you are being kind and inclusive online, this includes in private chats.

2. Check your friends

Check in with your friends in the equestrian community, make sure they are feeling ok, and offer your help where you can.

3. Speak up

- *If you have concerns about your safety or the safety of another child or young person, or have seen or heard something that just doesn't feel right, it is important you say something:*
- ***Speak to a parent, carer, family member or trusted adult like a coach, team manager, umpire, official or club representative.***
- ***Write down your concerns and send them onto your club or association via email or letter.***

For any safeguarding queries: <https://www.equestrian.org.au/content/report-concern>

Contact Kids helpline on 1800 55 1800 (it's free) or www.kidshelpline.com.au
