

Cayman Islands Football Association (CIFA)



Safeguarding Policy

Declaration

All participants in the CIFA activities (club members, players, coaches, managers, volunteers, administrators, members of committee and any other stakeholders), individually, a "Member" and collectively, the "Members," do hereby agree and affirm the commitment to, the support of, and the compliance with the CIFA Safeguarding Policy at CIFA matches and any other CIFA events.

We all members, for and on behalf of the Cayman Islands Football Community, do hereby acknowledge and agree that:

1. Any incidence related to abuse or harm of any kind to children and/or vulnerable persons will be reported immediately to CIFA designated email secretariat@cifa.ky knowing that confidentiality and privacy are fully respected by CIFA.
2. My club is committed to distribute this document to all its members.
3. My club will ensure the guidance for different activities will be followed in its entirety.
4. My club will always support any initiative to protect children and vulnerable persons.
5. My club will follow the CIFA Safeguarding Policy, Procedures and Codes of Conduct for Football Stakeholders below

Grand Cayman, 9 September 2026

A handwritten signature in blue ink, appearing to read 'Marcos Tinoco', is written over the printed name.

Marcos Tinoco
General Secretary

Cayman Islands Football Association

219 Poin Dexter Road, P.O. Box 178, Grand Cayman KY1-1104, Cayman Islands
Tel.: 1 (345) 329-9563 | E-mail: cayman.fa.gs@gmail.com

CIFA SAFEGUARDING, POLICY, PROCEDURES AND CODES OF CONDUCT FOR FOOTBALL STAKEHOLDERS

UP

TO

US



CAYMAN ISLANDS FOOTBALL ASSOCIATION
September 2026

THE FIVE PRINCIPLES



**IN LINE WITH THE TERMS AND SPIRIT OF THE
UNCRC, SAFEGUARDING CHILDREN IN FOOTBALL
IS BASED AROUND THE FOLLOWING FIVE PRINCIPLES
THAT APPLY TO ALL STAKEHOLDERS:**



PRINCIPLE 1

We will act in the best interests of children.²
Ensuring that children are safeguarded is part
of a commitment to enhancing their enjoyment
of and performance in football.

²This means that every action relating to a child or children in football has to take into account their best interests as a primary consideration. The word "action" includes all decisions, conduct, training, services, programmes, etc.



PRINCIPLE 2

Children's rights, as set out in the **UNCRC**, will be respected and promoted throughout the game of football. Amongst other factors, this means that:

- a. A "child" or "young person" is anyone under the age of 18 years. While recognising that programmes differ for young children and adolescents, hereinafter the toolkit refers to all individuals under 18 years as "children", regardless of the age of majority in the country where the child lives.
- b. Every child has the right to take part in football in a safe and inclusive environment free from all forms of abuse, harassment and exploitation.
- c. We will put the child before the player, referee, supporter or other role they may have in football.
- d. We recognise that any form of abuse disrespects the rights of the child and will not be tolerated.
- e. Children have a right to participate and be heard across the game, including by having a say in shaping safeguarding policy and practice, and for their views and opinions to be taken into consideration in all decisions and actions concerning them.



PRINCIPLE 3

The principles and practices will be applied to all children and without discrimination on account of race, skin colour, ethnic, national or social origin, gender, disability, language, religion, political opinion or any other opinion, wealth, birth or any other status, sexual orientation or any other reason.



PRINCIPLE 4

Safeguarding children is everyone's responsibility, regardless of the country we are from or the role we hold in football. This means that when children are in our care we have a duty to safeguard them, without exception.



PRINCIPLE 5

Specific roles and responsibilities must be defined within CIFA and all concerns will be reported and dealt with immediately in accordance with stated procedures, in line with national legislation, and with the best interests of the child as the primary concern.

CODES OF CONDUCT





CODE OF CONDUCT FOR CHILDREN

In playing football, I will:

- respect my coach and team-mates;
- play fairly and be gracious in defeat;
- shake hands with the other team and the referee at the end of the match;
- ensure I am on time for training, matches and any other football activity;
- tell the team manager/coach about any injury or medical condition before or during activities;
- not bully or start fights with others (doing hurtful things on purpose), like:
 - using mean words to hurt others or spread rumours about them;
 - excluding someone on purpose;
 - using social media in a bad way – e.g. posting mean comments or photos on social media (Instagram, Facebook, Snapchat or Twitter, etc.) to hurt or upset someone;
 - cursing or swearing at someone;
 - physically fighting and hurting others;
- report bullying if I see it happening to others.

In participating in football, I understand that I have the right to:

- have fun and develop my football skills;
- feel safe and happy;
- be protected from bad behaviour, from adults or other children that make me feel uncomfortable or sad;
- talk and be listened to, especially if I have concerns or do not feel safe;
- know where to go for help or who to talk to if I am scared or worried about something;
- be looked after if there is an accident or injury.

Remember, it is important to know that if you are worried about something, or if you do not feel safe, there are a lot of people who can help you. You can always talk to an adult whom you trust. Within football, this may be the safeguarding officer or other members of staff of your team.



CODE OF CONDUCT FOR PARENTS AND GUARDIANS

Parents and guardians can promote the positive aspects of football by demonstrating good behaviour at all times – this includes encouraging their child's participation in the game, demonstrating respect for staff and officials and behaving responsibly on the sidelines or during other football activities. Parents and guardians should be informed that persistent breaches of the code could result in them being asked to stay away from football activities and may also result in their child being removed from the programmes.

As a parent/guardian, I will:

- encourage my child to play by the rules and teach my child that he/she can only do his/her best;
- promote my child's participation in playing football for fun;
- cooperate with and show appreciation and respect for staff, coaches, referees, volunteers and other players;
- be realistic and never exert undue pressure or expectations on my child or other children;
- praise effort and participation rather than focusing on performance and results;
- accept decisions made by match officials, behave responsibly on the sidelines and not use aggressive or abusive language with any player or official;
- refrain from engaging in inappropriate use of social media – this includes posting comments on social media sites that may cause harm to others or bring the MAs or its stakeholders into disrepute;
- detail any health concerns and inform the coach/coordinator if my child has been ill or hurt recently;
- complete and return the relevant consent forms pertaining to my child's participation.

Parents/guardians have the right to:

- know their child is safe and protected from any form of poor practice or abuse;
- be informed of any problems or concerns relating to their child;
- speak to staff and voice any concerns about their child;
- have concerns appropriately dealt with.



CODE OF CONDUCT FOR STAFF AND VOLUNTEERS

Staff and volunteers play an essential role in contributing to the sporting and social development of children in football. As such, they have a duty of care to create a safe, inclusive and positive environment for all. It is important that coaches, managers, medical staff, volunteers, staff, parents and all those involved in football activities or programmes respect the rights and well-being of children in our game. You are confirming your absolute commitment to these values by signing this code of conduct.

As a member of staff or volunteer, I will promote good practice and:

- Make football a fun experience.
- Complete the basic safeguarding awareness training.
- Respect the rights, dignity and worth of every child without discrimination on account of age, race, skin colour, ethnic, national or social origin, gender, disability, language, religion, political opinion or any other opinion, wealth, birth or any other status, sexual orientation or any other reason.
- Always report any concern of poor practice or abuse immediately to the safeguarding officer or appropriate authorities. I acknowledge that I must report any concerns I may have – no action is not an option.
- Lead by example when it comes to good sportsmanship and be a role model for children – this includes not drinking alcohol, taking drugs or using foul, racist, homophobic or other discriminatory language in the presence of children.
- Respect my position of trust and maintain appropriate boundaries with children.
- Work in an open environment and avoid spending time alone with children away from others.
- Arrive in sufficient time to set up activities and ensure that risk assessments are undertaken as necessary for all activities, programmes, and events involving under-18s.
- Ensure children are safe by supervising appropriately and using safe training methods and techniques.
- Never engage in bullying behaviour.
- Challenge any form of bullying behaviour among and towards children.
- Communicate in a constructive, age-appropriate manner with children, never humiliating them.
- Provide meaningful opportunities that empower children to share in the decision-making process.
- Never condone rule violations, any form of violence or the use of prohibited substances.
- Ensure that confidential information is not divulged unless with the expressed approval of all those concerned or where a case warrants disclosure to relevant authorities.

I will never:

engage in or allow any verbal, physical or sexually provocative games with or inappropriate¹ touching of children;
engage in any sexual relationship with any player under 18 years of age, including making sexually suggestive comments to a child;
groom² or exploit a child for personal and financial gain;

- engage in inappropriate use of social media – this includes engaging children in private social media conversation and never posting comments that could compromise their well-being or cause them harm;
- reduce a child to tears or scare or humiliate him/her as a form of control;
- intentionally physically hurt or threaten to hurt a child – hitting and punching may be regulated forms of contact in some (combat) sports but have no place in football.

Failure to abide by this code of conduct will result in appropriate action being taken. This may mean your removal from the activity/event for a period whilst an investigation is taking place and may result in disciplinary and/or legal action.

I (please print name) agree to abide by the above code of conduct.

Organization:

Position:

Signature: Date:

Witness (signed by any member of the organization):

¹ Contact with buttocks, genitals and breasts must be avoided. Staff and volunteers should never behave in a way that could be interpreted as inappropriate.

² In the context of child sexual exploitation and abuse, “grooming” is the short name for using children for sexual purposes. It refers to *the process of establishing/building a relationship of trust* with a child, either in person or through the use of the internet or other digital technologies, to facilitate either online or offline sexual contact.

GUIDANCE ON DIFFERENT ACTIVITIES





GUIDANCE TO SAFEGUARDING AND SUPERVISION OF CHILDREN

In any football activity, it is important to ensure any risks in relation to the location, training facilities and equipment are minimised by using the risk assessment tool together with local health and safety guidelines. In addition, during any football activity, children need to be supervised at all times as the likelihood of accidents happening increases when adequate adult supervision is not in place.

Staffing and supervision ratios can sometimes be difficult to judge. You need to make sure you have enough staff and volunteers to ensure children are safe – and that these adults are suitable to undertake various tasks as needed. It may not always be possible to stick to recommended ratios. However, you should make every effort to achieve the best level of supervision of children at all times.

Recommended adult to child ratios

Check if legislation or government guidelines in your country have nationally recommended supervision ratios. If there is no specific guidance on this in your country, the following adult-to-child ratios are recommended to help keep children safe:

- when working with children between five and eight years of age, a ratio of one adult to 16 children should be adhered to;
- when working with children between nine and 18 years of age, a ratio of one adult to 20 children should be adhered to.

If young people are helping to supervise younger children, only those aged 18 or over should be included as adults when calculating adult to child ratios. *All activities should always be planned to involve at least two adults.*

The following factors should also be taken into consideration in deciding how many adults are required to safely supervise children:

- the number of children involved in the football activity;
- the age, maturity and football experience of the children;
- whether any of the members of staff, volunteers or children have a learning or physical disability or special requirements;
- whether any of the children have challenging behaviour;
- the particular hazards associated with the football activity;
- the particular hazards associated with the environment;
- the level of qualification and experience of the members of staff and volunteers;
- the full programme of football activities.

Important things to remember:

- There should always be at least one adult per group of children of the same sex as the children involved.
- There should always be at least one adult of each sex with mixed groups.
- All activities should be planned to involve at least two adults.

Adults should avoid being left alone with children.

All adults working directly with children must be subject to safe recruitment processes, sign the code of conduct and complete the basic safeguarding awareness training.



GUIDANCE ON PLANNING AND ORGANISING TOURNAMENTS, OVERNIGHT STAYS AND AWAY TRIPS

Travelling to away games and tournaments should be both safe and fun for children.

Parents and carers will often worry when their children are away but careful planning and preparation should help to ease those worries and demonstrate that you have taken into account the various needs of their children and the potential dangers of a trip away.

To help planning and organisational arrangements, the following guidelines have been developed to assist in implementing proper safeguarding measures. Much of this preparation can be done at the start of the year when the calendar of events is being planned.

Essential planning – at the start of the year/season

Hold a meeting with parents or guardians at the start of the season to explain your safeguarding policy and measures, introduce staff, and review the code of conduct. This is a great opportunity to discuss procedures for travelling for away games and tournaments and for parents or guardians to sign consent forms.

Hold a meeting with children for the same purposes.

Make sure you ensure the following:

- Parental (or guardian) consent forms – make

sure they are signed and kept safely (see sample below).

- When travelling, there should always be at least one adult per group of children of the same sex as the children involved.
- There should be a qualified first-aider with the team who has read and signed the code of conduct.
- If team doctors and physiotherapists are on the trip, they must always treat a child for illness or injury in a manner that reflects the ethos of their profession. They must also read and sign the code of conduct.
- You have the correct insurances in place.
- A safeguarding officer or approved chaperone(s) is going on the trip.
- The code of conduct is signed by all those travelling (both adults and under-18s).
- Children know whom to contact if they have a concern.

Important considerations

Draw up a programme, including departure and return dates and times.

Have a meeting with the parents, guardians and players to run through the trip's programme of events and address any questions or concerns they may have.

Someone who is not going away needs to be identified as a point of contact. He/she should have a list of

those going on the trip and their contact details.

- Make it clear who the safeguarding officer or approved chaperone(s) for the trip is, ensure that he/she is suited to this role and make sure that everyone in the group is aware of who this person is and what his/her role is on the trip.

Other Important considerations

- Before you leave, work with the players to establish rules for the trip (and what will happen to those who break them). Players should sign the children's code of conduct.
- Ideally, children should not be given or wear shirts or hats with their names on (an ID badge should be sufficient).
- Agree who is sharing accommodation with whom before you go.
- Ensure that you have your staff bedrooms spread out, for example – if the group is over three floors, there should be at least one adult room on each floor. Ideally, the whole team should be on the same floor. Over 18-year-olds should not share rooms with under 18-year-olds.

Essential planning – while away

On arrival:

- Ensure there is no access to alcohol or drugs in the rooms or at any other time.
- Ensure movie access is appropriate and that adult movie channels are not available in the children's rooms.
- Ensure that everyone is aware of fire exits and emergency procedures.
- Have group meetings to review the programme and rules. Ensure children have their ID badge on them at all times.

During the trip:

- Hold daily group meetings and staff meetings. They do not need to be long and should provide the opportunity to discuss any issues or problems and solve them.

On return:

- Ask the children and the staff what they enjoyed and what they would change; this will help with the following year's planning.

Staff and volunteers on away trips have a responsibility to:

- Ensure the safety and well-being of children. This will mean carrying out a risk assessment in advance, including for transport and accommodation.
- Arrive at all departing venues well ahead of children so that they are not left standing alone.
- Arrange a group meeting point prior to boarding the mode of transport (i.e. bus, plane, train).
- Ensure children are given the name and contact of the safeguarding officer or approved chaperone(s) accompanying them on the trip.
- Familiarise the group with the emergency exits in the event of a fire, and agree on a group meeting point – including at the stadium where the match(es) will take place.
- Medical staff (i.e. doctors and physiotherapists) on the trip must always treat a child for illness or injury in a manner that reflects the ethos of their profession. This includes not gaining any individual access to players.
- Avoid spending time alone with a child or young person and ensure that the team doctor or physiotherapist is accompanied by another

member of staff when treating players.

- Should a child or young person have to remain in the hotel during the course of the tournament or trip due to injury or illness, try to ensure that two staff members remain behind to look after him/her.
- In the event that a child or young person falls ill, or is seriously injured, and has to remain behind after a tournament or match, ideally two members of staff should remain with the child if possible. Staff have a duty of care to ensure that the child returns safely to his/her home/home country.
- If “time off” is permitted by the head coach, staff and players should sightsee or partake in recreational activities as a group.

Ensure that all players partake in group excursions, so that no child or young person is left alone in the accommodation. Arrange a “meeting point” for players in the event of a player being separated from the group.

Have access to mobile phones and be reachable 24/7. Staff should have a full list of contact names and numbers of parents and guardians, and vice versa, in case of emergency.

Ensure you have a clear missing child policy in place that everyone is aware of.

Checklist to help think through planning and organisation (adapt as necessary)

Purpose of the trip Competition Training Other (specify):..... Combination:.....
Planning When Where Who (staff/volunteers/players)
Communication with parents Destination and accommodation details sent (address/telephone) Name(s)/number(s) of safeguarding officer and/or approved chaperone(s) shared with parents and players Drop-off/pick-up times agreed Transport arrangements in place Competition details shared Kit and equipment list shared Consent form signed Information regarding medical conditions (including allergies) or impairments and access needs, and medication Safeguarding arrangements (reporting concerns, supervision, etc.)

Transport - Drop-off/pick-up times (agree times with parents, and agree what to do if a parent does not arrive to collect a child at the appointed time) - Suitability and accessibility requirements - Drivers checked and signed code of conduct - Insurance
Accommodation - Type (hotel, hostel, etc.) - Pre-event visit and risk assessment done, if possible - Special diets, food allergies - Suitability for group, including access needs of attending disabled children (this might include accommodation and meals for a carer or personal assistant) - Room lists - Supervising adults' sleeping arrangements
Preparing athletes - Local culture, language - Expectations on dress and behaviour - Food and drink - Currency - Telephones and contacts
Supervision and staffing - Ratio of staff to children agreed - Male/female staff clear responsibilities
Documentation - Travel tickets - Passports, visas - Accommodation and travel booking documents
Insurance - Liability - Accident - Medical
Emergency procedures - First aid - Specific medical information available for players where needed - Information on local emergency medical services, hospitals, etc.
Arrival - Check rooms, meal times - Arrange group meetings - Confirm procedures with staff - Rules explained (e.g. curfews)

Parental consent form³

Parents or guardians of players under the age of 18 are required to sign this form.

Parent/guardian's name:			
Contact number:			
Event/tournament name:			
Parental or guardian consent statement			
I agree to my child's participation in this activity. I have answered the questions regarding medical information below, and consent that, in the event of any illness or accident, any necessary treatment can be administered to my child, which may include the use of anaesthetics. I understand that, while the adult officials will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury caused to my child. I have read the codes of conduct and acknowledge the need for my child to behave responsibly.			
Travel arrangements			
I agree to the transport arrangements that have been made for my child.			
Child's details* (please PRINT clearly)			
First Name:		Surname:	
Age:		DOB:	
Home Address:			
Child's medical information			
Does your child have:			
any allergies?	Yes	No	If yes, please specify:
medication?	Yes	No	If yes, please specify:
any special needs?	Yes	No	If yes, please specify:
a disability requiring specific access needs?	Yes	No	If yes, please specify:

³ Adapt as necessary to fulfil the requirements of any applicable data protection legislation

Doctor's name:		Any other information:	
Doctor's tel. no.:			

I confirm that, to the best of my knowledge, my child does not suffer from any medical condition other than those detailed above and that I will inform the association if this changes.

Parent's signature:

When my child is away, I know the contact person is:

Add name of safeguarding officer or chaperone(s):	
---	--



GUIDANCE ON CELEBRATION AND COMMUNICATION ARRANGEMENTS, INCLUDING THE USE OF IMAGES OF CHILDREN AND COMMUNICATION VIA SOCIAL MEDIA

Celebration & communication: safe use of images of u-18 players

Photographs, films and video clips are a great way to publicise football activities and programmes. They can be used to celebrate achievements, promote activities and keep people updated on what is happening. Footage might also be recorded for performance development and analysis reasons. The aim of this guide is not to curb such activity but to ensure that children are protected from those who might seek to take or manipulate photos and video footage in a way that harms children or places them at risk of harm.

Your organization should take all reasonable steps to promote the safe use of social media, photography and filming. The following is a model guide to assist in developing their own celebration and communication arrangements, while implementing the safeguarding policy.

Permission

Children and their parents or guardians should be informed that the child may, from time to time, be photographed or filmed whilst participating in football activities or

programmes. This could be for the following reasons:

- video footage for performance development;
- media coverage of an event or achievement;
- promotional purposes, e.g. website or publication.

Written consent should be obtained (e.g. through a consent form – see sample below) from parents or guardians before any photography or filming takes place. Depending on your country's legislation, consent may also need to be sought from the child.

Safe use of images and general information:

To minimise any risk of harm coming to children, the following information should be considered:

- Unsupervised access or one-to-one photography or video sessions with under-18s should not be allowed. At least one staff member or the child's parents or guardians should attend any one-to-one photography or video session;
- Photographing or filming should not be

permitted in changing areas, bathrooms or sleeping areas;

- Information published on websites or social networking sites must never include detailed personal information that could identify a child, e.g. his/her home address, email address or telephone number;
- Children should never be portrayed in a demeaning, tasteless or provocative manner. Ensure all those featured are appropriately dressed (e.g. a minimum of shirt and shorts).

Information and communications technology (ICT) and social media

There are various ways in which to celebrate and communicate using ICT and social media. However, misuse of ICT and social media can also put children at considerable risk.

For children, the risks include:

- inappropriate access to, use or sharing of personal details (e.g. their names, email addresses or phone numbers);
- unwanted contact from adults with wrongful or questionable intent;
- being sent offensive or otherwise inappropriate material;
- online bullying;
- grooming for sexual abuse.

For adults, risks include:

their communication with children being misinterpreted leading to:

- potential investigation (internal disciplinary or by statutory agencies); and
- potential disciplinary action.

As a general principle and good practice, adults should never engage in inappropriate use of social media. This includes: direct messaging with children and posting comments on social media sites that could compromise the well-being of a child, cause him/her harm, or bring the association/club into disrepute.

Text/Email

The general principle is that all communication should be made via parents or guardians of children where possible. Where this is not possible,⁴ consent should be sought from parents/guardians, as well as the child via email rather than text with a minimum of two adults included (copied) in the communication.

Concerns

- If at any time the use of an image or information attached to it appears inappropriate, report the misuse of an image to the safeguarding officer.
- Anyone behaving in a way which could reasonably be viewed as inappropriate in relation to filming or photographing children or the use of social media should be reported.
- Where appropriate, concerns should also be reported to the police.

⁴For example, where English (or another language) is not the mother tongue of the parents and therefore communication has to be with the child.

Consent form⁵

This form requires the signature of the parents or guardians of the child.

The organization should take all possible steps to ensure images and videos are used solely for the purposes they are intended. If you become aware that images and videos are being used inappropriately, you should report it immediately. *All images should be stored securely in line with data protection legislation.*

<i>To be completed by parent or guardian:</i> I give permission for photographs or videos of my child to be used on the association's or club's website, and for printed publications. I give permission for photographs or videos of my child to be used on the association's or club's social media pages.	
Signature of parent:	Print name of parent:
Date:	

⁵ Adapt as necessary to fulfil the requirements of any applicable data protection legislation



GUIDANCE ON THE SAFE USE OF CHANGING ROOMS AND SHOWERING FACILITIES

It is important to think about how you can effectively meet the needs of all members of the football family, taking into account the facilities that are available, the number of people accessing them and the activities being undertaken.

Children are particularly vulnerable in changing areas due to various stages of dress/undress and because they are less supervised than at many other times. The risk of child-to-child problems, such as bullying, is also present when coaches or staff members are not supervising players or mascots. This is especially true in changing rooms. The following guidelines have been designed to help develop their own policies to reduce the risk of misconduct or abuse in changing areas:

1. Where facilities are used by both adults and children at the same time, there must be access to separate changing, showering and toilet areas.
2. Under no circumstances should adults be undressed in front of children in changing rooms.
3. Adult staff and volunteers must not change or shower at the same time as children using the same facilities.
4. For mixed- gender activities, separate facilities must be available for boys and girls.
5. If a child feels uncomfortable changing or showering in public, then no pressure should be placed on him/her to do so. Instead, he/ she should be encouraged to do so at home.
6. If disabled children need to use facilities, make sure they are accessible and the disabled child and his/her carer are involved in deciding if and how they should be assisted. Make sure the child is able to consent to the assistance that is offered.
7. The use of mobile phones and/or photographic equipment with video recording capabilities by staff and volunteers and children themselves should be prohibited in general and should not be used under any circumstance in changing rooms.
8. Where no changing facilities are available, children and their parents or guardians should be made aware of this prior to the game and advised to make alternative arrangements and take appropriate additional clothing.
9. Parents should be discouraged from entering changing rooms unless it is truly necessary. In such circumstances, only a parent of the same sex as the children may enter the changing room and he/she should let the coach know about this in advance. At least one member of the coaching staff of the same sex as the children involved should be present with the parent when other children are in the changing room.
10. Adult staff and volunteers, especially those of the opposite sex, should not be in the changing room when children are undressed.

RECOGNIZING, RESPONDING AND REPORTING





HOW TO RECOGNISE AND RESPOND TO ABUSE AND STANDARDS OF EXPECTED BEHAVIOUR

This information is for awareness-raising purposes and should be used as part of the broader educational efforts on safeguarding. Child abuse can be a very difficult topic for staff and volunteers. It is unlikely that a child will disclose that he/she is being abused or that you will see abuse happening – it is far more likely you will see indications that a child might be experiencing abuse, so it is important to follow some general guidelines. Children suffering abuse often experience more than one type of abuse. The abuse usually happens over a period of time, rather than being a single, isolated incident. Increasingly, abuse can happen online.

There are commonly three stages in the identification of child abuse:

1. questioning the possibility;
2. looking out for signs of abuse; and
3. recording and reporting.

Considering the possibility

The possibility of child abuse should be considered if a child appears to have suffered a suspicious injury for which no reasonable explanation can be offered. This should also be considered if the child seems distressed without obvious reason or displays persistent behavioural problems that he/she never had before. The possibility of child abuse should also be considered if the child displays unusual or fearful responses to certain people like a coach or team doctor or his/her parents or guardians.

Looking out for signs of abuse

Signs of abuse may be physical, behavioural or developmental. The following is a list of some indicators of abuse, but it is not definitive. National legislation or government guidelines in your country may also describe some of these.

Children who are being abused may hint that they are being harmed and sometimes make direct disclosures. Disclosures should always be believed.

PHYSICAL ABUSE	
Physical indicators Scratches Bite marks or bruises Burns, especially cigarette burns Untreated injuries Broken bones	Behavioural indicators Self-harm tendencies Constantly trying to run away Aggressive or withdrawn Fear of returning home Unnecessary fear of adults
EMOTIONAL ABUSE	
Physical indicators Sudden speech disorders Bed wetting and soiling Signs of self-harm Poor peer relationships	Behavioural indicators Attention-seeking behaviour Rocking, thumb sucking Fear of change Chronic runaway
NEGLECT	
Physical indicators Constant hunger Exposed to danger, lack of supervision Inadequate/inappropriate clothing Poor hygiene Untreated illnesses	Behavioural indicators Tiredness, listlessness Poor peer relationships Low self-esteem Compulsive stealing, begging
SEXUAL ABUSE	
Physical indicators The child may complain of soreness, pain or bleeding in his/her “private parts” Making sexual advances to adults or to other children Pain on urination Difficulty in walking or sitting Anorexic/bulimic Substance/drug abuse	Behavioural indicators Depression Inappropriate language and/or sexual knowledge for their age Making sexual advances to adults or other children Low self-esteem Afraid of the dark Wariness of being approached by anyone Unnecessary fear of adults

What to do if a child discloses information directly to you

Children's disclosures must always be taken seriously. Most importantly, you should immediately contact emergency support if the child is in immediate danger.

If a child suggests they want to tell you a "secret" or disclose information that suggests he/she is at risk or has been abused, it is important that you:

- remain calm and do not show shock or disbelief;
- listen carefully to what is being said and offer comfort statements, particularly when a child discloses sexual abuse, for example, "I'm sorry this happened to you", "It's not your fault";
- do not ask detailed, probing or leading questions;
- tell the child that you will take what is said seriously;
- explain what you are going to do (depending on the child's age, this would include asking what type of help is wanted and with whose involvement the child would feel comfortable);
- tell the child that you cannot keep this a secret, but that the information will only be shared in order to keep him/her safe. [Note that in many countries it is mandatory to report child abuse].

NEVER:

- question them except for clarification;
- make promises about confidentiality that you cannot keep;
- assume that someone else will take the necessary action;
- be dismissive or show an extreme reaction, e.g. anger, shock, horror, etc.;
- jump to conclusions, speculate or accuse anybody;
- make or pass a judgment on the alleged abuser;
- investigate the disclosure yourself.

REMEMBER

- It is not your responsibility to decide if abuse has occurred.
- IT IS YOUR RESPONSIBILITY TO REPORT IT.

Recording and reporting (see also guidelines on responding to concerns)

Your observations should be accurately recorded and should include dates, times, names, locations, context and any other information that may be relevant. This information is really important and may help any future investigation that can safeguard and protect the child. Please refer to the reporting form in the guidelines on responding to concerns.

FOR REPORTING ANY ABUSE OR DISCUSS THE CIFA
SAFEGUARDING POLICIES, EMAIL TO:

secretariat@cifa.ky

CONFIDENTIALITY AND PRIVACY ARE 100% RESPECTED

UP

TO

US



CAYMAN ISLANDS FOOTBALL ASSOCIATION
August 2026