



# **Play by the Rules**

*making sport inclusive, safe and fair.*

## **Dealing with Online Abuse**

...and how to report it

## **Community Communication**

Community clubs making social media work for them

## **eSafe Clubs**

Communicating online or electronically with children and young people in sport

## **Cyber Security**

How to protect your club from cyber attacks

# **eSafety Commissioner**

is calling on your help to tackle online abuse in sport



# In this issue

**3**

Editors Note

**4**

Australia's eSafety  
Commissioner

**8**

eSafety's New Sport  
Resources

**13**

How to Deal with Online  
Abuse in Sport

**17**

Community Communication:  
How clubs are making social  
media work for them

**21**

eSafe Clubs: Communicating  
online or electronically with  
children and young people  
in sport

**24**

Cyber Safety and Security  
in Sport

**26**

Play by the Rules Courses

**28**

Subscribe

**29**

Our Partners

**29**

About Us

# Editor's Note



## **Nadine Sadler**

Education Officer and guest editor  
Play by the Rules

Welcome to issue 43 of the Play by the Rules Magazine!

We are excited to let you all know that eSafety and Play by the Rules have teamed up to improve online safety in sport so we can all **#PlayItFairOnline**

The **partnership** was signed in September, and since then eSafety have launched their **eSafety Sport resources**, which are an essential tool for anyone involved in Australian sport. From community sport administrators, parents, athletes with a public profile, National Sporting Organisations (NSOs) and National Sporting Organisations for People with Disability (NSODs), there are resources that we can all use to have a safer online experience.

Why does this matter? Online safety affects us all, with 3 out of 4 Australian adults having a negative online experience, and almost half of Aussie kids being treated in a hurtful or nasty way online. With so many Australians also involved in sport, we all need to be aware of the issues that can pop up when the two overlap.

In this issue we'll get into exactly what the eSafety Commissioner does and how the work of eSafety can help you, why these resources are needed, and how you can report online abuse. We also chat to community clubs about how they use social media to connect with their players and members, and what our responsibilities are as members of Aussie sport. Lastly, this edition also provides information about the risks of cyber-attacks and what we can do about it. Like many issues in sport, it starts with education, and there is a new online course available which has been developed just for sporting organisations by Sport Integrity Australia, the eSafety Commissioner and the Australian Cyber Security Centre.

Whether you're chronically online or you feel like computers are all just zeros and ones, this issue will have something you can take away and apply the next time you log on.

Happy reading!

## **Acknowledgement of Country**

Play by the Rules acknowledges the land upon which this magazine was published, Ngunnawal Country, and the lands from which our contributors work in.

We pay our respects to the custodians of these lands and First Nations cultures past and present, and thank Aboriginal and Torres Strait Islander peoples for their contributions to Australian Sport.

# Australia's **eSafety Commissioner** is calling on your help to tackle online abuse in sport



**Julie Inman Grant**  
eSafety Commissioner

We all know Australians love their sport.

It's a wonderful part of life, with millions of us involved every week as competitors, volunteers, coaches, passionate sport parents and supporters.

Sport organisations and sport-loving individuals work hard to create safe, inclusive and fair environments for everyone.

Nevertheless, it's naturally a competitive and emotionally charged environment and we've long seen instances of poor conduct in-person, like supporters screaming abuse from sidelines, referees being sworn at and even menacing threats of harm.

That's why we have rules on the field of play.

But sport, or at least our interaction with it, doesn't just happen there. It's moved online. That creates huge benefits and efficiencies but also brings real challenges and risks.

In some ways, the internet represents the cheapest seats in the house!

**The number one rule of respect in sport is just as important online as it is offline.**

What might start as passionate dialogue, back and forth on social media, can quickly move towards something darker and more abusive, targeting specific players, threatening their families.

We've seen this kind of behaviour across all sporting codes – football, swimming, tennis, gymnastics and beyond.

And it isn't at all confined to elite competition – online abuse can occur at any level, including under-18s.

We see racism, misogyny and other forms of hate speech targeting community club officials and coaches – even young competitors and their parents. Obviously, this can be highly distressing and harmful for those targeted, but it also undermines sport as a whole.

That's why we're working closely with the sport sector to give online abuse a red card, developing a systematic approach across sport policy, education and resourcing.



## Who is eSafety?

The **eSafety Commissioner** (eSafety) is Australia's independent regulator for online safety. It is the world's first government agency dedicated to keeping people safer online.

eSafety educates Australians about online safety risks and helps to remove harmful content such as cyberbullying of children and young people, adult cyber abuse, image-based abuse (colloquially known as, "revenge porn" – **but we don't call it that**), and illegal and restricted content.

Visit [eSafety.gov.au](https://www.esafety.gov.au) to find out more on how to stay safe online and report serious online abuse.

Those at the coalface of safety and complaints, including integrity managers, member protection officers and athlete wellbeing leads, must be equipped to recognise and support members targeted by abuse.

The **2021 Online Safety Statement of Commitment** was a key moment on this journey, when leading sport organisations joined with us and pledged to work together to address online abuse.

Our recent **Memorandum of Understanding** between Play by the Rules and eSafety is another step forward in promoting safe, fair and inclusive sport to ensure we all **#PlayItFairOnline**.

eSafety will continue working closely with lead national agencies such as Sport Integrity Australia and the Australian Sports Commission and sporting codes like the AFL. We're also contributing to the National Integrity Framework and associated programs.

But we recognise that sport is largely run by volunteers, people who are already stretched



for time and can be overwhelmed with responsibility. It's important that we provide clear guidance and practical resources to help them navigate online safety.

Which is why I am delighted to share our new eSafety Sport resources now available at [eSafety.gov.au/sport](https://www.esafety.gov.au/sport).

It's a one-stop-shop for anyone involved to learn more about ways to prevent and manage online abuse in sport, including tailored information for sports administrators, coaches, officials, parents and competitors.

I encourage you to explore our new resources and share them with your community.

And please remember anyone targeted by online abuse in sport should reach out to their sport organisation or eSafety for help. We are here to support players and fans and to remind everyone it's not passion for the game if it harms others.

The important online safety stories in this special Play by the Rules edition emphasise the role we can all play in making sport the best possible experience for everyone involved.

Let's come together and play it safe and fair, **on and offline.**

## How common is online abuse?

eSafety research has found:

- **75% of adults** have had a negative online experience
- **45% of children** have been treated in a hurtful or nasty way online
- **1 in 6 adults** had done something negative online to others.





# eSafety's new **Sport Resources**

Being online is great for staying connected and communicating, but it's important to be aware of the risks.



Think about these situations that you might see at sport:

- an official is abused after making a call
- a young competitor is bullied by their teammates
- a volunteer gets sworn at by crowd members
- a coach is harassed over team selections
- a racist remark is made to the opposition.

It's easy to imagine these scenarios happening at a game on the weekend. But just like poor conduct can happen in-person at sport, it can happen online through social media and apps we use for sport. And just as they're not acceptable in-person at sport, and they're not acceptable online.

We play by the same rules on and offline.

eSafety Sport helps the wider sports community prevent and deal with online harm. It features practical information on:

- **How to recognise online abuse** – types of online abuse in sport such as teasing, memes, prejudice and hate, body shaming, trolling, unwanted contact and cyberstalking.
- **How to deal with online abuse** – step-by-step guidance on what to do when targeted by online abuse.
- **8 ways to stay safe online** – proactive steps to take such as managing security and privacy, knowing your sport rules and being mindful of your digital reputation.
- **Downloadable resources** – to help clubs and sport members. This includes posters, social media tiles and more for clubs to download and show their support.



eSafety Sport includes tailored advice and scenarios designed specifically for:

- **Sports administrators** – how to prevent and manage online issues at your club.
- **Coaches and officials** – staying safe, what to do if you're targeted by online harm and how to support others.
- **Athletes and competitors** – ways to stay safe and how to get help if you receive online abuse.
- **Sports parents** – how to keep children and young people safe.
- **In the sporting spotlight** – extra online safety considerations for those with a public profile.

eSafety Sport has been informed by real-life examples, to help you recognise and respond to online abuse in sport. The advice and resources have been developed in partnership with a range of government agencies, peak bodies and sporting organisations.

Whether you're a volunteer, coach, official, competitor or fan, eSafety Sport has something to help everyone stay safe online.

## Help spread the word

Online abuse in sport is not OK. eSafety Sport features ready-to-use resources to help clubs spread the word about online safety in sport.

This includes self-print posters and social media tiles. Download the free resources and show your support today.

**[eSafety.gov.au/sport](https://www.esafety.gov.au/sport)**

# What you say online **matters**

We play by  
the same rules  
**on and offline**



## Play it safe and fair online

Visit [eSafety.gov.au/sport](https://www.esafety.gov.au/sport)  
for online safety tips





## Supporter toolkit

Sport is an enjoyable and rewarding part of life for millions of Australians. While it mainly happens in person, it's good to remember that it also plays out online.

The number one rule of respect in sport is just as important online as it is offline.

eSafety's [online safety resources](#) for sport have been co-created with sporting organisations across Australia to help you recognise and respond to online abuse in sport.



### How to deal with online abuse

Find out how to report serious online abuse.



### How to recognise online abuse

Understand types of online risks in sport.



### 8 ways to stay safe online

Discover our top tips for online safety in your sport.



### Sports administrators

Learn how to manage online safety at your club.



### Coaches and officials

Explore safety advice and real online examples.



### Athletes and competitors

Read practical advice about staying safer online.



### Sports parents

Look at ways to keep your child safe at sport.



### In the sporting spotlight

Find extra safety tips if you have a public profile.



### Downloadable resources

Share positive online values at your sport.

Use this toolkit to help share the resources at [eSafety.gov.au/sport](https://www.esafety.gov.au/sport) through social media, blog posts and emails to your stakeholders, downloading posters to put up at your club and more.

Thank you for helping all Australians play it safe and fair online.



# How to Deal with Online Abuse in Sport

Online abuse is not OK and there are steps you can take to deal with it.

Situations can vary according to the type of abuse, the person responsible and the online platform where it happened. Abuse can come from another sport member, the general public or someone you don't know.

## If you're being targeted by online abuse

- Don't deal with the situation alone. Reach out to your sport organisation for help. You can also seek support from your teammates, family or friends. You can also report certain matters to [Sport Integrity Australia](#).
- If the content is seriously harmful, follow the steps to report serious online abuse.
- You can also read eSafety's advice on how to manage the impacts of [cyberbullying](#) (if you're under 18), [adult cyber abuse](#) and more.

## If you're a sports administrator helping a targeted member

Just like you would take action over poor in-person conduct, sports administrators should also act quickly to address online abuse.

Always:

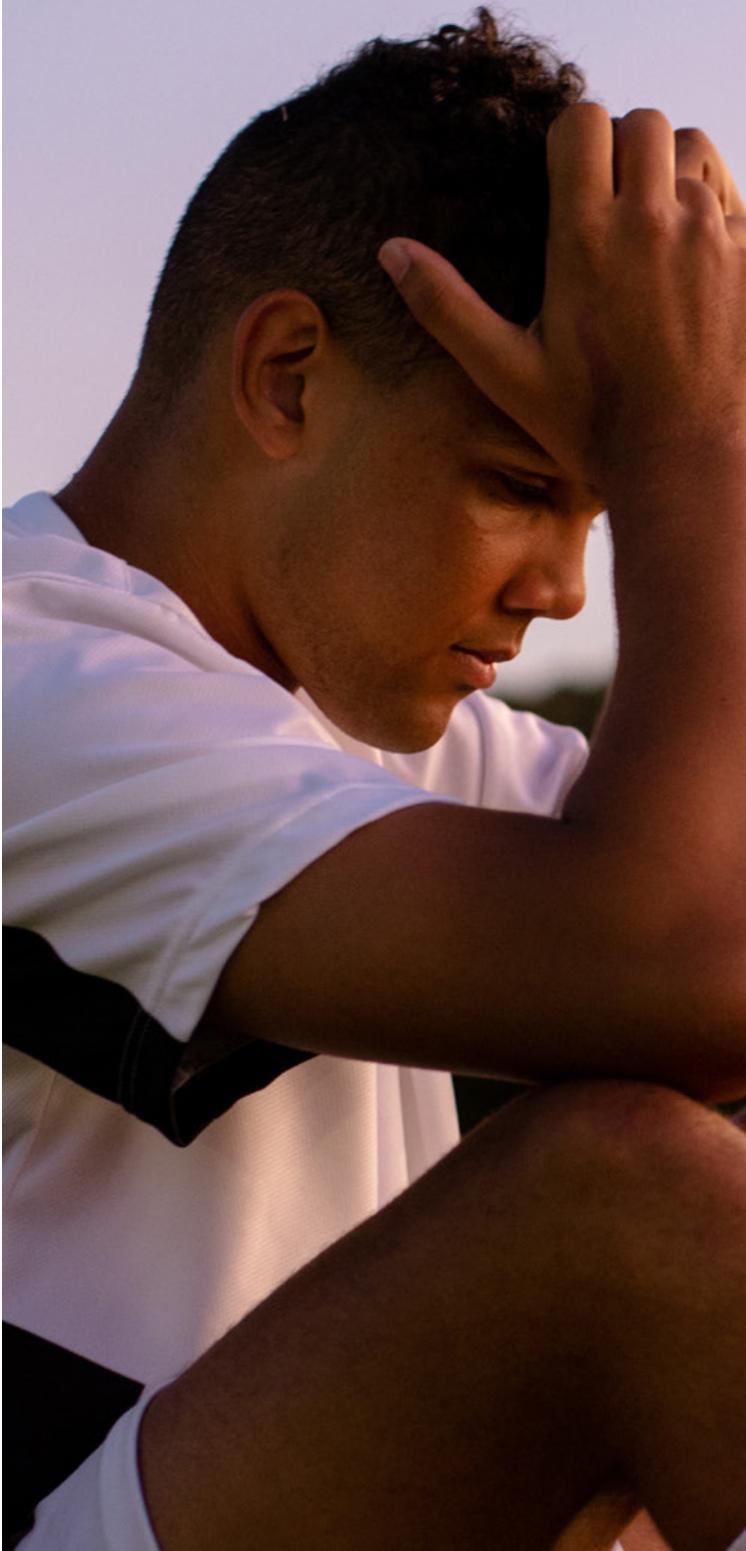
- **act** in a timely way, before the harmful content spreads
- **follow sport policies** and involve appropriate staff or volunteers
- **check their wellbeing** and offer them information about support services best suited to the experience and their age
- **advise them not to respond to the abuse**, but to collect evidence and store it in a file where they don't have to keep seeing it if it's upsetting them
- **report serious online abuse.**

## STAY SAFE

### Emergency help in Australia

If you're in Australia and in immediate danger or at risk of harm, call the police on **Triple Zero (000)**.

Contact your local police on **131 444** if there are threats to your safety or threats to your friends or family members.



## Steps to report seriously harmful online abuse

When misconduct happens in-person at a venue, sport organisations can identify the people involved and take action, but it's often more difficult when it happens online. Those responsible for online abuse may be unknown to the organisation and the person targeted, so they're impossible to identify. Even if the person responsible for the abuse is known, you may not be able to resolve the issue and stop the abuse happening.

eSafety has the legal power to remove the most serious online abuse and harmful content, so it doesn't keep impacting the person targeted. This often involves investigating who sent or shared anonymous messages, posts or comments (but eSafety keeps that information confidential).

If you're ready to make a report, or guiding the person targeted by the abuse, follow these steps.

### 1. Collect evidence

It's important to keep evidence of the abusive online content. Take screenshots and record what has happened and where, such as:

- the web page address (URL) and name of the social media platform, messaging service, website, game or app
- the user profile or account name
- the date and time it was sent, posted or shared
- proof of any reports you've made to the online platform or service, or to the police.

### 2. Report it

For cases of cyberbullying of a child under 18 or adult cyber abuse (18 or older), report harmful posts or profiles to the online service or platform first. If the platform or service doesn't help and the content is seriously harmful, you can make a report at [eSafety.gov.au/report](https://www.esafety.gov.au/report). eSafety will ask you for evidence that you have complained to the

service or platform first, such as a receipt, reference number or report number.

For cases of image-based abuse, when someone shares a nude or intimate image or video of you without your consent (or threatens to share it), report it to eSafety immediately unless you're being blackmailed.

**If you're being blackmailed over a nude or intimate image of you, stop all contact and don't pay** the blackmailer or give them more money or intimate content. This is a type of image-based abuse called 'sextortion'. It's not your fault and there's help available. eSafety has specific advice on how to **deal with sexual extortion**.

### 3. Stop contact, tighten security and prevent sharing

You can take action such as:

- using in-app functions to hide, ignore or mute the offending account and their comments – when you've collected evidence and made a report you can also block them

- updating your privacy and security settings across all your online accounts
- taking a break from the platform or service by logging out or temporarily deactivating your account.

For image-based abuse cases, you can also block your intimate image or video from being uploaded to some social media sites and other platforms. Visit **eSafety's website** for more information on how you can do this.

### 4. Get more support

Experiencing or helping someone targeted by serious online abuse can be distressing. The eSafety website provides more information about managing the impacts of cyberbullying, adult cyber abuse and image-based abuse. There are also **support and counselling services** available to you.

## Scenario

***"Someone I don't know is harassing me online because I missed a goal that could've won the game. They've even started to threaten me. What can I do?"***

- **Contact your sport organisation for help.** They may be able to take action depending on your organisation's sport policies, or help you report it to eSafety.
- **Collect evidence.** Take screenshots of the abusive content and keep a record of the web address (URL) where the abuse is happening and any usernames involved.
- **Report harmful content.** Make a report to the online service or platform first. Make sure to save evidence of your report. If the online platform doesn't help, you can report to eSafety at **[eSafety.gov.au/report](https://www.esafety.gov.au/report)**.
- **Prevent further contact.** Use in-app functions to mute, hide or ignore the account or any other posts. After you've made a report, you can also block them.
- **Get more help.** Talk to someone you're close with like a friend, a teammate or your family so you don't deal with the situation on your own. You can also contact a counselling or support service that's right for you.



Image credit: Richmond Water Polo Club

# Community Communication

## How clubs are making social media work for them

There are many ways to communicate with your players and club members, but whether you have twenty members or 2000, knowing how to use social media to your advantage is essential to keep everyone up to date and to reduce the workload for your volunteers.

Leanne Shea Langdown has been the Head of Corporate Affairs at Gungahlin United Football Club for the past eight years and says that the way the club has used social media has changed their workload significantly.

“When I first started volunteering at the club and helping with emails and the website, I spent so many hours a week answering questions that had been sent via email, that could have been avoided had we communicated proactively on our website and social media.

“I learned quickly to keep the website up to date and be proactive with sending out newsletters, but I also learned that people need to be reminded to continually check the website. Social media has helped me to point people to where the information is on the website; they shouldn't have to spend their time finding it,” said Leanne.

Leanne uses the club's social media pages to both promote the club externally, and as an internal community notice board for their 1750 players.

“We'll post on Instagram or Facebook to remind players to check their emails for the latest newsletter, or that registration is closing, trials are on etc, as well as using it to spotlight

our community, club and performance players to help them be seen.”

For posts that profile performance players on social media, Leanne says that they make sure players have consented upon registration for their images to be shared online, and that any tagging is done in a way to reduce the risk of players being targeted by trolls or gamblers.

“Gambling is an issue at the Premier League level, so we want to protect our players who are on the performance pathway. We ensure education is available to ensure players know what to do if they're approached, plus we have a strict social media policy to help guard our members online.”

“We have received abusive comments and we're constantly receiving gambling links, particularly on Facebook, but we've since restricted who can engage with our posts which has reduced a lot of the negative comments.”

As far as trolls are concerned, there have been very few instances of negative comments across their accounts in the past few years. “We had one instance of a member making a comment that goes against our social media policy. I hid the comment then contacted him directly to have a chat about why we took the comment down. He realised his behaviour wasn't okay and apologised. We have zero tolerance to abuse and we're firm on ensuring we follow our policy to protect our members. We haven't had many issues since,” Leanne said.



***"[Social media] allows us to reinforce our brand and values, and to have open dialogue with our members and community and celebrate together all the achievements of the club."***

For Richmond Water Polo Club's Committee Member Nicole Boyle, social media has helped the club foster a sense of community among club members, both current and former.

"Sharing stories and photos from our history, which dates back to 1921, strengthens the bonds among players, coaches and

supporters," Nicole said. The club shares vintage photos from their archives regularly to show the ongoing ties their members have to the club. "We shared this vintage photo of players from the 1970s and engaged with past members of the club. Several children of these players are current playing members at Richmond."

Richmond WPC try to cater to all age groups when it comes to social media platforms. "We use Instagram, Facebook and Tik Tok to keep our club members informed and engaged. We use social media channels for sharing important updates, promoting events,





matches, and fundraisers and providing details about water polo generally; for example, posts about international events and player activities.

"While this is a useful tool to communicate directly to our members it also serves to inform prospective members that we engage our club members by organising functions and events and not just on pool deck."

Karen Cook, President of Maribyrnong Swifts Football Club, uses Stack Team App to communicate with members as well as Instagram and Facebook to communicate with current members and the broader community.

"It allows us to reinforce our brand and values, and to have open dialogue with our members and community and celebrate together all the achievements of the club," said Karen.

There are challenges to manage with a broad member base that spans from Miniroos u8 right through to State 2 Women's League, with some coaches and team managers preferring different platforms to keep team members up to date. "Coaches and club administrators use Team App for comms with their teams, which has been a big change. One of our teams used WhatsApp again this year, although our preference is for them to use the official Team App.

"We encourage all teams to use Team App so all communication is visible. This allows multiple people to stay across questions or issues raised and often the answers can be provided more quickly, instead of one person being responsible for responding."

It's something that has helped Maribyrnong Swifts FC keep in line with child safeguarding practices. "As a policy we limit digital communication between the club and minors. We have a small amount of u15 players that we communicate with on Team App, otherwise all communications is with parents on Team App. For the teenagers whose parents aren't as engaged, all communication is visible on Team App for key committee members with admin rights to the tool," Karen said.

Leanne from Gungahlin United FC said no matter the communication tools her club uses, the most important thing is to have the information your players need available in one place and to remind your members to check there.

"Social media is a great tool to support your website and other communications by reminding your players where to find the info they need. You don't need to spend time answering emails when you're proactive with your comms."





# eSafe Clubs

## Communicating online or electronically with children and young people in sport

Most adults who work with children and young people\* in sport do so to make a positive contribution to their development and enjoyment. However, there are a minority of adults who will become involved in sport to gain access to children and young people with the intention to harm them.

A potentially abusive adult may seek to have one-on-one communication with a child/young person, separate from adults, parents, and peers. They do this to build trust and a relationship with the child/young person in order to abuse them. This is referred to as grooming.

To protect children and young people from the danger of abuse, all electronic and/or online communication between an adult and a child or young person should follow these rules:

- Do not send one-on-one messages between an adult and a child or young person.
- Any electronic and/or online communication sent by sport personnel to a child or young person should include a parent/ carer and a representative from the organisation.

- All electronic and/or online communication that is sent by the sport, whether it be from a coach, team manager or any other official of the organisation, must ensure that the content is directly related to their official role (e.g., a coach informing everyone that there has been a change of game time or training).
- Teams should use sport specific communication apps (e.g. Team App) where possible to communicate with groups and teams for the purpose of their role.
- Adults should not add, friend, or follow children or young people on social media.

Adopting these practices provides open and transparent communication process, so that there is no misunderstanding relating to any communication undertaken with a child or young person.

*\*For the purposes of this document, the reference to children and young people refers to any person under the age of 18.*

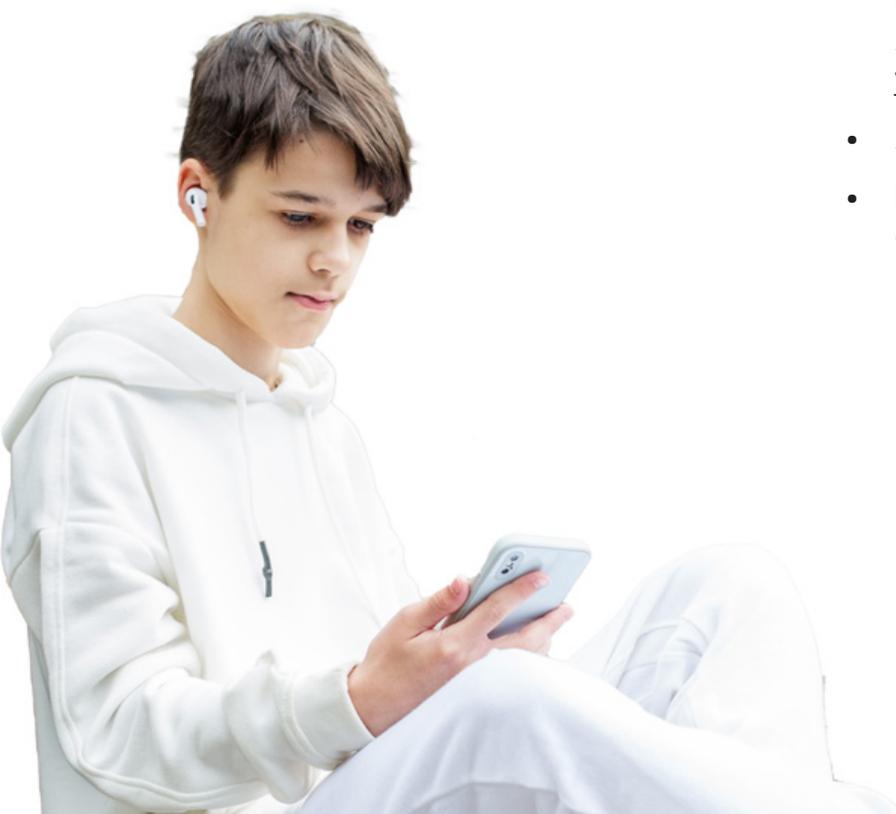
## Requirements of the Organisation

- Ensure that the expectations around communication with children and young people is clearly outlined to all staff and volunteers appointed to your organisation.
- At the time of joining the organisation, inform parents/carers and children and young people of communication process that will be implemented. This may occur at a welcome meeting and/or be included in a welcome pack.
- Ensure that the organisation has a social media policy and that this is shared with everyone involved in your organisation. The social media policy should include reference to team officials not accepting, requesting, or following children or young people on social media accounts.
- Review communication processes every 12-18 months.
- Ensure officials, parents/carers and children and young people are aware of how to report concerns and/or complaints regarding communication.
- Address any complaints/concerns in accordance with the organisation's complaints procedure.

## Requirements of Appointed Officials

When communicating electronically and/or online with children and young people in your role as an appointed official (coach, team manager, administrator, etc) you are required to:

- Include an organisation representative and a parent/carer in all communication. Communication should not occur only with the child or young person.
- Ensure parents/carers and children and young people are informed of the communication process to be implemented. This may be outlined in the organisation's welcome pack, but it is appropriate to reinforce these expectations.
- If a child or young person contacts you outside of your official role, you must inform the parent/carer and your sport and in a kind manner, remind the child or young person of the communication process.
- If the child or young person is contacting you due to difficulties they are experiencing in the home, and it is reasonable to suspect that a child or young person is or is at risk of, being abused or neglected, you must act and follow the Responding to Child Abuse Allegations information as outlined in your sports Child Safeguarding Policy.
- Abide by your sport's social media policy.
- Do not request, accept, or follow children or young people on social media platforms.



## Responsibilities of Parents/Carers

- Talk to your child/children regarding how to appropriately contact their coach or an official.
- Reinforce that they should not be communicating with officials online and/or electronically without your knowledge or being part of the conversation.
- Ask your sport if they have a social media policy, and if they do, request a copy of the policy, and discuss the requirements of the policy with your child/children.
- If you become aware of any inappropriate communication, report it to your sport immediately.
- If you become aware that your child is experiencing cyber bullying, report it to the platform in which it is occurring for the harmful content to be removed. If no action is taken within 48 hours of it being reported to the platform, it can be reported to the eSafety Commissioner.
- If the cyber bullying relates to individuals from the sport, it should also be reported to the sport.

## Responsibilities of Children and Young People

- When you communicate electronically with an official from your sporting organisation include a parent/carer in any communication.
- If an adult from your sport (coach, team manager, physio) communicates with you about things that do not involve your sport, tell your parent/carer.
- If an adult from your sport asks you to keep communication a secret, tell your parent/carer.
- If you are feeling uncomfortable about a conversation that you have had, talk to your parent/carer.
- Follow your sport's social media policy and code of conduct.
- Do not request or accept to follow team officials on social media platforms.
- If you are experiencing cyber bullying, report it to the platform in which it is occurring for the harmful content to be removed. If no action is taken at least within 48 hours of it being reported to the platform, it can be **reported to eSafety**.

## Further eSafety Resources

### For Sport Organisations

- [Training for peak sporting organisations and clubs](#)
- [Creating an eSafe team culture](#)
- [Promoting an eSafe club culture checklist](#)

### For Parents

- [eSafety for parents](#)

### For Young People

- [eSafety for young people](#)

### For Children

- [eSafety for kids](#)



*This article was adapted from Sport Integrity Australia's "Communicating Online or Electronically with Children and Young People in Sport" publication.*

# Cyber Safety and Security in Sport



**Sport may be a national passion for millions of Australians, but that does not protect sporting organisations of any size from the mounting threat posed by cyberattacks and cybercriminals searching for easy wins.**

Just as technologies are creating possibilities for clubs and sports, they also create opportunities for criminals to commit new crimes and to carry out old crimes in new ways.

The sophistication, impact and amount of cybercrime continues to grow and poses a serious and evolving threat to sporting organisations. In fact, a cyber breach happens every seven minutes, with the average cost of a cyber security breach for a small business \$39,000.

Partnering with the Australian Signals Directorate's Australian Cyber Security Centre (ACSC) and the eSafety Commissioner, Sport Integrity Australia has created a Cyber Safety and Security in Sport course to help people in sport understand the potential cyber security threats their organisation might face.

Designed to be completed by anyone working in a sporting organisation, the course is the first of its kind containing cyber security lessons specifically tailored to sporting environments for use by sporting organisations, clubs, athletes and support personnel at all levels.

The Cyber Safety and Security in Sport course will help users:

- Identify the cyber security risks facing their organisation, and the impact of getting it wrong.
- Identify what to do if they are hacked.
- Protect their accounts and devices.
- Understand what to do if someone in their sport suffers online abuse.

Sport Integrity Australia Director of Education Alexis Cooper says the course can help sporting organisations become more resilient to cyberattacks and provide them with an immediate ability to upgrade their cyber protection to protect their sport and their member. Cyber security for sporting

organisations is more relevant now than ever before," Ms Cooper says. "From grassroots clubs holding personal data through to national organisations hosting and participating in major international sporting events, inadequate cyber security can cripple sporting organisations.

"This course is the first of its kind, containing cyber security lessons specifically tailored to sporting environments so that they can immediately apply what they've learnt to their own clubs."

The impact of cybercrime on a sporting organisation can include loss, corruption or theft of data, destruction of systems, theft (e.g. financial or identity), disruption of events, inappropriate access to surveillance materials, reputational damage and cyber abuse of athletes and participants.

The course utilises a range of case studies from sporting organisations around the world to give relevance to the cyber safety content.

"There are examples from across the sporting landscape from the English Premier League to international athletics meets all the way down to examples from community sporting clubs in Australia, to help educate sporting organisations on the scenarios they could face."

eSafety research has found:

- 75% of adults have had a negative online experience
- 45% of children have been treated in a hurtful or nasty way online
- 1 in 6 adults had done something negative online to others

Sport, too, is not immune. Many sporting organisations and events have reported on the prevalence of online abuse towards elite athletes. To understand the risk of online abuse in your sport, Ms Cooper says it's good to have an understanding of just how broad your online environment is.

The course also highlights the much-needed inclusion of education on online abuse in sport and integrity threats, such as match-fixing approaches, she adds.

"Sadly, there are many negative experiences people endure online that are connected to their involvement in sport. To combat this, we have included information for sporting organisations on how to respond to situations involving online abuse."

"Social media direct messaging has also given match-fixers an easy avenue to approach athletes and administrators, so it's important they be aware of how these approaches can occur and what to do if that happens."

eSafety Commissioner Julie Inman Grant said online abuse can take an incalculable mental health toll on participants, especially when clubs find themselves facing a torrent of online abuse by disappointed fans.

"Some of the abuse we're seeing is personal, racist, misogynistic, violent, even extending to death threats. This type of abuse is deeply harmful and can make participants feel unsafe, undermining their enjoyment and love of the game," Ms Inman Grant said. "We want all Australians to know that eSafety is here as an online safety net and we have powers to remove serious online abuse."

"With the potential to help millions of sport-loving Australians, this online safety learning module will equip individual clubs with the knowledge and skills to support participants being abused online. This includes how to report serious abuse to eSafety.gov.au. I congratulate Sport Integrity Australia on its leadership and for taking a systemic approach to online safety education."

As with most threats, the best response is to be prepared in the first place.

**The Cyber Safety and Security in Sport eLearning course takes 45 minutes to complete and is available now on Sport Integrity Australia's eLearning platform**

[eLearning.sportintegrity.gov.au](https://eLearning.sportintegrity.gov.au)

# Play by the Rules Courses

PBTR courses have now been integrated into the Sport Integrity Australia eLearning hub which is co-branded with Play by the Rules.

You can now find all of these PBTR courses in one, easy to find place:

- Revised Child Protection Online Course
- Harassment and Discrimination Online Course
- Member Protection Information Office Course
- Complaint Handling Training
- Inclusive Coaching
- Creating an LGBTI+ Inclusive Club
- All mini-courses

Hosting the Play by the Rules online training modules on the Sport Integrity Australia eLearning hub creates a single destination for all sporting codes and administration staff to access the appropriate educational materials and training on sport integrity and will vastly improve the user experience in the process.

[elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)



# CLEAN SPORT IS YOUR RESPONSIBILITY

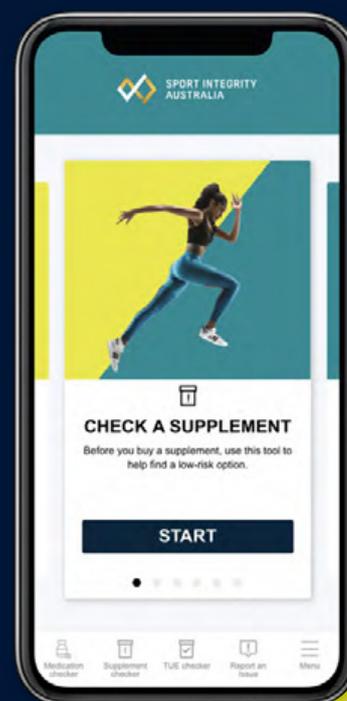


SPORT INTEGRITY  
AUSTRALIA

## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

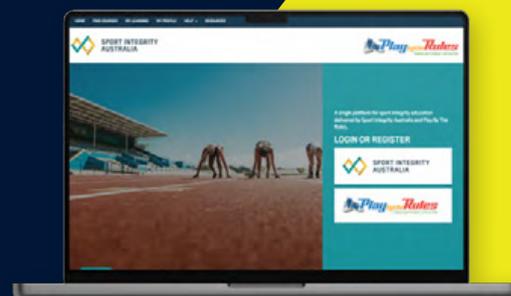
The App also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the App from the Apple Store and Google Play store here.

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: Clean Sport 101, Child Safeguarding in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



### Contact Us

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)

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**Subscribe** and join the 180,000+ subscribers to Play by the Rules. It's a great way to keep up to date with safe, fair and inclusive sport!

## Back Issues

You can access each back issue for this magazine by visiting the **Magazine** page on the Play by the Rules website. All the feature articles and significant news items are listed on our **Articles** page.

## Share and spread the word

One easy way to keep up to date and support safe, fair and inclusive sport is to share Play by the Rules across social media. You can find us on **Facebook**, **Instagram**, **Twitter** and **LinkedIn**, as well as **Vimeo**.

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[www.playbytherules.net.au](http://www.playbytherules.net.au)



# Our Partners



# About Us

Play by the Rules is a unique collaboration between Sport Integrity Australia, Australian Sports Commission, the Australian Human Rights Commission, the eSafety Commissioner, all state and territory departments of sport and recreation, all state and territory anti-discrimination and human rights agencies, the Office of the Children's Guardian (NSW) and the Anti-Discrimination Board of NSW. These partners promote Play by the Rules through their networks, along with their own child safety, anti-discrimination and inclusion programs.

Play by the Rules provides information, resources, tools and free online training to increase the capacity and capability of administrators, coaches, officials, players, parents and spectators to assist them in preventing and dealing with discrimination, harassment, child safety, inclusion and integrity issues in sport.

