

### Purpose

The purpose of this policy is to assist victims of physical or emotional abuse access help in the form of counselling, medical treatment, and/or legal aid. This policy applies to competitors, officials, parents/guardians, spectators, contractors, and anyone else attending Karting NSW events.

### Definitions

Physical Abuse: Physical abuse basically involves a person using physical force against you, which causes, or could cause, you harm.

Physical abuse can involve any of the following violent acts:

- scratching or biting
- pushing or shoving
- slapping or punching
- kicking
- choking or strangling
- throwing things
- using weapons or objects that could hurt you
- physically restraining you (such as pinning you against a wall, fence, etc.)
- reckless driving
- other acts that hurt or threaten you.

Source: <https://au.reachout.com/articles/what-is-physical-abuse>

Emotional abuse: Emotional abuse can feel as destructive and damaging as physical abuse and can severely impact your mental health. It's often used as a way to maintain power and control over someone. Emotional abuse may be accompanied by other kinds of abuse: sexual, financial or physical. However, it doesn't need to include other kinds of abuse to count as abuse; it's serious enough on its own to be a concern.

Emotional abuse can involve any of the following:

- Verbal abuse: yelling at you, insulting you or swearing at you.
- Rejection: Constantly rejecting your thoughts, ideas, and opinions.
- Gaslighting: making you doubt your own feelings and thoughts, and even your sanity, by manipulating the truth.
- Put-downs: calling you names or telling you that you're stupid, publicly embarrassing you, blaming you for everything.
- Causing fear: making you feel afraid, intimidated, or threatened.

- Isolation: limiting your freedom of movement, stopping you from contacting other people (such as friends or family). It may also include stopping you from doing the things you normally do – social activities, sports, school or work.
- Financial abuse: controlling or withholding your money, preventing you from working or studying, stealing from you. Financial abuse is another form of domestic violence.
- Bullying and intimidation: purposely and repeatedly saying or doing things that are intended to hurt you.

Source: <https://au.reachout.com/articles/what-is-emotional-abuse>

## Policy

Karting NSW will take all reasonable steps to prevent abuse by:

- requiring medical declarations for all Competition licence holders,
- ensuring Legal Guardian licence holders, and Competition licence holders know how to raise a complaint, and know what can / can't be posted on Social media,
- ensuring medical declarations are provided for all competitor licence holders,
- providing appropriate training to Karting NSW Officials,
- requiring Working With Children checks for Officials, Authorised Photographers and Dealer Trade Licence holders,
- and ensuring appropriate rules and policies are in place.

Karting NSW will take all incidents related to abuse seriously by:

- keeping the details of abuse confidential limiting the information to those that need to know
- processing incidents of abuse via Tribunal, and referring matters the state prosecutor for disciplinary action,
- reporting legal matters to police.

Karting NSW encourages victims of abuse to access the help via the below:

**Reachout** - <https://au.reachout.com/>

ReachOut.com helps under 25s with everyday questions through to tough times. Visit now to get the tools you need to make life easier.

**Lifeline** - <https://www.lifeline.org.au/>

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

**Beyond Blue** - <http://www.beyondblue.org.au/>

Beyond Blue is an Australian mental health and wellbeing support organisation. They provide support programs to address issues related to depression, suicide, anxiety disorders and other related mental illnesses.

## Related Documents

- Volunteers Policy
- Member Protection Policy

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