**Tumblers Gymnastics Centre**

**Safe Sport Resources**

Tumblers Gymnastics Centre has created a suite of *Safe Sport* Policies, which serve as an overarching guide for their vision of and commitment to Safe Sport and the corresponding policy, education, and advocacy initiatives that strive to further strengthen the administration and delivery of our programs, events, and services. In addition to these policies, Tumblers Gymnastics Centre has compiled the resources below to offer help and/or guidance to individuals that are looking for further assistance.

**Abuse Prevention**

1. [Abuse-Free Sport Helpline](https://abuse-free-sport.ca/helpline) - They provide online training to help enhance child and youth safety in sport. The eight modules highlight the importance of understanding boundaries, sexual misconduct, the grooming process and reporting inappropriate behaviour.
2. [Kids Help Phone](https://kidshelpphone.ca) - They provide 24/7 e-mental health services to young people. These services include mental health tips and information on their website. They also provide crisis support via text and professional counseling over the phone or through online chat among many other services.
3. [True Sport Principles](https://www.gymnasticsontario.ca/true-sport-principles/) - There are seven True Principles, which aim to instill character in children, strengthen Canadian communities, and increase opportunities for excellence.

**Equity and Inclusion**

1. [Hope for Wellness](https://www.hopeforwellness.ca) - They provide a helpline that is available 24/7 to all Indigenous people across Canada. The helpline is available by phone and online chat. Operators are available to people wanting to talk about any experiences, challenges, or issues. They are also available when a person is feeling distressed and can help find other wellness supports.
2. [LGBT Youth Line](https://www.youthline.ca) - They are a \*2SLGBTQ+ youth-led organization that affirms and supports the experiences of youth across Ontario. They provide anonymous peer support and referrals, resources so youth can make informed decisions, and training to youth on how to support other youth.

**Health and Wellness**

1. [Canadian Centre for Mental Health and Sport](https://www.ccmhs-ccsms.ca) - They offer collaborative sport performance-focused mental health care that helps achieve performance goals while preserving well-being. They have three pillars of success: Integrated Care, Research, and Education and Outreach.
2. [National Eating Disorder Information Centre](https://nedic.ca) - They promote healthy lifestyles, including appropriate, enjoyable exercise and eating. They provide outreach and education programming to over 10,000 students annually. They also have a helpline and instant chat to provide information on treatment options and support. There are also resources available on the website.

\* **For a greater list of resources available, please visit the Gymnastics Ontario website** [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) **under the tab *Safe Sport Resources.***