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How Can Better Safe Sport Awareness Be Achieved in Jordan?

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Abstract

This study examines the effect and awareness of Safe Sport initiatives in Jordan. It addresses an absence of training and knowledge by coaches and athletes on safety procedures. In 2019, the Jordan Olympic Committee (JOC) established the Instructions on Safe Sport Toolkit, per Article 39 of the JOC Regulation of 2003. These guidelines are aligned with the International Olympic Committee (IOC) toolkit designed to protect athletes within the Olympic movement from harassment and abuse in sport. The JOC began conducting Safe Sport awareness sessions in 2020 for members of the Jordanian sports community. After four years of implementing the Safe Sport program, it is time to measure and evaluate its effectiveness by surveying the targeted audience about their knowledge and understanding of Safe Sport principles. The sample comprised (518) Athletes, Coaches, Assistant Coaches, sports Doctors and Physiotherapists from the Jordanian Sports movement. The participants were recruited from various governorates in Jordan. The data were collected using a survey focusing on six themes, namely, demographic variables and general information, definitions, the role of the Safe Sport awareness committee, knowledge of Safe Sport toolkit guidelines, personal experience, and prevention. The survey contained (35) questions and were analyzed quantitatively using SPSS version 27. The results revealed statistically significant differences in awareness among those living in Amman compared to those living in other regions in Jordan in favor of Amman (78.1%). Additionally, the study revealed that participants perceive sport as an environment where safety and protection from abuse and harassment are ensured for all parties involved. They acknowledge the importance of safe sport policies. However, a high proportion of them are not familiar with JOC instructions on Safe Sport. They indicated that having safeguarding officers are essential to guarantee athletes' protection. The study recommended designing safe sport awareness syllabi that are age-appropriate to raise athletes' awareness.

Cette recherche examine l'effet et la sensibilisation aux initiatives liée à la sécurité dans le sport, "Sport Sûr" en Jordanie. Elle aborde l'absence de formation et de connaissances chez les entraîneurs et les athlètes concernant les procédures de sécurité. En 2019, le Comité Olympique Jordanien (COJ) a établi les Instructions sur le Kit de Sport Sûr, conformément à l'Article 39 du Règlement du COJ de 2003. Ces directives sont alignées avec le kit d'outils du Comité International Olympique (CIO) conçu pour protéger les athlètes au sein du mouvement olympique contre le harcèlement et les abus dans le sport. Le COJ a commencé à organiser des sessions de sensibilisation au sport sûr en 2020 pour les membres de la communauté sportive jordanienne. Maintenant, après quatre ans de mise en œuvre du programme de sport sûr, il est temps de mesurer et d'évaluer son efficacité en sondant le public cible sur ses connaissances et sa compréhension des principes du sport sûr. L'échantillon était composé de 518 athlètes, entraîneurs, entraîneurs adjoints, médecins du sport et physiothérapeutes du mouvement sportif jordanien. Les participants ont été recrutés dans diverses gouvernorats en Jordanie. Les données ont été recueillies à l'aide d'un sondage portant sur six thèmes, à savoir : les variables démographiques et informations générales, les définitions, le rôle du comité de sensibilisation au sport sûr, la connaissance des directives du Kit de Sport Sûr, l'expérience

personnelle et la prévention. Le sondage contenait 35 questions et a été analysé quantitativement à l'aide de SPSS version 27. Les résultats ont révélé des différences statistiquement significatives en matière de sensibilisation entre ceux vivant à Amman par rapport à ceux vivant dans d'autres régions de la Jordanie, en faveur d'Amman (78,1 %). De plus, l'étude a révélé que les participants perçoivent le sport comme un environnement où la sécurité et la protection contre les abus et le harcèlement sont assurées pour toutes les parties impliquées. Ils reconnaissent l'importance des politiques de sport sûr. Cependant, une grande proportion d'entre eux ne sont pas familiers avec les instructions du COJ sur le sport sûr. Ils ont indiqué que la présence d'officiers de protection est essentielle pour garantir la protection des athlètes. L'étude recommande de concevoir des programmes de sensibilisation au sport sûr adaptés à l'âge pour accroître la sensibilisation des athlètes.

Keywords

Keywords: Safe Sport, Awareness, Education, Jordan Olympic Committee, Jordan Olympic Academy, Athlete Safety, Jordan, Initiatives, Training, Minors, Individuals, Mental Health, Abuse, Harassment, Individuals, Olympic Agenda, Safeguard, Jordanian Sports, Guidelines, Protocols, Justice, Instruction on Safe Sport toolkit.

In this study, the researcher will explain the meaning of Safe Sport as outlined and defined in the JOC's Safe Sport Toolkit. It is defined as securing safety and protection for all persons falling under the ambit of sports by providing a mechanism for fighting acts of harassment and abuse in sport. Throughout the study, these two words will be written in capital letters, explicitly referring to the JOC's definition rather than general terms.

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Chapter 1: Introduction

1.1 Achieving Safe Sport Awareness

People's well-being is crucial for their productivity in life, and athletes are no exception. Safe Sport is a milieu where athletes can train and compete in a healthy and supportive setting. Safe Sport advocates for an environment that is respectful, equitable, and devoid of any forms of harassment and abuse¹. Safe Sport can be attained by ensuring that there is proper usage of equipment, every stakeholder conforms to the rules and regulations, the athletes have skilled coaching, there is appropriate training and conditioning, and there is access to medical assistance when needed¹. The essence of Safe Sport is to reduce the risk of injury, ensure athletes enjoy their sports in a secure environment, and ensure any issues such as harassment or other misconduct are addressed to facilitate the integrity of the sporting experience. Safeguarding in sports is the measure taken to protect the well-being of the athletes, especially the minors or vulnerable individuals, from harm, neglect, and exploitation. Safeguarding involves policies, procedures, and practices structured to create a secure environment within sports organizations and activities². Although sports have never been safe because of abuses and exploitation from coaches or other stakeholders responsible for their training, Safe Sport can be attained through enhancing awareness of athletes' rights and creating effective policies that address such complaints.

Sports represent a universal and ancient activity. It has undergone many transformations since its origins, which have been noticeable during the 20th century. The establishment of many sports organizations has increased the opportunities for participation of marginalized groups such as women, people with disabilities, and racialized athletes; sports, in general, serve as a powerful tool for promoting social inclusion³.

There has been a growing focus on safeguarding in sports in recent decades. Public awareness of maltreatment in sports has increased significantly, driven in part by widely publicized cases. More attention from the media, increased awareness among the public, and studies revealing the widespread occurrence of maltreatment in sports have placed pressure on sports organizations to address and counteract harmful practices. This has led to the emergence of what is now called the Safe Sport movement⁴. Sports organizations, policymakers, and governments worldwide have come to acknowledge that, alongside the positive aspects of sports participation, sports can be a site for harassment, abuse, and other non-accidental harms that affect athletes. This has elevated the attention on safeguarding issues in sport and has forced the international, national, and local sports organizations to develop strategies and policies to safeguard athletes, protect the integrity of sports and sports organizations, protect those working in sport, and promote the values of Safe Sport. The term 'maltreatment' covers a range of harmful

¹ Johnson, N., Hanna, K., Novak, J., & Giardino, A. P. (2020). US center for SafeSport: Preventing abuse in sports. *Women in sport and physical activity journal*, 28(1), 66-71. <https://doi.org/10.1123/wspaj.2019-0049>

² Gurgis, J. J., & Kerr, G. A. (2021). Sport administrators' perspectives on advancing Safe Sport. *Frontiers in sports and active living*, 3, 630071. <https://doi.org/10.3389/fspor.2021.630071>

³ Nery, M., Smith, P. K., Lang, M., Vertommen, T., & Stirling, A. (2023). Editorial: Safeguarding in sports. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1096118>

⁴ Violence Info – Child maltreatment. <https://apps.who.int/violence-info/child-maltreatment/>

behaviors, such as physical, emotional, and sexual abuse, neglect, and various forms of exploitation. These behaviors have the potential to harm an individual's health, mental health, survival, development, or ability to maintain dignity and can have actual harmful effects. Such actions occur in contexts where a relationship of care, trust, or authority is expected⁴. In this study, we will use the term 'abuse' to refer to maltreatment.

1.2 The International Olympic Committee (IOC)

The IOC is at the heart of world sport, supports all stakeholders in the Olympic Movement, promotes Olympism globally, and ensures the regular celebration of the Olympic Games. In addition, it supports initiatives blending sport with culture and education and encourages protecting athletes from harassment and abuse. The IOC vision is “Building a better world through sport” with 3 great values, Excellence, Respect, and Friendship⁵. In addition, the International Olympic Committee has been developing programs and initiatives since 2004 to ensure the safety of athletes, playing a pivotal role as a global leader in promoting Safe Sport. Its mission and goal revolve around placing athletes at the core of the Olympic Movement. The IOC remains dedicated to this goal today through the Olympic Agenda 2020+5 strategic roadmap, which includes 3 Recommendations. These Recommendations outline the IOC’s commitment through recommendation #3, “Reinforce athletes rights and responsibilities,” and recommendation #5, “Further strengthen Safe Sport and the protection of clean athletes,” and recommendation #13, “Continue to lead by example in corporate citizenship”⁶.

There are 206 National Olympic Committees (NOCs) globally, authorized and acknowledged by the IOC. These NOCs, in coordination with the International Sport Federations, are overseen and led by the IOC. The mission of the NOCs is to grow, promote, and protect the Olympic Movement in their own countries, following the guidelines of the Olympic Charter⁷.

1.3 The Jordan Olympic Committee (JOC)

JOC is one of the 206 NOCs around the world, it is the governing body for sports in the Hashemite Kingdom of Jordan. Founded in 1957, it became the nurturing body for 44 Olympic and non-Olympic sports federations in the kingdom, laying down the foundation and trail to develop and rise with the state of sports in Jordan⁸. In 2017, JOC, with its new structure, launched a first-ever, National strategy for sport (2017-2032)⁹; which has outlined three major phases, each focusing on strategic goals to be achieved through programs and projects. The phases are Inspire (2017 – 2020), Engage (2021 – 2024), and Lead (2025 – 2032).

⁵ IOC. (2024a). *IOC - International Olympic Committee*. International Olympic Committee - History, Principles & Financing. <https://olympics.com/ioc/principles>

⁶ Olympic agenda 2020+5: 15 recommendations. <https://stillmedab.olympic.org/media/Document%20Library/OlympicOrg/IOC/What-We-Do/Olympic-agenda/Olympic-Agenda-2020-5-15-recommendations.pdf>

⁷ IOC (Ed.). (2024b). *National Olympic Committees (NOC) - Olympic movement*. (NOC) - Olympic Movement. <https://olympics.com/ioc/national-olympic-committees/>

⁸ JOC, J. (2024). *About Us*. Jordan Olympic Committee. <https://www.joc.jo/en/pages/about-us/>

⁹ Jordan Olympic Committee. (2017). *Jordan National Strategy for Sport. 2017 -2032* (Not Published)

The goals of the National Strategy will be achieved by implementing various sports projects in Jordan through the efforts of the JOC and sport sector stakeholders. The phase Engage includes six major goals. The second goal is to provide “A comprehensive and safe journey, designed for athletes during and after their sports career”, to achieve this goal⁹. In 2019, JOC established *The Instructions on Safe Sport Toolkit*, issued pursuant to Article (39) of the JOC Regulation of 2003, with a highly reputed working group of judges and law advisors in accordance with the Jordanian law and regulations¹⁰. These instructions are reflected in the IOC toolkit for the Olympic movement to safeguard athletes from harassment and abuse in sport. In addition, JOC founded an independent Safe Sport Committee approved by the JOC Board to operate and take care of all cases raised related to harassment and abuse in sport and make sure it provides a safe environment. These instructions apply to the affiliates or members of any of the Sports Organizations or those falling within the jurisdiction of any of the Sports Organizations¹⁰.

JOC started conducting Safe Sport awareness sessions in 2020 for members of the Jordanian sports movement. After 4 years of implementing the Safe Sport awareness program, it is time to measure and evaluate its effectiveness by surveying the targeted audience about their knowledge and understanding of Safe Sport. Jordan is often considered conservative, especially regarding its social and cultural norms. Several factors, including religious influence, cultural traditions, legal frameworks, and the political environment, shape this conservatism.

Jordan is also recognized for its relative openness and tolerance compared to other countries in the region, particularly in areas such as education, tourism, and women's rights. The country strives to balance tradition with modernization and development¹¹. Sports are an integral part of Jordanian culture, with a wide variety of activities enjoying significant popularity and participation. This diversity in sports reflects the country's commitment to promoting physical activity and competitive sports across various disciplines¹². As the Jordan Olympic Committee, President HRH Prince Feisal al Hussein is the Chair of the IOC Working Group focused on coordinating safeguarding in the Olympic Movement¹³, the JOC made sure to support and be the leading country in the region by developing a Safe Sport instruction where can be found on JOC's website.

This study aims to identify strategies for expanding Safe Sport awareness throughout Jordan. It will determine the most suitable tools and approaches for effectively promoting Safe Sport to ensure all Jordanian athletes' safety, well-being, and empowerment during and after their sports careers.

The main question of this study is: **How can better Safe Sport awareness be achieved in Jordan?**

¹⁰ *Instructions on Safe Sport - Jordan Olympic Committee*. (2019). Jordan Olympic Committee. <https://www.joc.jo/en/pages/instructions-on-safe-sports/>

¹¹ MH, Y. (2022, December 19). *Jordan culture and traditions - Wonders Travel and Tourism*. Wonders Travel and Tourism. <https://jordan-travel.com/jordan-culture-and-traditions/>

¹² Kuch, M. (2023, November 18). Jordan's National Sport: Soccer (7 Facts). SportsFoundation. <https://sportsfoundation.org/jordan-national-sport/>

¹³ HRH Prince Feisal AL HUSSEIN. (2023). <https://olympics.com/ioc/hrh-prince-feisal-al-hussein>

Chapter 2: Literature Review

2.1 Definitions

The safeguarding concept is defined differently based on organizations. For instance, in healthcare institutions, Nampewo, Mike, & Wolff (2022)¹⁴ reveal that safeguarding is about protecting people's health, well-being, and human rights to facilitate them to exist free from harm, abuse, and neglect. In learning institutions, safeguarding is about establishing an inclusive safety net for students in terms of enhancing physical, emotional, and mental well-being¹⁵. In industries, safeguarding is about protecting individuals as much as possible from hazards that might emerge during machine operations¹⁶. In socio-technology involving the ecology of genomic data flows, safeguarding is about enhancing data privacy¹⁷. When it comes to safeguarding in sports, it is protecting minors from abuse to prevent harm while enhancing their wellbeing. When narrowed down to specific abuse definitions based on organizations, they are defined similarly to those associated with sports.

Since Safe Sport is about ensuring the athletes are not abused or harmed, it is important to define what abuse or harm is about in terms of sports. According to Roberts, Sojo, & Grant (2020)¹⁸, physical abuse is the intentional use of practice force to cause harm or injury, and that might include punching, kicking, or training when injured and any other actions leading to physical pain or damage.

Sexual abuse is any non-consensual sexual contact, behavior, or exploitation by someone in a position of power or trust, such as a coach, trainer, or teammate¹⁸. It might entail inappropriate touching, sexual assault, coercion into sexual acts, and any other actions that violate the sexual integrity of the athlete. It is important to recognize the difference between sexual abuse and sexual harassment in the sense that sexual harassment generally refers to unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of sexual behavior that creates an unsafe or intimidating environment. Unlike sexual abuse, sexual harassment may not necessarily involve the use of force, but it can still have serious psychological and emotional effects on the victim¹⁸.

Further, neglect in sports involves failing to provide necessary care, supervision, or protection to an athlete, which can result in harm or endangerment. Other forms of abuse in sports include emotional and psychological abuse, such as bullying, humiliation, and verbal assaults.

¹⁴ Nampewo, Z., Mike, J. H., & Wolff, J. (2022). Respecting, protecting and fulfilling the human right to health. *International journal for equity in health*, 21(1), 36. <https://doi.org/10.1186/s12939-022-01634-3>

¹⁵ MacPhee, J., Modi, K., Gorman, S., Roy, N., Riba, E., Cusumano, D., ... & Doraiswamy, P. M. (2021). Strengthening safety nets: A comprehensive approach to mental health promotion and suicide prevention for colleges and universities. *NAM Perspectives*. <https://nam.edu/a-comprehensive-approach-to-mental-health-promotion-and-suicide-prevention-for-colleges-and-universities-insights-from-the-jed-campus-program/>

¹⁶ Salvi, J. (2022). Occupational Hazards in the Chemical Industry: Scoping the Relevance for Prevention of Health Hazards. *Innovational: Journal of Nursing and Healthcare*, 22-27. <https://doi.org/10.31690/ijnh.2022.v08i04.001>

¹⁷ Wan, Z., Hazel, J. W., Clayton, E. W., Vorobeychik, Y., Kantarcioglu, M., & Malin, B. A. (2022). Sociotechnical safeguards for genomic data privacy. *Nature Reviews Genetics*, 23(7), 429-445. <https://doi.org/10.1038/s41576-022-00455-y>

¹⁸ Roberts, V., Sojo, V., & Grant, F. (2020). Organisational factors and non-accidental violence in sport: A systematic review. *Sport Management Review*, 23(1), 8-27. <https://doi.org/10.1016/j.smr.2019.03.001>

Psychological abuse entails the deliberate and regular use of words or non-physical actions that aim to manipulate, hurt, or undermine an individual mentally and emotionally. Further, Roberts, Sojo, & Grant (2020)¹⁸ defines bullying in sports as the repeated, intentional aggression by an individual or group towards an athlete that creates a sense of power imbalance and can involve insults, shoving, exclusion, or demeaning comments. Humiliation in sports involves actions or words intended to shame or degrade an athlete, often in front of others, and results in feelings of worthlessness or embarrassment. Verbal assaults can be defined as aggressive, hostile, or abusive language directed at an athlete with the intention of harming or intimidating them¹⁸. When athletes are subjected to any form of abuse, their overall well-being and performance are negatively impacted.

2.2 History of Safe Sport/ Safeguarding in Sports

When sports emerged as games that people could engage in for competition and entertainment, no structured rules defined the safety measures that the athletes should observe. However, in the early 20th century, Safe Sport practices started emerging alongside the rise of organized sports competitions and the professionalization of athletes¹⁹. At the time, there were concerns about athlete safety, mainly regarding physical injuries sustained during training and competition. Later, as sports evolved and gained increasing attention in the global context, issues such as doping, exploitation, and abuse started arising, which prompted the need to address them.

In 1894, the IOC was established to revive the ancient Olympic Games and promote international cooperation and peace through sports. Pierre de Coubertin proposed the idea of reviving the Olympics as he believed in the power of sports in promoting understanding and goodwill among nations. Coubertin's vision was to develop an international sporting event that would bring together athletes from around the world in the spirit of friendly competition. IOC later emerged as a leading advocate for Safe Sport initiatives and supported the need to protect the well-being of the athletes as well as preserve the integrity of sports competitions²⁰. In the early 1960s, cases of doping athletes led to the IOC's establishment of the Medical Commission as it saw the need for intervention. The first incident was the death of a Danish cyclist, Knut Enemark Jensen, in 1960 during a team time trial, and it was later claimed that he was intoxicated with drugs²⁰. In 1967, a British cyclist, Tommy Simpson, succumbed to death during the Tour de France. There was evidence of significant doping, and that made the IOC realize the need to address doping. Kolliari-Turner et al. (2021)²¹ reveal that the Medical Commission initially started in 1962 as a working group and was formally established in 1967 upon being compelled by Avery Brundage in an official letter of the need to pay attention to doping. Over the years, the Medical Commission has significantly helped develop guidelines and protocols for preventing and managing sports-associated injuries and illnesses.

¹⁹ Diakogeorgiou, E., Ray, R. R., Brown, S., Hertel, J., & Casa, D. J. (2021). The evolution of the athletic training profession. *Kinesiology Review*, 10(3), 308-318. <https://doi.org/10.1123/kr.2021-0027>

²⁰ Tomlinson, A. (2022). Sport, Olympic Ideals, and Realities. *The Oxford Handbook of Sport and Society*, 213.

²¹ Kolliari-Turner, A., Lima, G., Hamilton, B., Pitsiladis, Y., & Guppy, F. M. (2021). Analysis of Anti-Doping rule violations that have impacted medal results at the Summer Olympic Games 1968–2012. *Sports Medicine*, 51(10), 2221–2229. <https://doi.org/10.1007/s40279-021-01463-4>

Towards the end of the 20th century, the issue of doping became a serious concern in sports, which led the IOC to develop the World Anti-Doping Agency (WADA) in 1999 to fight against it. WADA's mission was or is to facilitate coordination efforts to fight doping, conduct research, and implement testing initiatives to protect the athletes' health and ensure fair competition²². Although doping was the main focus of Safe Sport efforts, other forms of harm, such as abuse, harassment, and exploitation, became obvious. For instance, the case of Larry Nassar, who was a team doctor of the U.S. women's national gymnastics team, sexually abused young female athletes in the pretense of medical treatment. Therefore, athletes used their platforms to speak out against abuses of power and demanded enhanced protection from sports organizations. For instance, the #MeToo movement provided a platform for athletes to speak up about their challenges and abuses in sports, which prompted extensive calls for cultural change and institutional reform²². Although it is still challenging for the athlete victims to attain justice due to sports organizations protecting the perpetrators, justice will be achieved in the end when numerous voices merge.

As a result of the increasing concerns about athlete safety, sports federations, and governing bodies started to implement protective or safeguarding policies and initiatives to prevent and address abuse and misconduct. The efforts include the development of codes of conduct, training programs for coaches and officials, and the formation of independent bodies to investigate allegations of abuse. The IOC Safeguarding Framework offers guidelines for national Olympic committees and sports organizations to develop their safeguarding policies. The framework has a code of conduct reporting mechanisms and provides essential education resources for athletes' safety. There is also the FIFA Guardians program that offers a structure to help the 211 member associations avoid the risk of harm to minors in football and offer a prompt response as per Article Three of the FIFA Statutes and Article 23 of the FIFA Code of Ethics²³. Therefore, it is evident that the sports world has implemented steps to prevent or reduce any safety issues that might affect the athletes.

Further, the board members and administrators within sports organizations have a task to prioritize athlete welfare and ensure that protective policies are effectively implemented and enforced. With the responsibility in their hands, the board members and administrators must promote a culture of transparency, accountability, and inclusivity to create an environment where athletes feel safe, valued, and empowered to engage in sports fully.

In the recent sessions of Play the Game 2024, it was established that sports organizations ignore the cases of exploitation or abuse of minors. If they indeed work on the issues, then the efforts are explicitly minimal²⁴. Such instances give power to the unethical stakeholders, such as the coaches, doctors, and physiotherapists, to continue taking advantage of the youth athletes. When the board of members and administrators are aware of such malicious activities within the sports teams and are ignorant about addressing them, then that is equal to cultivating a culture

²² Read, D., Skinner, J., Lock, D., & Smith, A.C.T. (2021). WADA, the World Anti-Doping Agency: A Multi-Level Legitimacy Analysis (1st ed.). Routledge. <https://doi.org/10.4324/9781003084297>

²³ FIFA. (2023). FIFA Code of Ethics. FIFA Code of Ethics. <https://digitalhub.fifa.com/m/4f048486c1f7293c/original/FIFA-Code-of-Ethics-2023.pdf>

²⁴ Constandt, B., Vertommen, T., Cox, L., Kavanagh, E., Kumar, B. P., Pankowiak, A., ... & Woessner, M. (2024). Quid interpersonal violence in the sport integrity literature? A scoping review. *Sport in Society*, 27(1), 162-180. <https://doi.org/10.1080/17430437.2023.2233433>

of secrecy that works to the detriment of the vulnerable sports players. For Safe Sport to occur globally, the sports organization management, beginning with the board members and administrators, must be vigilant, focus on promoting the welfare of the players, and actively pursue emerging cases to ensure justice is attained²⁴. With such an approach, even the players will be comfortable interacting with the stakeholders as they are assured that their safety is the organization's priority.

2.3 Current Safety Issues in Sports

Although the sports world has attained progress in recent years in terms of counteracting safety issues, abuses are still occurring in various sports teams at the local, national, and international levels. For instance, Lever (2022)²⁵ reveals that in that year, Cynthia Cooper-Dyke, who was working as a coach of the women's head basketball at Texas Southern University, was compelled to resign after allegations of her mistreatment of the athletes were reported. It was alleged that the coach has for a long-time subjected athletes to language, behavior, and punishment acts that were perceived as abusive. The coach was also accused of using inappropriate sexual language with players, demeaning them, forcing others to practice even when injured, and even weight-shaming a certain player to the point she even stopped eating. One of her players was diagnosed with a mental condition, and instead of the coach offering moral support, she allegedly claimed the player was not depressed but rather needed "sexual encounters"²⁵.

There are instances when the abuses affect the physical status of the players. For instance, coaches can subject college athletes to vigorous exercises as a punishment to the detriment of their physical wellness. For instance, Concordia University in Chicago was featured when five players on the men's basketball team needed medication after a workout in January 2023²⁶. It was alleged that the workout was intended to punish the players for violating curfew regulations. Such mistreatment is common among college students since, in 2009, a similar case occurred where Grambling State basketball players were subjected to a punitive workout, which led to the death of one player while another suffered permanent injuries.

Further, there are instances where swimmers have come to the limelight to express how they were weight-shaped by their coaches, and some opted to avoid eating to weigh less. According to the swimmers, if they fail to win, the coaches would refer to their weight as the cause of failure. For instance, Phoebe Lenderyou battled bulimia to keep a certain weight acceptable to her coach. Lenderyou expressed being mentally destabilized by the torture she experienced as a swimmer²⁷. She narrated that on one occasion, their coaches presented them with a chocolate cake as a test, only to be told that those who ate the cake had failed the test. Therefore, safety in sports is not 100% guaranteed, and there is a need to determine the best ways of addressing the safety issues to make the organization

²⁵ Lever, K. (2022). A Mental Health Battle: How Abusive Coaching Impacts College Athletes. *Global Sports Matter*. <https://globalsportmatters.com/culture/2022/05/24/mental-health-battle-how-coach-impacts-college-athletes/>

²⁶ Leroy, M., H. (2023). Considering college athletes as employees could curb coaching abuse. *The Business Sports*. <https://www.sportico.com/leagues/college-sports/2023/college-athletes-as-employees-could-curb-coaching-abuse-1234708592/>

²⁷ Woods, R. (2023). Swimmers' ruined' by culture of fat-shaming and bullying. *BBC*. <https://www.bbc.com/news/uk-england-64256659>

reliable to the athletes and all stakeholders who, include sports organizations, governments, civil society, and the broader community.

2.4 Minor Athletes Vulnerability

While sport is essential to the physical and mental development of minors, it is unfortunate that they can become victims of abuse in the sporting environment. According to Human Rights Watch (2020)²⁸, minors in the sporting environment experience maltreatment and abuse, yet the issue continues to go unchecked due to the inability to recognize abusive relationships, and child athletes are ashamed or afraid to report what they are experiencing. Although States and sports organizations are supposed to deal with such human rights violations, the obligations are often not upheld, and abuses still occur. Darling et al. (2020)²⁹ reveal that coaches, as well as peer athletes, are responsible for child athlete abuse. Minors are often in a vulnerable position in sports, and instructors and coaches usually take advantage of their vulnerability to abuse them. The majority of abuses that minors experience in sports are sexual abuse attributed to the fact that sports provide a favorable environment for physical contact as minors are away from their parents or guardians and are defenseless²⁹. Some coaches or instructors misuse their authority in disguise of acting as mentors or “important figures,” and others refer to themselves as “father figures.” As such, they can dictate minor athletes to engage in any “acts,” not knowing they are being exploited. Based on the vulnerability of the minor athletes, there is a need to enforce thorough child protection measures within the sporting environment.

2.5 How to Achieve Better Safe Sport Awareness

There need to be effective whistleblowing systems where athletes can file complaints regarding mistreatment or abuses from their coaches, doctors, or physiotherapists. At the same time, management should launch a straightforward system for dealing with the issues. The athletes should be guaranteed safe reporting to avoid fear of retaliation³⁰. At the same time, the board members and administration of every sports organization should establish clear codes of conduct that dictate how individuals should behave. The codes of conduct should address various forms of misconduct, including harassment, abuse, bullying, and discrimination³⁰. With the code of conduct, the management should come up with a team that would ensure every stakeholder is conversant with them, and failure to do so would result in penalties.

When it comes to dealing with minor athletes, they should be taught of the inappropriate conduct that once they observe from their instructors or coaches, they should report immediately to their parents and the sports management. At the same time, there should be strict boundaries between the coaches and the minor athletes, and

²⁸ World Report 2020. (2023, January 12). Human Rights Watch. <https://www.hrw.org/world-report/2020>

²⁹ Darling, A., Pope, L., Mooney, J. L., King, S., & Ablett, G. (2020). Child sexual abuse in sports. *The truth project thematic report*. <https://cdn.icmec.org/wp-content/uploads/2020/09/truth-project-icsa-report-child-sexual-abuse-sports.pdf>

³⁰ Verschuuren, P. (2021). Assessing the whistleblowing policies of international sport organisations. *Sport, Business and Management: An International Journal*, 11(4), 405-429. <https://doi.org/10.1108/SBM-05-2020-0040>

in every room or area where the coaches and instructors meet with them, there should be CCTV surveillance³¹. Further, coaches and instructors should not be allowed to exercise power besides their work designation, and minors should be taught to view them as strictly sports professionals. If there is a violation of such rules, the coaches are liable for punishment that can even entail dismissal and the license being revoked³¹.

Parents should also be actively involved in their children's lives and engage them to ascertain whether there are changes or psychological issues that they are developing so that they can offer them immediate help when it is not too late. The parents should also reiterate to their children the need to maintain boundaries by always recalling that the coaches and instructors are strictly professional individuals for sports and do not develop any special bonds. In the event an issue has been reported, investigations should be done impartially to facilitate the establishment of trust in the victim and promote accountability³¹. It is recommended that independent bodies should be involved when conducting investigations to avoid conflicts of interest and ensure transparency.

Finally, it is imperative to involve the community in Safe Sport awareness initiatives to create a supportive network of allies who are committed to promoting athlete safety and well-being. Implementing community outreach programs, workshops, and events can raise awareness and encourage participation in Safe Sport initiatives. Indeed, to attain a better Safe Sport awareness requires a concerted effort from all stakeholders.

³¹ Ibid. Gurgis, J. J., & Kerr, G. A. (2021). Sport administrators' perspectives on advancing Safe Sport. *Frontiers in sports and active living*, 3, 630071. <https://doi.org/10.3389/fspor.2021.630071>

Chapter 3: Methodology

3.1 Study Design & Target Population

To investigate the Safe Sport awareness among adult members of the Jordanian Sports movements, a cross-sectional sample survey was used to yield deeper insights regarding Safe Sport Awareness among various groups within the Jordanian sports community. A cross-sectional survey further permits collecting data from a heterogeneous and large population. It guarantees that the results mirror the status quo of Safe Sport awareness among various sports, regions, and roles. In this study, four positions of the populations were taken into consideration, namely, National Team Athletes, Coaches, Assistant Coaches, Doctors, and Physiotherapists. Only these aged 18 years or older were recruited. The rationale behind selecting them is their direct involvement in the sports environment.

To clarify, National Team Athletes are considered the main participants who provide firsthand experiences of the effects of safety policy, such as abuse or harassment. As for Coaches and Assistant Coaches, they provide crucial views on the effectiveness and implementation of Safe Sport protocols. However, Doctors and Physiotherapists provide valuable insights about the negative impacts on unsafe sport on athletes on their mental and physical health. They further address psychological well-being and injury patterns.

As for the geographical scope of the study, it encompasses (12) governorates in Jordan. These include Amman, Zarqa, Irbid, Mafrq, Ajloun, Jerash, Madaba, Balqa, Karak, Tafeileh, Maan, and Aqaba. All of which guarantee gathering a representative sample, which demonstrates the views of Safe Sport from various governorates in Jordan.

3.2 The Targeted Federations

In this study (39) sports federations were selected. Their selection relied heavily on their engagement with important sports events. These include the Islamic Solidarity Games, Pan Arab Games, Asian Games, and Olympics from 2020 to 2023.

Such federations encompass Taekwondo, Karate, Judo, Kick Boxing, Boxing, Golf, Volleyball, Handball, Esports, Football, Basketball, and so forth. They further represent individual and team types of sports. They were selected purposively to yield comprehensive information pertaining to sports practices. Moreover, selecting them enables the researcher to guarantee that the data were reflective and holistic to various sports culture in Jordan.

3.3 Sampling Size & Sampling Procedures

To ensure a representative selection from the abovementioned population, the researcher approached (518) members from the Jordanian sports movement. They were selected using a simple random sampling. The researcher relied on 5 sampling criteria in recruiting the participants. These encompass gender, age, governorate, participant role, type of sport, and specific sport. By doing so, the study ensures the diversity and the representativity of the dataset. The researcher's cooperation with the Jordan Olympic Committee, the National Federations Relation Department, and the Jordan Olympic Academy facilitated the recruitment of the participants.

3.4 Survey Tool (Structured Questionnaire)

The main instrument used for collecting the data is a structured questionnaire. It was designed to serve the purpose of the study. A SurveyMonkey, which is defined as a platform that facilitates the process of distributing and collecting responses, was used through the National Federation Relation Department at the Jordan Olympic Committee and the Jordan Olympic Academy. Such a structured format guaranteed consistency in collecting the data. The questionnaire was used to gather diverse perspectives concerning Safe Sport awareness. The questionnaire was in the form of multiple-choice questions.

3.4.1 Tailored Survey Questions

The questionnaire consisted of (35 tailored questions). They were structured under six themes as follows:

Theme 1: 'Demographic and General Information' aims to collect information about the participants in terms of governorate, age, gender, role, type of sports, and sports. This theme consists of 6 questions (Q1-6) as indicated in the Appendix.

Theme 2: 'Safe Sport Understanding and Definitions' addresses the participants' knowledge of Safe Sport protocols, their understanding of physical abuse or violence leading to injury in sports, and their knowledge of the practices that constitute negligence in a duty of care toward athletes. It encompasses 3 questions (Q7-9) referred to in the Appendix.

Theme 3: 'The Role of the Jordanian Awareness Committee in Safe Sport', which addresses several issues, including their attitudes towards Safe Sport policies, attendance at awareness sessions, effectiveness of sessions, sufficiency of material, and knowledge of annual awareness sessions in Jordan, were analyzed. It includes 7 questions (Q10-16) as indicated in the Appendix.

Theme 4: 'Knowledge of Safe Sport Guidelines' investigates the participants' knowledge and adherence to ethical standards. It consists of (5) questions (Q17-21) as indicated in the Appendix.

Theme 5: 'Prevention in Safe Sport', which identifies current areas and practices for improvements. It includes (9) questions (Q22-30) as mentioned in the Appendix.

Theme 6: ‘Personal Experience’, which examines the respondents’ perspectives towards Safe Sport; including, incidents of abuse or harassments. It consists of (5) questions (Q31-35) as indicated in the Appendix.

3.5 Data Analysis Methods

After collecting the questionnaire from the respondents, statistical methods were used. The study used SPSS version 27 to identify the distributions of frequency and percentage pertained to the descriptive analysis for all themes. After that, the study used Chi-square tests to pinpoint significant differences and correlation among the variables; including, role, awareness levels, and gender. Such approach enabled the researcher to determine the strengths and weaknesses in Safe Sport awareness.

3.6 Ethical Considerations

Ethical considerations were prioritized to ensure respect and protection for all participants. Participants were informed about the study's purpose, which aimed to benefit Jordanian sports by identifying gaps in Safe Sport practices. Consent was obtained, and anonymity and confidentiality were guaranteed. Survey questions were designed to avoid harm, especially given the sensitivity of abuse and harassment topics in sports. Recognizing Jordan's cultural context, minors were excluded, and adult participation was voluntary with full protection of their rights and privacy. The results were reported transparently and honestly, ensuring they contribute to the safety and well-being of the sports community in Jordan.

Chapter 4: Statistical Analysis

4.1 Theme 1: Demographic & General Information:

For theme 1, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (1): Frequency and percent among demographic variables

Variable	Classification	Frequency	Percent %
Governorate	Amman	289	78.1
	Zarqa	26	7
	Irbid	23	6.2
	Mafrq	6	1.6
	Ajloun	4	1.1
	Jerash	1	0.3
	Madaba	4	1.1
	Balqa	10	2.7
	Karak	3	0.8
	Tafeileh	4	1.1
	Maan	0	0
	Aqapa	0	0
	Total	370	100
Age	18 – 29	220	59.5
	30 – 39	75	20.3
	40 – 49	50	13.5
	50 – 59	19	5.1
	60+	6	1.6
	Total	370	100
Gender	Male	256	69.2
	Female	114	30.8
	Total	370	100
Role	Athlete	251	67.8
	Coach/ Assistant Coach	100	27
	Doctor	11	3
	Physiotherapist	8	2.2
	Total	370	100
Type of sport	Team Sport	156	42.2
	Individual Sport	174	47
	All of the above	40	10.8
	Total	370	100

Table (1) shows:

- For Governorate variable, the highest category (Amman) by frequency (289) percentage (78.1%), but the lowest category (Jerash) by frequency (1) percentage (0.3%).
- For Age variable, the highest category (18 – 29) by frequency (220) percentage (59.5%), but the lowest category (60+) by frequency (6) percentage (1.6%).
- For Gender variable, the highest category (Male) by frequency (256) percentage (69.2%), but the lowest category (Female) by frequency (114) percentage (30.8%).
- For Role variable, the highest category (Athlete) by frequency (251) percentage (67.8%), but the lowest category (Physiotherapist) by frequency (8) percentage (2.2%).
- For Type of sport variable, the highest category (Individual Sport) by frequency (174) percentage (47%), but the lowest category (All of the above) by frequency (40) percentage (10.8%)

Table (1.1): Frequency and percent among demographic variables

Variable	Classification	Frequency	Percent %
Sports	American Football	29	7.8
	Archery	6	1.6
	Athletics	5	1.4
	Badminton	4	1.1
	Basketball	23	6.2
	Billiards and Snooker	6	1.6
	Body Building	3	0.8
	Bowling	15	4.1
	Boxing	10	2.7
	Bridge	1	0.3
	Chess	5	1.4
	Cycling	4	1.1
	Equestrian	5	1.4
	Esports	5	1.4
	Fencing	11	3
	Football	27	7.3
	Frisbee	12	3.2
	Golf	1	0.3
	Gymnastics	6	1.6
	Handball	26	7
	Judo	18	4.9
	Jujitsu	23	6.2
	Karate	7	1.9
	Kendo	6	1.6
	Kick Boxing	11	3
	Muay Thai	5	1.4
	Other	3	0.8
	Rugby	16	4.3
	Shooting	8	2.2
	Squash	1	0.3
	Swimming	6	1.6
	Table tennis	5	1.4
	Taekwondo	9	2.4
	Tennis	2	0.5
	Triathlon	6	1.6
	Volleyball	18	4.9
	Weightlifting	4	1.1
	Wrestling	10	2.7
	Wushu and Kung Fu	8	2.2
	Total	370	100

Table (1.1) shows:

For Sports variable, the highest category (American Football) by frequency (29) percentage (7.8%), but the lowest category (Bridge, Golf, Squash) by frequency (1) percentage (0.3%).

Now, we use the Chi-Square test to test significant differences regarding role among gender, below tables show that.

Table (2) Chi-Square test to test significant differences regarding role among gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Role	Athlete	N	164	87	251	9.56	0.023
		%	44.30%	23.50%	67.80%		
	Coach/ Assistant Coach	N	81	19	100		
		%	21.90%	5.10%	27.00%		
	Doctor	N	6	5	11		
		%	1.60%	1.40%	3.00%		
	Physiotherapist	N	5	3	8		
		%	1.40%	0.80%	2.20%		
	Total	N	256	114	370		
		%	69.20%	30.80%	100.00%		

Table (2) shows Chi-Square test to test significant differences regarding role among gender, the result shows there is no statistically significant difference for role among gender at level of significant 0.05.

4.2 Theme 2: Definitions

For theme 2, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (3): Frequency and percent among questions

Variable	Classification	Frequency	Percent %
Q7	Secure safety and protection for all persons falling under the ambit of sports	66	17.8
	Providing a mechanism for fighting acts of harassment and abuse in sports	4	1.1
	All of the above	300	81.1
	Total	370	100
Q8	Psychological Abuse	70	18.9
	Physical Abuse	248	67
	Sexual Harassment	3	0.8
	Sexual Abuse	9	2.4
	Neglect	40	10.8
	Total	370	100
Q9	Psychological Abuse	42	11.4
	Physical Abuse	55	14.9
	Sexual Harassment	6	1.6
	Sexual Abuse	1	0.3
	Neglect	266	71.9
	Total	370	100

Table (3) shows:

- For Q7 variable, the highest category (All of the above) by frequency (300) percentage (81.1%), but the lowest category (Providing a mechanism for fighting acts of harassment and abuse in sports) by frequency (4) percentage (1.1%).
- For Q8 variable, the highest category (Physical Abuse) by frequency (248) percentage (67%), but the lowest category (Sexual Harassment) by frequency (3) percentage (0.8%).
- For Q9 variable, the highest category (Neglect) by frequency (266) percentage (71.9%), but the lowest category (Sexual Abuse) by frequency (1) percentage (0.3%).

To answer this question, we use the Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Safe Sport Awareness, below tables show that.

Table (4) Chi-Square test to test significant differences regarding Q 7, 8 and 9 among Safe Sport Awareness attendance

Variables	Level	Statistic	Safe Sport Awareness		Total	χ^2	P.
			Yes	No			
Q7	Secure safety and protection for all persons falling under the ambit of sports	N	32	34	66	4.65	0.098
		%	16.80%	18.90%	17.80%		
	Providing a mechanism for fighting acts of harassment and abuse in sports	N	0	4	4		
		%	0.00%	2.20%	1.10%		
	All of the above	N	158	142	300		
		%	83.20%	78.90%	81.10%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		
Q8	Psychological Abuse	N	25	45	70	9.51	0.05
		%	13.20%	25.00%	18.90%		
	Physical Abuse	N	137	111	248		
		%	72.10%	61.70%	67.00%		
	Sexual Harassment	N	2	1	3		
		%	1.10%	0.60%	0.80%		
	Sexual Abuse	N	6	3	9		
		%	3.20%	1.70%	2.40%		
	Neglect	N	20	20	40		
		%	10.50%	11.10%	10.80%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		
Q9	Psychological Abuse	N	24	18	42	4.44	0.35
		%	12.60%	10.00%	11.40%		
	Physical Abuse	N	26	29	55		
		%	13.70%	16.10%	14.90%		
	Sexual Harassment	N	5	1	6		
		%	2.60%	0.60%	1.60%		
	Sexual Abuse	N	1	0	1		
		%	0.50%	0.00%	0.30%		
	Neglect	N	134	132	266		
		%	70.50%	73.30%	71.90%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		

Table (4) shows Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Safe Sport awareness the result shows there is no statistically significant difference for Q7, Q8 and Q9 among Safe Sport awareness at level of significant 0.05.

Table (5) Chi-Square test to test significant differences regarding Q7, 8 and 9 among Role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q7	Secure safety and protection for all persons falling under the ambit of sports	N	48	18	0	0	66	6.47	0.373
		%	19.10%	18.00%	0.00%	0.00%	17.80%		
	Providing a mechanism for fighting acts of harassment and abuse in sports	N	4	0	0	0	4		
		%	1.60%	0.00%	0.00%	0.00%	1.10%		
	All of the above	N	199	82	11	8	300		
		%	79.30%	82.00%	100.00%	100.00%	81.10%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q8	Psychological Abuse	N	50	18	2	0	70	16.27	0.179
		%	19.90%	18.00%	18.20%	0.00%	18.90%		
	Physical Abuse	N	164	69	7	8	248		
		%	65.30%	69.00%	63.60%	100.00%	67.00%		
	Sexual Harassment	N	2	0	1	0	3		
		%	0.80%	0.00%	9.10%	0.00%	0.80%		
	Sexual Abuse	N	8	1	0	0	9		
		%	3.20%	1.00%	0.00%	0.00%	2.40%		
	Neglect	N	27	12	1	0	40		
		%	10.80%	12.00%	9.10%	0.00%	10.80%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q9	Psychological Abuse	N	28	12	2	0	42	4.67	0.968
		%	11.20%	12.00%	18.20%	0.00%	11.40%		
	Physical Abuse	N	34	19	1	1	55		
		%	13.50%	19.00%	9.10%	12.50%	14.90%		
	Sexual Harassment	N	4	2	0	0	6		
		%	1.60%	2.00%	0.00%	0.00%	1.60%		
	Sexual Abuse	N	1	0	0	0	1		
		%	0.40%	0.00%	0.00%	0.00%	0.30%		
	Neglect	N	184	67	8	7	266		
		%	73.30%	67.00%	72.70%	87.50%	71.90%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (5) shows Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Safe Sport awareness the result shows there is no statistically significant difference for Q7, Q8 and Q9 among role at level of significant 0.05.

4.3 Theme 3: The Role of Safe Sport Awareness Committee

For theme 3, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (6): Frequency and percent among questions

Variable	Classification	Frequency	Percent %
Q10	Not at all important	4	1.1
	Low importance	1	0.3
	Neutral	6	1.6
	Important	55	14.9
	Extremely important	304	82.2
	Total	370	100
Q11	Yes	0.4	51.4
	No	180	48.6
	Total	370	100
Q12	Have you received this training from the Safe Sport awareness committee?	83	43.7
	Have you received this training from another organization?	58	30.5
	All the above	49	25.8
	Total	190	100
Q13	Yes	173	46.8
	No	171	46.2
	N\A	26	7
	Total	370	100
Q14	Yes	271	73.2
	No	99	26.8
	Total	370	100
Q15	Yes	240	64.9
	No	130	35.1
	Total	370	100
Q16	Strongly disagree	1	0.3
	Disagree	6	1.6
	Neutral	30	8.1
	Agree	188	50.8
	Strongly agree	145	39.2
	Total	370	100

Table (6) shows:

- For Q10 variable, the highest category (Extremely important) by frequency (304) percentage (82.2%), but the lowest category (Low importance) by frequency (1) percentage (0.3%).
- For Q11 variable, the highest category (yes) by frequency (190) percentage (51.4%), but the lowest category (no) by frequency (180) percentage (48.6%).
- For Q12 variable, the highest category (Have you received this training from the Safe Sport awareness committee?) by frequency (83) percentage (43.7%), but the lowest category (All the above) by frequency (49) percentage (25.8%).
- For Q13 variable, the highest category (yes) by frequency (173) percentage (46.8%), but the lowest category (N/A) by frequency (26) percentage (7%).
- For Q14 variable, the highest category (yes) by frequency (217) percentage (73.2%), but the lowest category (no) by frequency (99) percentage (26.8%).
- For Q15 variable, the highest category (yes) by frequency (240) percentage (64.9%), but the lowest category (no) by frequency (130) percentage (35.1%).
- For Q16 variable, the highest category (Agree) by frequency (188) percentage (50.8%), but the lowest category (Strongly disagree) by frequency (1) percentage (0.3%).

Table (7) Chi-Square test to test significant differences regarding Q10 among Gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Q10	Not at all important	N	2	2	4	5.33	0.255
		%	0.80%	1.80%	1.10%		
	Low importance	N	1	0	1		
		%	0.40%	0.00%	0.30%		
	Neutral	N	5	1	6		
		%	2.00%	0.90%	1.60%		
	Important	N	44	11	55		
		%	17.20%	9.60%	14.90%		
	Extremely important	N	204	100	304		
		%	79.70%	87.70%	82.20%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		

Table (7) shows Chi-Square test to test significant differences regarding Q10 among Gender, the result shows there is no statistically significant difference for Q10 among Gender at level of significant 0.05.

Table (8) Chi-Square test to test significant differences regarding Q10 among Role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q10	Not at all important	N	4	0	0	0	4	4.73	0.966
		%	1.60%	0.00%	0.00%	0.00%	1.10%		
	Low importance	N	1	0	0	0	1		
		%	0.40%	0.00%	0.00%	0.00%	0.30%		
	Neutral	N	4	2	0	0	6		
		%	1.60%	2.00%	0.00%	0.00%	1.60%		
	Important	N	40	12	1	2	55		
		%	15.90%	12.00%	9.10%	25.00%	14.90%		
	Extremely important	N	202	86	10	6	304		
		%	80.50%	86.00%	90.90%	75.00%	82.20%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (8) shows Chi-Square test to test significant differences regarding Q10 among role, the result shows there is no statistically significant difference for Q10 among role at level of significant 0.05.

Table (9) Chi-Square test to test significant differences regarding 3 definitions correctly among Q11

Variables	Level	Statistic	Q11		Total	χ^2	P.
			Yes	No			
Q7	Secure safety and protection for all persons falling under the ambit of sports	N	32	34	66	4.65	0.098
		%	16.80%	18.90%	17.80%		
	Providing a mechanism for fighting acts of harassment and abuse in sports	N	0	4	4		
		%	0.00%	2.20%	1.10%		
	All of the above	N	158	142	300		
		%	83.20%	78.90%	81.10%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		
Q8	Psychological Abuse	N	25	45	70	9.51	0.05
		%	13.20%	25.00%	18.90%		
	Physical Abuse	N	137	111	248		
		%	72.10%	61.70%	67.00%		
	Sexual Harassment	N	2	1	3		
		%	1.10%	0.60%	0.80%		
	Sexual Abuse	N	6	3	9		
		%	3.20%	1.70%	2.40%		
	Neglect	N	20	20	40		
		%	10.50%	11.10%	10.80%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		
Q9	Psychological Abuse	N	24	18	42	4.43	0.35
		%	12.60%	10.00%	11.40%		
	Physical Abuse	N	26	29	55		
		%	13.70%	16.10%	14.90%		
	Sexual Harassment	N	5	1	6		
		%	2.60%	0.60%	1.60%		
	Sexual Abuse	N	1	0	1		
		%	0.50%	0.00%	0.30%		
	Neglect	N	134	132	266		
		%	70.50%	73.30%	71.90%		
	Total	N	190	180	370		
		%	100.00%	100.00%	100.00%		

Table (9) shows Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Q11, the result shows there is no statistically significant difference for Q7, Q8 and Q9 among Q11 at level of significant 0.05.

Table (10) Chi-Square test to test significant differences regarding 3 definitions correctly among Q14

Variables	Level	Statistic	Q14		Total	χ^2	P.
			Yes	No			
Q7	Secure safety and protection for all persons falling under the ambit of sports	N	50	16	66	1.325	0.516
		%	18.50%	16.20%	17.80%		
	Providing a mechanism for fighting acts of harassment and abuse in sports	N	2	2	4		
		%	0.70%	2.00%	1.10%		
	All of the above	N	219	81	300		
		%	80.80%	81.80%	81.10%		
	Total	N	271	99	370		
		%	100.00%	100.00%	100.00%		
Q8	Psychological Abuse	N	48	22	70	2.2	0.698
		%	17.70%	22.20%	18.90%		
	Physical Abuse	N	187	61	248		
		%	69.00%	61.60%	67.00%		
	Sexual Harassment	N	2	1	3		
		%	0.70%	1.00%	0.80%		
	Sexual Abuse	N	7	2	9		
		%	2.60%	2.00%	2.40%		
	Neglect	N	27	13	40		
		%	10.00%	13.10%	10.80%		
	Total	N	271	99	370		
		%	100.00%	100.00%	100.00%		
Q9	Psychological Abuse	N	28	14	42	4.66	0.324
		%	10.30%	14.10%	11.40%		
	Physical Abuse	N	43	12	55		
		%	15.90%	12.10%	14.90%		
	Sexual Harassment	N	5	1	6		
		%	1.80%	1.00%	1.60%		
	Sexual Abuse	N	0	1	1		
		%	0.00%	1.00%	0.30%		
	Neglect	N	195	71	266		
		%	72.00%	71.70%	71.90%		
	Total	N	271	99	370		
		%	100.00%	100.00%	100.00%		

Table (10) shows Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Q14, the result shows there is no statistically significant difference for Q7, Q8 and Q9 among Q14 at level of significant 0.05.

Table (11) Chi-Square test to test significant differences regarding 3 definitions correctly among Q15

Variables	Level	Statistic	Q15		Total	χ^2	P.
			Yes	No			
Q7	Secure safety and protection for all persons falling under the ambit of sports	N	45	21	66	7.706 ^a	0.021
		%	18.80%	16.20%	17.80%		
	Providing a mechanism for fighting acts of harassment and abuse in sports	N	0	4	4		
		%	0.00%	3.10%	1.10%		
	All of the above	N	195	105	300		
		%	81.30%	80.80%	81.10%		
	Total	N	240	130	370		
		%	100.00%	100.00%	100.00%		
Q8	Psychological Abuse	N	44	26	70	1.717 ^a	0.788
		%	18.30%	20.00%	18.90%		
	Physical Abuse	N	164	84	248		
		%	68.30%	64.60%	67.00%		
	Sexual Harassment	N	1	2	3		
		%	0.40%	1.50%	0.80%		
	Sexual Abuse	N	6	3	9		
		%	2.50%	2.30%	2.40%		
	Neglect	N	25	15	40		
		%	10.40%	11.50%	10.80%		
	Total	N	240	130	370		
		%	100.00%	100.00%	100.00%		
Q9	Psychological Abuse	N	30	12	42	8.230 ^a	0.083
		%	12.50%	9.20%	11.40%		
	Physical Abuse	N	42	13	55		
		%	17.50%	10.00%	14.90%		
	Sexual Harassment	N	5	1	6		
		%	2.10%	0.80%	1.60%		
	Sexual Abuse	N	0	1	1		
		%	0.00%	0.80%	0.30%		
	Neglect	N	163	103	266		
		%	67.90%	79.20%	71.90%		
	Total	N	240	130	370		
		%	100.00%	100.00%	100.00%		

Table (11) shows Chi-Square test to test significant differences regarding Q7, Q8 and Q9 among Q15, the result shows there is no statistically significant difference for Q8 and Q9 among Q15 at level of significant 0.05. And, the result shows there is a statistically significant difference for Q7 among Q15 at level of significant 0.05.

Table (12) Chi-Square test to test significant differences regarding Q16 among Gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Q16	Strongly disagree	N	1	0	1	2.12	0.713
		%	0.40%	0.00%	0.30%		
	Disagree	N	5	1	6		
		%	2.00%	0.90%	1.60%		
	Neutral	N	22	8	30		
		%	8.60%	7.00%	8.10%		
	Agree	N	125	63	188		
		%	48.80%	55.30%	50.80%		
	Strongly agree	N	103	42	145		
		%	40.20%	36.80%	39.20%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		

Table (12) shows Chi-Square test to test significant differences regarding Q16 among gender, the result shows there is no statistically significant difference for Q16 among gender at level of significant 0.05.

Table (13) Chi-Square test to test significant differences regarding Q16 among Role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q16	Strongly disagree	N	1	0	0	0	1	15.02	0.24
		%	0.40%	0.00%	0.00%	0.00%	0.30%		
	Disagree	N	5	1	0	0	6		
		%	2.00%	1.00%	0.00%	0.00%	1.60%		
	Neutral	N	20	9	1	0	30		
		%	8.00%	9.00%	9.10%	0.00%	8.10%		
	Agree	N	142	38	5	3	188		
		%	56.60%	38.00%	45.50%	37.50%	50.80%		
	Strongly agree	N	83	52	5	5	145		
		%	33.10%	52.00%	45.50%	62.50%	39.20%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (13) shows Chi-Square test to test significant differences regarding Q16 among role, the result shows there is no statistically significant difference for Q16 among role at level of significant 0.05.

4.4 Theme 4: Knowledge of Safe Sport Toolkit Guidelines

For theme 4, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (14): Frequency and percent among of participants who attended a Safe Sport awareness session

Question	Classification	Frequency	Percent %
Q17	Yes	192	51.9
	No	178	48.1
	Total	370	100
Q18	Yes	176	47.6
	No	194	52.4
	Total	370	100
Q19	Yes	217	58.6
	No	153	41.4
	Total	370	100
Q20	Yes	156	42.2
	No	214	57.8
	Total	370	100
Q21	In written form	292	78.9
	In verbal	78	21.1
	Total	370	100

Table (14) shows:

- For Q17 variable, the highest category (yes) by frequency (192) percentage (51.9%), but the lowest category (no) by frequency (178) percentage (48.1%).
- For Q18 variable, the highest category (no) by frequency (194) percentage (52.4%), but the lowest category (yes) by frequency (176) percentage (47.6%).
- For Q19 variable, the highest category (yes) by frequency (217) percentage (58.6%), but the lowest category (no) by frequency (153) percentage (41.4%).
- For Q20 variable, the highest category (no) by frequency (214) percentage (57.8%), but the lowest category (yes) by frequency (156) percentage (42.2%).
- For Q21 variable, the highest category (In written form) by frequency (292) percentage (78.9%), but the lowest category (In verbal) by frequency (78) percentage (21.1%).

Table (15) Chi-Square test to test significant differences regarding Q10 among Role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q17	Yes	N	117	62	8	5	192	9.17	0.027
		%	46.60%	62.00%	72.70%	62.50%	51.90%		
	No	N	134	38	3	3	178		
		%	53.40%	38.00%	27.30%	37.50%	48.10%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q18	Yes	N	108	58	6	4	176	6.67	0.083
		%	43.00%	58.00%	54.50%	50.00%	47.60%		
	No	N	143	42	5	4	194		
		%	57.00%	42.00%	45.50%	50.00%	52.40%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q19	Yes	N	131	75	6	5	217	15.47	0.001
		%	52.20%	75.00%	54.50%	62.50%	58.60%		
	No	N	120	25	5	3	153		
		%	47.80%	25.00%	45.50%	37.50%	41.40%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q20	Yes	N	92	55	4	5	156	11.39	0.01
		%	36.70%	55.00%	36.40%	62.50%	42.20%		
	No	N	159	45	7	3	214		
		%	63.30%	45.00%	63.60%	37.50%	57.80%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q21	In written form	N	186	88	10	8	292	11.54	0.009
		%	74.10%	88.00%	90.90%	100.00%	78.90%		
	In verbal	N	65	12	1	0	78		
		%	25.90%	12.00%	9.10%	0.00%	21.10%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (15) shows Chi-Square test to test significant differences regarding Q17, Q19, Q20 and Q21 among role, the result shows a statistically significant difference for these questions among role at a level of significant 0.05. also, the result shows no statistically significant difference for Q18 among roles at a level of significant 0.05.

Table (16) Chi-Square test to test significant differences regarding Q21 among gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Q21	In written form	N	205	87	292	0.671	0.413
		%	80.10%	76.30%	78.90%		
	In verbal	N	51	27	78		
		%	19.90%	23.70%	21.10%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		

Table (16) shows Chi-Square test to test significant differences regarding Q21 among gender, the result shows there is no statistically significant difference for Q21 among gender at level of significant 0.05.

4.5 Theme 5: Personal Experience

For theme 5, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (17): Frequency and percent among of participants who attended a Safe Sport awareness session

Question	Classification	Frequency	Percent %
Q22	Yes	92	24.9
	No	278	75.1
	Total	370	100
Q23	Yes	32	8.6
	No	338	91.4
	Total	370	100
Q24	Poor	6	18.8
	Fair	7	21.9
	Good	11	34.4
	Very good	5	15.6
	Excellent	3	9.4
	Total	32	100
Q25	Poor	5	15.6
	Fair	5	15.6
	Good	8	25
	Very good	10	31.3
	Excellent	4	12.5
	Total	32	100
Q26	Poor	4	12.5
	Fair	7	21.9
	Good	14	43.8
	Very good	3	9.4
	Excellent	4	12.5
	Total	32	100
Q27	Poor	5	16.1
	Fair	6	19.4
	Good	9	29
	Very good	6	19.4
	Excellent	5	16.1
	Total	31	100
Q28	Strongly disagree	0	0
	Disagree	6	1.6
	Neutral	29	7.9
	Agree	133	36
	Strongly agree	201	54.5
	Total	369	100
Q29	Not all importance	0	0
	Low importance	3	0.8
	Neutral	33	8.9
	Important	110	29.7
	Extremely important	224	60.5
	Total	370	100
Q30	Strongly disagree	28	7.6
	Disagree	32	8.6
	Neutral	161	43.5
	Agree	120	32.4
	Strongly agree	29	7.8
	Total	370	100

Table (17) shows:

- For Q22 variable, the highest category (no) by frequency (278) percentage (75.1%), but the lowest category (yes) by frequency (92) percentage (24.9%).
- For Q23 variable, the highest category (no) by frequency (338) percentage (91.4%), but the lowest category (yes) by frequency (32) percentage (8.6%).
- For Q24 variable, the highest category (Good) by frequency (11) percentage (34.4%), but the lowest category (Excellent) by frequency (3) percentage (9.4%).
- For Q25 variable, the highest category (Very good) by frequency (10) percentage (31.3%), but the lowest category (Excellent) by frequency (4) percentage (12.5%).
- For Q26 variable, the highest category (Good) by frequency (14) percentage (43.8%), but the lowest category (Very good) by frequency (3) percentage (9.4%).
- For Q27 variable, the highest category (Good) by frequency (9) percentage (29%), but the lowest category (Poor and Excellent) by frequency (5) percentage (16.1%).
- For Q28 variable, the highest category (Strongly agree) by frequency (201) percentage (54.5%), but the lowest category (Strongly disagree) by frequency (0) percentage (0%).
- For Q29 variable, the highest category (Extremely important) by frequency (224) percentage (60.5%), but the lowest category (Not all importance) by frequency (0) percentage (0%).
- For Q30 variable, the highest category (Neutral) by frequency (161) percentage (43.5%), but the lowest category (Strongly disagree) by frequency (28) percentage (7.6%).

Table (18) Chi-Square test to test significant differences regarding questions among gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Q22	Yes	N	65	27	92	0.123	0.726
		%	25.40%	23.70%	24.90%		
	No	N	191	87	278		
		%	74.60%	76.30%	75.10%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		
Q23	Yes	N	18	14	32	2.75	0.097
		%	7.00%	12.30%	8.60%		
	No	N	238	100	338		
		%	93.00%	87.70%	91.40%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		
Q28	Strongly disagree	N	0	0	0	6.92	0.074
		%	0.00%	0.00%	0.00%		
	Disagree	N	5	1	6		
		%	2.00%	0.90%	1.60%		
	Neutral	N	20	9	29		
		%	7.80%	7.90%	7.90%		
	Agree	N	102	31	133		
		%	40.00%	27.20%	36.00%		
	Strongly Agree	N	128	73	201		
		%	50.20%	64.00%	54.50%		
	Total	N	255	114	369		
		%	100.00%	100.00%	100.00%		
Q29	Not at all important	N	0	0	0	13.19	0.004
		%	0.00%	0.00%	0.00%		
	Low importance	N	3	0	3		
		%	1.20%	0.00%	0.80%		
	Neutral	N	30	3	33		
		%	11.70%	2.60%	8.90%		
	Important	N	81	29	110		
		%	31.60%	25.40%	29.70%		
	Extremely important	N	142	82	224		
		%	55.50%	71.90%	60.50%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		

Table (18) shows Chi-Square test to test significant differences regarding Q22, Q23, Q28 and Q29 among gender the result shows there is no statistically significant difference for Q22, Q23 and Q28 among gender at level of significant 0.05. Also, the result shows there is a statistically significant difference for Q29 among gender at level of significant 0.05.

Table (19) Chi-Square test to test significant differences regarding questions among role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q22	Yes	N	60	27	2	3	92	1.32	0.726
		%	23.90%	27.00%	18.20%	37.50%	24.90%		
	No	N	191	73	9	5	278		
		%	76.10%	73.00%	81.80%	62.50%	75.10%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q23	Yes	N	23	9	0	0	32	1.89	0.594
		%	9.20%	9.00%	0.00%	0.00%	8.60%		
	No	N	228	91	11	8	338		
		%	90.80%	91.00%	100.00%	100.00%	91.40%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q28	Strongly disagree	N	0	0	0	0	0	9.1	0.428
		%	0.00%	0.00%	0.00%	0.00%	0.00%		
	Disagree	N	5	1	0	0	6		
		%	2.00%	1.00%	0.00%	0.00%	1.60%		
	Neutral	N	25	4	0	0	29		
		%	10.00%	4.00%	0.00%	0.00%	7.90%		
	Agree	N	92	36	2	3	133		
		%	36.80%	36.00%	18.20%	37.50%	36.00%		
	Strongly Agree	N	128	59	9	5	201		
		%	51.20%	59.00%	81.80%	62.50%	54.50%		
	Total	N	250	100	11	8	369		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q29	Not at all important	N	0	0	0	0	0	6.06	0.734
		%	0.00%	0.00%	0.00%	0.00%	0.00%		
	Low importance	N	2	1	0	0	3		
		%	0.80%	1.00%	0.00%	0.00%	0.80%		
	Neutral	N	27	6	0	0	33		
		%	10.80%	6.00%	0.00%	0.00%	8.90%		
	Important	N	77	29	2	2	110		
		%	30.70%	29.00%	18.20%	25.00%	29.70%		
	Extremely important	N	145	64	9	6	224		
		%	57.80%	64.00%	81.80%	75.00%	60.50%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (19) shows Chi-Square test to test significant differences regarding Q22, Q23, Q28 and Q29 among gender the result shows there is no statistically significant difference for Q22, Q23 and Q29 among gender at level of significant 0.05.

Table (20) Chi-Square test to test significant differences regarding questions among type of sport

Variables	Level	Statistic	Type of sport			Total	χ^2	P.
			Team Sport	Individual Sport	All of the above			
Q22	Yes	N	44	40	8	92	1.77	0.413
		%	28.20%	23.00%	20.00%	24.90%		
	No	N	112	134	32	278		
		%	71.80%	77.00%	80.00%	75.10%		
	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		
Q23	Yes	N	17	15	0	32	4.79	0.091
		%	10.90%	8.60%	0.00%	8.60%		
	No	N	139	159	40	338		
		%	89.10%	91.40%	100.00%	91.40%		
	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		
Q28	Strongly disagree	N	0	0	0	0	5.99	0.425
		%	0.00%	0.00%	0.00%	0.00%		
	Disagree	N	3	3	0	6		
		%	1.90%	1.70%	0.00%	1.60%		
	Neutral	N	17	11	1	29		
		%	11.00%	6.30%	2.50%	7.90%		
	Agree	N	56	64	13	133		
		%	36.10%	36.80%	32.50%	36.00%		
	Strongly Agree	N	79	96	26	201		
		%	51.00%	55.20%	65.00%	54.50%		
	Total	N	155	174	40	369		
		%	100.00%	100.00%	100.00%	100.00%		
Q29	Not at all important	N	0	0	0	0	1.83	0.935
		%	0.00%	0.00%	0.00%	0.00%		
	Low importance	N	2	1	0	3		
		%	1.30%	0.60%	0.00%	0.80%		
	Neutral	N	15	15	3	33		
		%	9.60%	8.60%	7.50%	8.90%		
	Important	N	46	54	10	110		
		%	29.50%	31.00%	25.00%	29.70%		
	Extremely important	N	93	104	27	224		
		%	59.60%	59.80%	67.50%	60.50%		
	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		

Table (20) shows Chi-Square test to test significant differences regarding Q22, Q23, Q28 and Q29 among type of sport the result shows there is no statistically significant difference for Q22, Q23 and Q29 among type of sport at level of significant 0.05.

4.6 Theme 6: Prevention

For theme 6, we used the frequency and percent as a descriptive variable, also used Chi-square test to test relationships and differences between variables, as follows:

Table (21): Frequency and percent among of participants who attended a Safe Sport awareness session

Question	Classification	Frequency	Percent %
Q31	Not all importance	2	0.5
	Low importance	12	3.2
	Neutral	50	13.5
	Important	149	40.3
	Extremely important	157	42.4
	Total	370	100
Q32	Yes	357	96.5
	No	13	3.5
	Total	370	100
Q33	10 -14 years old	214	57.8
	15 -17 years old	127	34.3
	18 years and older	29	7.8
	Total	370	100
Q34	Strongly disagree	0	0
	Disagree	2	0.5
	Neutral	46	12.4
	Agree	162	43.8
	Strongly agree	160	43.2
	Total	370	100
Q35	Not all importance	0	0
	Low importance	4	1.1
	Neutral	33	8.9
	Important	144	38.9
	Extremely important	189	51.1
	Total	370	100

Table (21) shows:

- For Q31 variable, the highest category (Extremely important) by frequency (157) percentage (42.4%), but the lowest category (Not all importance) by frequency (2) percentage (0.5%).
- For Q32 variable, the highest category (yes) by frequency (357) percentage (96.5%), but the lowest category (no) by frequency (13) percentage (3.5%).
- For Q33 variable, the highest category (10 -14 years old) by frequency (214) percentage (57.8%), but the lowest category (18 years and older) by frequency (29) percentage (7.8%).
- For Q34 variable, the highest category (Agree) by frequency (162) percentage (43.8%), but the lowest category (Strongly disagree) by frequency (0) percentage (0%).
- For Q35 variable, the highest category (Extremely important) by frequency (189) percentage (51.1%), but the lowest category (Not all importance) by frequency (0) percentage (0%).

Table (22) Chi-Square test to test significant differences regarding questions among gender

Variables	Level	Statistic	Gender		Total	χ^2	P.
			Male	Female			
Q31	Not at all important	N	2	0	2	10.68	0.03
		%	0.80%	0.00%	0.50%		
	Low importance	N	10	2	12		
		%	3.90%	1.80%	3.20%		
	Neutral	N	43	7	50		
		%	16.80%	6.10%	13.50%		
	Important	N	100	49	149		
		%	39.10%	43.00%	40.30%		
	Extremely important	N	101	56	157		
		%	39.50%	49.10%	42.40%		
Q32	Yes	N	246	111	357	0.378	0.539
		%	96.10%	97.40%	96.50%		
	No	N	10	3	13		
		%	3.90%	2.60%	3.50%		
	Total	N	256	114	370		
Q33	10 -14 years old	N	135	79	214	8.92	0.012
		%	52.70%	69.30%	57.80%		
	15 -17 years old	N	99	28	127		
		%	38.70%	24.60%	34.30%		
	18 years and older	N	22	7	29		
Q34	Strongly disagree	N	0	0	0	6.54	0.088
		%	0.00%	0.00%	0.00%		
	Disagree	N	2	0	2		
		%	0.80%	0.00%	0.50%		
	Neutral	N	38	8	46		
		%	14.80%	7.00%	12.40%		
	Agree	N	113	49	162		
		%	44.10%	43.00%	43.80%		
Q35	Strongly agree	N	103	57	160	9.74	0.021
		%	40.20%	50.00%	43.20%		
	Total	N	256	114	370		
		%	100.00%	100.00%	100.00%		
	Not at all important	N	0	0	0		
		%	0.00%	0.00%	0.00%		
	Low importance	N	4	0	4		
		%	1.60%	0.00%	1.10%		
Q35	Neutral	N	29	4	33	9.74	0.021
		%	11.30%	3.50%	8.90%		
Q35	Important	N	102	42	144	9.74	0.021
		%	39.80%	37.00%	38.40%		

Table (22) shows Chi-Square test to test significant differences regarding Q31, Q32, Q33, Q34 and Q35 among gender the result shows there is a statistically significant difference for Q31, Q33 and Q35 among role at level of significant 0.05. And, there is no statistically significant difference for Q32, Q34 among role at level of significant 0.05.

Table (23) Chi-Square test to test significant differences regarding questions among role

Variables	Level	Statistic	Role				Total	χ^2	P.
			Athlete	Coach/ Assistant Coach	Doctor	Physiotherapist			
Q31	Not at all important	N	2	0	0	0	2	12.95	0.373
		%	0.80%	0.00%	0.00%	0.00%	0.50%		
	Low importance	N	5	6	1	0	12		
		%	2.00%	6.00%	9.10%	0.00%	3.20%		
	Neutral	N	32	17	0	1	50		
		%	12.70%	17.00%	0.00%	12.50%	13.50%		
	Important	N	99	44	4	2	149		
		%	39.40%	44.00%	36.40%	25.00%	40.30%		
	Extremely important	N	113	33	6	5	157		
		%	45.00%	33.00%	54.50%	62.50%	42.40%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q32	Yes	N	241	97	11	8	357	0.934	0.817
		%	96.00%	97.00%	100.00%	100.00%	96.50%		
	No	N	10	3	0	0	13		
		%	4.00%	3.00%	0.00%	0.00%	3.50%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q33	10 -14 years old	N	143	57	9	5	214	8.79	0.186
		%	57.00%	57.00%	81.80%	62.50%	57.80%		
	15 -17 years old	N	86	38	0	3	127		
		%	34.30%	38.00%	0.00%	37.50%	34.30%		
	18 years and older	N	22	5	2	0	29		
		%	8.80%	5.00%	18.20%	0.00%	7.80%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q34	Strongly disagree	N	0	0	0	0	0	6.71	0.668
		%	0.00%	0.00%	0.00%	0.00%	0.00%		
	Disagree	N	1	1	0	0	2		
		%	0.40%	1.00%	0.00%	0.00%	0.50%		
	Neutral	N	34	12	0	0	46		
		%	13.50%	12.00%	0.00%	0.00%	12.40%		
	Agree	N	114	39	4	5	162		
		%	45.40%	39.00%	36.40%	62.50%	43.80%		
	Strongly agree	N	102	48	7	3	160		
		%	40.60%	48.00%	63.60%	37.50%	43.20%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		
Q35	Not at all important	N	0	0	0	0	0	5.43	0.796
		%	0.00%	0.00%	0.00%	0.00%	0.00%		
	Low importance	N	4	0	0	0	4		
		%	1.60%	0.00%	0.00%	0.00%	1.10%		
	Neutral	N	21	12	0	0	33		
		%	8.40%	12.00%	0.00%	0.00%	8.90%		
	Important	N	100	36	5	3	144		
		%	39.80%	36.00%	45.50%	37.50%	38.90%		
	Extremely important	N	126	52	6	5	189		
		%	50.20%	52.00%	54.50%	62.50%	51.10%		
	Total	N	251	100	11	8	370		
		%	100.00%	100.00%	100.00%	100.00%	100.00%		

Table (23) shows Chi-Square test to test significant differences regarding Q31, Q32, Q33, Q34 and Q35 among role the result shows there is no statistically significant difference for Q31, Q32, Q33, Q34 and Q35 among role at level of significant 0.05.

Table (24) Chi-Square test to test significant differences regarding questions among type of sport

Variables	Level	Statistic	Type of sport			Total	χ^2	P.
			Team Sport	Individual Sport	All of the above			
Q31	Not at all important	N	1	1	0	2	6.68	0.571
		%	0.60%	0.60%	0.00%	0.50%		
	Low importance	N	3	6	3	12		
		%	1.90%	3.40%	7.50%	3.20%		
	Neutral	N	18	25	7	50		
		%	11.50%	14.40%	17.50%	13.50%		
	Important	N	66	72	11	149		
		%	42.30%	41.40%	27.50%	40.30%		
	Extremely important	N	68	70	19	157		
		%	43.60%	40.20%	47.50%	42.40%		
Q32	Yes	N	151	169	37	357	2.13	0.345
		%	96.80%	97.10%	92.50%	96.50%		
	No	N	5	5	3	13		
		%	3.20%	2.90%	7.50%	3.50%		
	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		
Q33	10 -14 years old	N	91	100	23	214	4.54	0.338
		%	58.30%	57.50%	57.50%	57.80%		
	15 -17 years old	N	52	64	11	127		
		%	33.30%	36.80%	27.50%	34.30%		
	18 years and older	N	13	10	6	29		
		%	8.30%	5.70%	15.00%	7.80%		
Q34	Total	N	156	174	40	370	12.66	0.05
		%	100.00%	100.00%	100.00%	100.00%		
	Strongly disagree	N	0	0	0	0		
		%	0.00%	0.00%	0.00%	0.00%		
	Disagree	N	1	0	1	2		
		%	0.60%	0.00%	2.50%	0.50%		
	Neutral	N	17	27	2	46		
		%	10.90%	15.50%	5.00%	12.40%		
	Agree	N	79	68	15	162		
		%	50.60%	39.10%	37.50%	43.80%		
Q35	Strongly agree	N	59	79	22	160	6.59	0.36
		%	37.80%	45.40%	55.00%	43.20%		
	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		
	Not at all important	N	0	0	0	0		
		%	0.00%	0.00%	0.00%	0.00%		
	Low importance	N	3	1	0	4		
		%	1.90%	0.60%	0.00%	1.10%		
	Neutral	N	10	19	4	33		
		%	6.40%	10.90%	10.00%	8.90%		
	Important	N	65	68	11	144		
		%	41.70%	39.10%	27.50%	38.90%		
	Extremely important	N	78	86	25	189		
		%	50.00%	49.40%	62.50%	51.10%		
Total	Total	N	156	174	40	370		
		%	100.00%	100.00%	100.00%	100.00%		

Table (24) shows Chi-Square test to test significant differences regarding Q31, Q32, Q33, Q34 and Q35 among type of sports the result shows there is no statistically significant difference for Q31, Q32, Q33, Q34 and Q35 among type of sports at level of significant 0.05.

Chapter 5: Themes Discussion

The study aims to identify methods to increase the awareness of Safe Sport among people in Jordan. This particular initiative is based on ensuring the safety, health, and development of members of the Jordanian sports movement. The study is grounded on the conceptualization of safeguarding that covers policies, processes, and procedures used to protect athletes from harassment, abuse, and neglect. The study focuses on establishing a safe environment within the sporting bodies, recognizing athletes' rights, and fighting abuse and harassment. This analysis uses a cross-sectional sample survey technique with a total of (518) members of the Jordanian sports movement. This includes National Team Athletes, Coaches, Assistant Coaches, Doctors, and Physiotherapists. This approach aims at collecting relevant and practical insights directly from the sports environment. This chapter addresses six themes, namely, demographic variables and general information (Q1-6), definitions (Q7-9), the role of the Safe Sport awareness committee (Q10-16), knowledge of Safe Sport toolkit guidelines (Q17-21), personal experience (Q22-30), and prevention (Q31-35). The following sub-sections provide an answer and interpretations of each theme:

Theme 1: Demographic Variables and General Information

The demographic variables and general information about the participants are found in Q1, 2, 3, 4, 5, & 6 of the appendix. These questions address 6 variables: governorate, age, gender, role, type of sports, and sports.

As for the governorate variable in Q1, 12 governorates in Jordan were examined, namely, Amman, Zarqa, Irbid, Mafrqa, Ajloun, Jerash, Madaba, Balqa, Karak, Tafeileh, Maan, and Aqaba. The study revealed that the majority of the respondents are from urban cities. The highest frequency is for Amman, with the percentage (78.1%), followed by Zarqa (7.1%), followed by Irbid (6.2%), and Balqa (2.7%), respectively. A minority of them were from other regions in Jordan. None of them were from Maan and Aqaba. The results revealed that the percentage of Safe Sport programs in urban areas surpasses that in rural areas. This could be attributed to the availability of Safe Sport programs in urban areas. Moreover, it could be due to the lack of sports equipment and interest in rural areas. This finding is consistent with Saba and Roman (2022)³², who found that rural areas' lack of courts, grounds, programs, and equipment are among the major barriers to the poor availability of Safe Sport in rural areas.

Regarding age in Q2, the highest category is for the participants aged between (18 and 29) with a percentage (of 59.5%), but the lowest category is for the participants (60+) with a percentage (1.6%). This indicates that younger athletes are more willing to participate in Safe Sport initiatives than older athletes. This result is commensurate

³² Saba, M., & Roman, S. (2022). Barriers to participation in leisure sports: A comparative analysis between rural and urban youth. *Journal of Social Sciences Development, 1*(2), 162-177.

with Eime et al. (2016)³³ study, which investigated the age profiles of sports participants. Their study found that young adults aged between 18–29 years are more interested in sports than older adults due to their higher physical fitness and energy level.

Concerning gender in Q3, the majority of the participants are males (69.2%), while the minority are females (30.8%). This finding reveals that males are more engaged in Safe Sport programs than females. This finding might further reveal that tend to consider sports as more masculine compared to women. This result agrees with Xu et al. (2019)³⁴ study which examined the prevalence of sports among genders in China and showed that the percentage of men surpasses women because sports is a masculine activity that requires strength and power which men endure more than women.

As for role variables in Q4, the majority of the respondents are athletes (67.8%), coaches and assistant coaches, physicians, and physiotherapists with the proportion (32.2%). This result implies that Safe Sport programs should be adapted to different sports positions. This finding disagrees with Steinmann et al. (2020)³⁵ regarding the prevalence of coaches and assistant coaches with a percentage (of 37%), while it agrees with Steinmann et al. (2020)³⁵ concerning the low prevalence of physiotherapists with a percentage of (15%).

About the type of sport in Q5, the majority of them are inclined towards individual sport (47%), while the minority of them (10.8%) opt for team sport. This result implies that individual athletes might feel greater or have more chances to engage in Safe Sport programs than team athletes. A possible explanation of this result could be related to the responsibility and personal accountability that existed in individual sports. It could be a further result of the fact that individual sports are more motivating compared to team sports. This result is on par with the Moradi et al. (2020)³⁶ study, which indicates that (80.50) of individual athletes are more inclined to individual sports, while (75.67) of them are more inclined to team sports due to several factors, including intrinsic motivations, self-regulation, achievement, and progress that drive athletes to prefer individual sports more than team sports.

Concerning the preferred sport for the participants in Q6, the results indicate that American Football occupied the highest rank (7.8%), while the lowest rank was for the following sports: Bridge, Golf, and Squash with the proportion (0.3%). American football may have more structured and higher visibility Safe Sport programs than other sports that might not have sufficient Safe Sport initiatives and awareness. According to Tutka and Seifried (2020)³⁷, American football is popular owing to its high profitability and media coverage.

³³ Eime, R. M., Harvey, J. T., Charity, M. J., Casey, M. M., Westerbeek, H., & Payne, W. R. (2016). Age profiles of sport participants. *BMC sports science, medicine and rehabilitation*, 8, 1-10.

³⁴ Xu, Q., Fan, M., & Brown, K. A. (2021). Men's sports or women's sports?: Gender norms, sports participation, and media consumption as predictors of sports gender typing in China. *Communication & Sport*, 9(2), 264-286.

³⁵ Steinmann, A., Jaitner, D., & Himmelseher, N. (2020). "One aspect of the coaching business." Function and role of sports physiotherapists from the perspective of coaches in German elite athletics. *Sports Coaching Review*, 9(3), 253-272.

³⁶ Moradi, J., Bahrami, A., & Dana, A. (2020). Motivation for participation in sports based on athletes in team and individual sports. *Physical Culture and Sport. Studies and Research*, 85(1), 14-21.

³⁷ Tutka, P., & Seifried, C. (2020). An innovation diffusion ideal-type on the history of American college football stadia. *Journal of Issues in Intercollegiate Athletics*, 13(1), 5, 1-25.

Theme 2: Definitions

The definitions, understanding, and awareness of Safe Sport among the participants exist in Q7, 8, and 9 of the appendix. These questions revolve around the participants' knowledge of Safe Sport protocols, their understanding of physical abuse or violence leading to injury in sports, and their knowledge of the practices that constitute negligence in a duty of care toward athletes.

Q7 of the survey investigates the participant's conception of Safe Sport protocols as manifested in securing safety and protection for all persons falling under “all of the above” i.e., the ambit of sports as well as in providing a mechanism for fighting acts of harassment and abuse in sports with the percentage (81.1%), while a minority of them (1.1%) believes that Safe Sport means providing a mechanism for fighting acts of harassment and abuse in sports. The findings revealed that the participants' perceptions of the sports physical abuse and neglect. The study found that the majority of them have sufficient knowledge regarding the definition of safe sport, physical abuse, and neglect. This suggests a broad knowledge of the safeguarding nature of sports. In their study, Vella et al. (2024)³⁸ found similar results, which envisioned Safe Sport protocols as those prioritizing psychological safety and existing in an environment devoid of harm or threats.

Q8 of the survey investigates the participants' understanding of physical abuse or violence that might lead to harm or injury during sport, whether coercive practices or direct physical harm. The findings revealed that physical abuse is the most violent practice that occurs in sports with the percentage (67%), while a minority of them (0.8%) believe that sexual harassment is one of the most violent behaviors. This indicates that physical abuse is considered the main form of violence in sports. This result disagrees with Mountjoy et al. (2016)³⁹ study, which found that physical abuse contains grooming and is more insidious owing to its psychological influence. It might occur in several contexts. Therefore, it is difficult to prevent and detect it. The findings of the present study underscore the importance of educating the participants to raise their awareness about this issue.

Besides, the Q9 of the survey examines the respondents' understanding of the practices that denote negligence in the context of a duty of care toward athletes. The participants believe that neglect is one of the major issues that violate the duty of care toward athletes with the percentage (71.9%), while the minority of them claim that sexual harassment is another issue that reflects negligence in the context of a duty of care toward athletes with the proportion (0.3%). This result indicates that neglect is one of the major breaches of duty of care among the

³⁸ Vella, S. A., Mayland, E., Schweickle, M. J., Sutcliffe, J. T., McEwan, D., & Swann, C. (2024). Psychological safety in sport: A systematic review and concept analysis. *International Review of Sport and Exercise Psychology*, 17(1), 516-539.

³⁹ Mountjoy, M., Brackenridge, C., Arrington, M., Blauwet, C., Carska-Sheppard, A., Fasting, K., ... & Budgett, R. (2016). International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. *British Journal of Sports Medicine*, 50(17), 1019-1029.

participants. This result is commensurate with Dikic et al. (2013)⁴⁰ concerning the high prevalence of negligence compared to sexual harassment in Serbia due to its negative effect on the careers of athletes as well as legal consequences arising from anti-doping violations. The result of the current study highlights the need for enhanced policies and education to avoid and tackle negligence in sports contexts.

Theme 3: The Role of Safe Sport Awareness Committee

This theme comprises 7 questions, Q 10, 11, 12, 13, 14, 15, & 16 of the appendix. It addresses the participants' attitudes towards the importance of having Safe Sport policies and practices in their places in Jordan, their attendance to Safe Sport awareness sessions, training, or education certificate programs, their perspectives regarding the effectiveness of Safe Sport sessions, the sufficiency of the material provided in the awareness sessions to understand the concept of Safe Sport, their knowledge of the importance of conducting awareness sessions annually for everyone.

Regarding Q10 of the survey, which investigates the participants' attitudes towards the importance of having Safe Sport policies and practices in their places in Jordan, the majority of them exhibit positive attitudes towards the importance of Safe Sport policies with a percentage (82.2%) by indicating that they are extremely important, however, the minority of them do not agree with that (0.3%) by indicating that they have low importance. Although the findings show that a high percentage of the participants advocate Safe Sport policies, significant number still need to understand the importance and benefits of having these policies in place. This result is commensurate with Gurgis et al. (2022)⁴¹ study, which indicated that respondents largely questioned Safe Sport policies' relevance and feasibility. The authors argue that even though the concept of Safe Sport was clearly defined, it failed to address the particular experiences and needs of marginalized groups. Accordingly, it is considered an unrealistic ideal instead of a practical reality.

Concerning Q11 of the survey, which investigates the participants' attendance to Safe Sport awareness sessions, training, or education certificate programs, the majority of them (51.4%) indicate that they are highly important, while (48.6%) believe that they are not important. This finding indicates almost equal perceived importance of Safe Sport awareness sessions, training, or education certification programs among participants. Though a tiny number consider these programs to be incredibly important, many respondents do not consider them important. This suggests a possible gap in understanding or valuing the role of such programs in promoting safety in sports,

⁴⁰ Dikic, N., McNamee, M., Günter, H., Markovic, S. S., & Vajdic, B. (2013). Sports physicians, ethics and antidoping governance: between assistance and negligence. *British journal of sports medicine*, 47(11), 701-704.

⁴¹ Gurgis, J. J., Kerr, G., & Darnell, S. (2022). 'Safe Sport is not for everyone': Equity-deserving athletes' perspectives of, experiences and recommendations for Safe Sport. *Frontiers in psychology*, 13, 1-13.

suggesting increased advocacy or more personalized communication to highlight their benefits. This result further reveals that those who have sufficient knowledge of safe sport attends training sessions.⁴²

With respect to Q12 which investigates the participants' who attend Safe Sport awareness session, training, or education certificate program if they receive training from the Safe Sport awareness committee, another organization, or both of them. The study found that the majority of them (43.7%) indicate that received this training from the Safe Sport awareness committee, while the minority of them (25.8%) argues that they received this training from the Safe Sport awareness committee and another organization (all of the above). It can be argued from these results that the main provider of this training is the 'Safe Sport awareness committee'. This finding implies that a significant portion of the respondents receive training from various sources. This result is not in line with Adriaens et al. (2014)⁴³ study, which indicated that European athletes received their education certificates and training sessions mainly from the Safe Sport Allies committee rather than from other organizations. The finding of the present study highlights that training providers should better coordinate their efforts.

Besides, Q13 results demonstrated that most participants (46.8%) had heard of Safe Sport before being invited to attend the session and less (7%) had not. This indicates that most respondents were already familiar with Safe Sport, in line with Stevens et al. (2018)⁴⁴, highlighting the utility of previous knowledge to improve group identification. However, the current study also discovered that few participants knew about Safe Sport before the session. This highlights the need for enhanced awareness and outreach to ensure better knowledge of Safe Sport principles before sessions are invited.

Concerning Q14, which investigates the participants' perspectives regarding the effectiveness of Safe Sport sessions, the majority of them (73.2%) believe that these programs are effective in raising their awareness of Safe Sport, while (26.8%) indicate the opposite. This indicates that most of the participants found Safe Sport programs effective. However, a quarter of them believe that such programs are not effective. This result calls for enhancing and evaluating the delivery or the content methods of such programs to guarantee that they meet the participants' needs. This result lends tremendous support to the study of Gurgis and Kerr (2021)⁴⁵, which indicates that athletes in Canada recognize the effectiveness of training sessions and programs, they believe that such programs do not foster positive values like accessibility and inclusion, but rather they focus on harm prevention. For them, Safe Sport sessions require more to promote a safe and values-based sports culture.

Concerning the Q15, which examines the participants' attitudes concerning the sufficiency of the material provided in the awareness sessions to understand the concept of Safe Sport, the majority of them hold positive

⁴² Anderson-Butcher, D., & Bates, S. (2021). Social work and youth sport. *Child and Adolescent Social Work Journal*, 38(4), 359-365.

⁴³ Adriaens, K., Verhelle, H., Peters, G. J. Y., Haerens, L., & Vertommen, T. (2024). The Safe Sport Allies bystander training: developing a multi-layered program for youth sport participants and their coaches to prevent harassment and abuse in local sport clubs. *Frontiers in psychology*, 15, 1-11.

⁴⁴ Stevens, M., Rees, T., Coffee, P., Haslam, S. A., Steffens, N. K., & Polman, R. (2018). Leaders promote attendance in sport and exercise sessions by fostering social identity. *Scandinavian Journal of Medicine & Science in Sports*, 28(9), 2100-2108.

⁴⁵ Gurgis, J. J. (2021). From safe to safeguarding: Conceptualizing and Advancing Safe Sport. University of Toronto (Canada), Canada.

opinions regarding the adequacy of the material provided in awareness sessions (64.9%), while the minority of them found it ineffective (35.1%). Such a result indicates that the materials provided in Safe Sport are sufficient for understanding its concepts. However, a significant number of them opine that this material should be enhanced. This result is in sharp contrast with the Pol et al. (2020)⁴⁶ study which found that athlete participants in Spain found the material in the awareness sessions on Safe Sport was inadequate for comprehensively understanding its concept owing to its lack of practical and in-depth application, which hindered them from implementing and understanding the principles of Safe Sport effectively. Based on these findings, it is necessary to perform ongoing enhancement and assessment of educational sources.

As for Q16 In the survey, which addresses the participant's knowledge of the importance of conducting awareness sessions annually for Safe Sport everyone, (50.8%) of them advocate conducting awareness sessions for raising awareness of Safe Sport protocols among athletes on an annual basis, but (0.3%) strongly disagree with that. This implies that the participants underscore the importance of conducting annual and regular sessions to enhance Safe Sport protocols. This result is commensurate with the findings of Mountjoy et al. (2020)⁴⁷ study that took place in Argentina, which found that 71% of the athletes agree with conducting annual awareness sessions to prevent abuse and harassment in sports and to enhance athletes' knowledge and understanding of sports. The finding of the current study reveals that a small number of them do not underscore its importance. Such a result calls for comprehensive support for constant education.

Theme 4: Knowledge of Safe Sport Toolkit Guidelines

Under this theme, 5 questions are addressed. These questions are 17, 18, 19, 20, & 21. They revolve around the participants' familiarity with JOC instructions on Safe Sport, their knowledge of finding JOC Instructions on Safe Sport, their knowledge of reporting an incident of harassment and abuse, their awareness of Safe Sport reporting procedures, their knowledge of the mechanism of reporting a Safe Sport complaint.

Regarding Q17 of the survey, which examines the participants' familiarity with Jordan Olympic Committee (JOC) instructions on Safe Sport, the results revealed that the majority of the participants (51.9%) read JOC instructions on Safe Sport, while the minority of them (48.1%) do not read these instructions. Such an outcome shows that although a slight majority of the respondents are knowledgeable about the Safe Sport guidelines in JOCs. Since the results report that a significant proportion of the participants are not familiar with such guidelines, there is a need for enhanced accessibility and dissemination of such important guidelines to guarantee that all related

⁴⁶ Pol, R., Balagué, N., Ric, A., Torrents, C., Kiely, J., & Hristovski, R. (2020). Training or synergizing? Complex systems principles change the understanding of sport processes. *Sports Medicine-Open*, 6, 1-13.

⁴⁷ Mountjoy, M., Vertommen, T., Burrows, K., & Greinig, S. (2020). # SafeSport: safeguarding initiatives at the Youth Olympic Games 2018. *British journal of sports medicine*, 54(3), 176-182.

personnel and athletes are well informed. This result is by Alzghoul's (2020)⁴⁸ study, which found that Jordanian athletes exhibited various levels of familiarity with the instructions of JOC on Safe Sport. Alzghoul (2020)⁴⁸ found that the degree of familiarity varied among individuals. Therefore, the author recommended enhanced education and dissemination concerning such instructions to guarantee that every athlete is well-educated.

As for Q18 of the survey, which addresses the participants' knowledge of finding JOC Instructions on Safe Sport, the majority of them (52.4%) claim that they do not know where to find these instructions on JOC, whereas (47.6%) indicate that they know how to find these instructions on JOC. Possibly, the participants' lack of knowledge about crucial Safe Sport instructions suggests the need for better guidance and communication on how and where to find such resources to guarantee widespread adherence and awareness. This result lends tremendous support to Kanan et al. (2022)⁴⁹, which indicated that Jordanian athletes are unaware of finding Safe Sport instruction in JOC. They attributed their lack of knowledge to the lack of clear dissemination and communication of such resources within the organization.

Concerning Q19 of the survey, which investigates the participants' knowledge of reporting an incident of harassment and abuse, a large proportion of them (58.6%) point out that they know how to report an incident of harassment and abuse. This result disagrees with Mountjoy et al. (2016)⁵⁰ study which indicated that only (22.9%) of athletes are concerned about their responsibilities and rights in reporting and preventing incidents of abuse and harassment.

On the other hand, the results of the present study revealed that (41.4%) of the athletes suggest that they are unfamiliar with the mechanism of reporting an incident of harassment and abuse. Such a result indicates that even though the participants are informed regarding the reporting procedure, a significant portion lack sufficient knowledge. It highlights the need for enhanced communication and training concerning the reporting mechanism to guarantee all personnel and athletes can efficiently report incidents. By doing so, all athletes and personnel are sufficiently prepared to effectively report incidents. This is considered crucial for enhancing the reporting processes' effectiveness within sports organizations.⁵¹

Concerning Q (20) of the survey, which examines the participants' awareness of Safe Sport reporting procedures, the majority of the respondents (57.8%) argue that they are not aware of the Safe Sport reporting procedures,

⁴⁸ Alzghoul, D. (2020). Competition Stressors and Coping Strategies Among Individual and Team Sport Athletes: A case study of female Jordanian national players (Doctoral dissertation, 서울대학교 대학원).

⁴⁹ Kanan, A.S., Bloom, L.C., Gerstein, L.H., Hankemeier, D., Shurigar, B., Ciosek, S.J. & Kroot, A. (2022). A follow-up qualitative study: The lived experiences & perceptions of SDP trained youth sport coaches and teachers from Jordan and Tajikistan with using sports to foster a culture for peace. *Journal of Sport for Development*. Retrieved from <https://jsfd.org/>.

⁵⁰ Ibid. Mountjoy, M., Brackenridge, C., Arrington, M., Blauwet, C., Carska-Sheppard, A., Fasting, K., ... & Budgett, R. (2016). International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. *British Journal of Sports Medicine*, 50(17), 1019-1029.

⁵¹ Cunningham, I., Mergler, J., & Wattie, N. (2022). Training and development in sport officials: A systematic review. *Scandinavian Journal of Medicine & Science in Sports*, 32(4), 654-671.

while (42.2%) underscore their familiarity with these procedures. This finding shows that the participants were unaware of reporting procedures. It demonstrates the importance of comprehensive communication and education efforts to guarantee that all those involved in sports have sufficient knowledge of reporting incidents and comprehending the involved procedures. This finding is consistent with Vella et al. (2024)⁵² study, which found that not all athletes are aware of reporting Safe Sport procedures. The study called for the need for improved education to raise their awareness.

As for Q21 of the survey, which addresses the participant's knowledge of the mechanism of reporting a Safe Sports complaint, the majority of the participants (78.9%) indicate that they use written form complaints, while the minority of them (21.1%) point out that resort to verbal complaints. Such finding reveals that written forms are preferred by the participants for reporting Safe Sport complaints. More importantly, the athletes in Jordan cannot complain orally because the reporting mechanism requires written complaints to guarantee the proper, documented process that could be assessed and investigated.⁵³ This requirement probably seeks to help keep Safe Sport complaints clear, consistent, and accountable.

A possible explanation of this finding could be attributed to the fact they provide concrete and tangible evidence that can be referenced and reviewed. Moreover, they ensure accountability and clarity. However, those who rely on verbal communication might reflect their discomfort with written expression or lack of access to written communication instruments. This finding highlights the importance of exerting efforts to facilitate written reporting for all participants. This result is consistent with Beutler's (2021)⁵⁴ study, which revealed that athletes prefer written complaints better than verbal ones in Safe Sport reporting. The author elaborated on this by indicating that written complaints are widely recognized because of their traceability and formality. However, verbal complaints were not commonly used to create confidence and address immediate needs personally and supportively.

Theme 5: Personal Experience

Under theme 5, 9 questions are involved: Q 22, 23, 24, 25, 26, 27, 28, 29, & 30. These questions revolve around the participants personal experiences of the following: any form of harassment, abuse, or neglect during their sports journey, reporting a case about a harassment, abuse, or neglect during their sports journey, overall experience about a harassment, abuse, or neglect during their sports journey, the smoothness of the procedure regarding a harassment, abuse, or neglect during their sports journey, the efficiency of the procedures' time frame

⁵² Ibid. Vella, S. A., Mayland, E., Schweickle, M. J., Sutcliffe, J. T., McEwan, D., & Swann, C. (2024). Psychological safety in sport: A systematic review and concept analysis. *International Review of Sport and Exercise Psychology*, 17(1), 516-539.

⁵³ Al-Nsour, I. A. (2022). The Effect of Sports Sponsorship Activities on the Brand Equity: A Study on Sports Clubs and Their Fans in Jordan. *Jordan Journal of Business Administration*, 18(1), 123-144.

⁵⁴ Beutler, I. (2021). Final report of the consultation process to consider the creation of an international Safe Sport entity.

and the confidentiality of the procedures concerning experiencing a harassment, abuse, or neglect during their sports journey, the support received to the participants during their harassment, abuse, or neglect during your sports journey, their agreement/ disagreement about reporting any Safe Sport incident; including, a harassment, abuse, or neglect during their sports journey, their knowledge about the importance of including mental support within the Safe Sport environment, their applications of the knowledge acquired in Safe Sport awareness sessions into practice.

As for Q22 of the survey, which investigates the participant's personal experiences of any form of harassment, abuse, or neglect during their sports journey, the majority of them indicate that they did not encounter harassment, abuse, or neglect during the percentage (75.1%), around (24.9%) claimed that they were exposed to harassment, abuse, or neglect. It can be argued from the above that even if the majority of athletes feel safe in their sports environment, a minority of them experience abuse or harassment. This result highlights the constant need for effective safe programs that address and avoid these incidents. In their study, Johnson et al. (2020)⁵⁵ indicate the crucial need for implementing and developing effective safeguarding programs within sports institutions to avoid neglect, abuse, and harassment. The authors added that without holistic education and policies, these incidents might last due to a lack of proper reporting mechanisms and awareness and a culture that might unintentionally perpetuate these concerns.

Regarding Q23 of the survey, which investigates the participant's personal experiences of reporting a case about harassment, abuse, or neglect during their sports journey, the majority of them (91.4%) argue that they did not report a case about abuse, harassment, or neglect throughout their sports journey, whereas (8.6%) indicate that they reported a case. This finding shows a considerable underreporting of harassing behavior, neglect, or abuse incidents. Such a result suggests possible challenges to reporting owing to their lack of trust, fear of retaliation in the reporting process, or inadequate knowledge of how to file reports for these problems. This result agrees with Alexandre et al. (2022),⁵⁶ who found that athletes do not report cases of abuse, neglect, or harassment because of their fear of unfavorable career effects and the pervasive fear and the constant dread of not being believed. Such reluctance is also compounded by feelings of embarrassment, uncertainty, and shame concerning what constitutes abuse leading to a culture of silence within sports settings.

Concerning Q24 of the survey, which investigates the participant's overall SafeSport experience during their sports journey, the majority of them (34.4%) believe that they have a good overall experience concerning harassment, while (9.4%) reports that they have an excellent overall experience concerning the topic under investigation. This outcome denotes that even though the respondents have good and excellent experiences, a small percentage of

⁵⁵ Ibid. Johnson, N., Hanna, K., Novak, J., & Giardino, A. P. (2020). US center for SafeSport: Preventing abuse in sports. *Women in sport and physical activity journal*, 28(1), 66-71. <https://doi.org/10.1123/wspaj.2019-0049>

⁵⁶ Alexandre, J., Castro, C., Gama, M., & Antunes, P. (2022). Perceptions of sexual abuse in sport: A qualitative study in the Portuguese sports community. *Frontiers in sports and active living*, 4, 1-13.

them do not have a good experience. Such a result indicates a need for constant support and improvement in Safe Sport programs. However, the study result disagrees with Sarwar (2024)⁵⁷ which indicated that the respondents exhibited negative attitudes regarding abuse, neglect, or harassment during their sports journey. The authors indicated that the participants were exposed to abuse of power and sexual harassment, implying that they had a bad experience during their sports journey.

In terms of Q25 of the survey, which investigates the participant's personal experiences of the smoothness of the Safe Sport procedure during their sports journey, the majority of them (31.3%) claim that they have a very good experience, while the minority of them (12.5%) indicate that they have an excellent experience. This finding shows that the majority of the respondents find the procedures comparatively effective. However, all the parties involved should always have a great experience to guarantee the best outcomes. In their study, Levi (2022)⁵⁸ found dissimilar results regarding the smoothness of procedures in handling neglect, abuse, or harassment during their sports journey indicating that they have mixed feelings. To elaborate, some of them were dissatisfied and reported significant challenges with the processes indicating that their concerns were not adequately or seriously addressed leading to emotional distress and a lack of trust.

Concerning Q26 of the survey, which investigates the participant's personal experiences of the efficiency of the procedures' time frame and the confidentiality of the Safe Sport procedures during their sports journey, the majority of them (43.8%) have a good experience, while the minority of them (9.4%) indicates that they have a very good experience. This finding shows that most respondents are satisfied with the confidentiality and efficiency of the procedures. However, such aspects need to be improved to attain a higher level of trust and satisfaction among all employees. Mountjoy et al. (2016)⁵⁹ indicate that the athletes who encountered neglect, abuse, or harassment during their sports journey are dissatisfied with the efficiency of procedures and the time frame for addressing such issues. Besides, their concerns regarding the confidentiality of such procedures are pervasive, which deter athletes from seeking help and reporting these incidents.

Regarding Q27 of the survey, which investigates the participant's personal experiences of the support received to the participants during their journey, the majority of them (29%) indicate that they have a good experience, whereas (16.1%) of them have different opinions that ranged between poor and excellent. This finding shows that although the majority of participants feel sufficiently enhanced, their experiences vary. Such variations suggest a need for a more robust and consistent support mechanism to guarantee all individuals feel fairly supported during

⁵⁷ Sarwar, N. (2024). Abuse of power influencing sexual harassment behaviour in Pakistani sports. *Social Responsibility Journal*, 20(3), 485-502.

⁵⁸ Levi, H. (2022). It's Time to Woman Up!: A Psycho-Social-Cultural Exploration of Women Athletes in Elite Sport (Doctoral dissertation, St Mary's University).

⁵⁹ Ibid. Mountjoy, M., Brackenridge, C., Arrington, M., Blauwet, C., Carska-Sheppard, A., Fasting, K., ... & Budgett, R. (2016). International Olympic Committee consensus statement: harassment and abuse (non-accidental violence) in sport. *British Journal of Sports Medicine*, 50(17), 1019-1029.

these incidents. However, this result disagrees with Gurgis et al. (2022)⁶⁰ study, which indicated that the respondents have negative experiences regarding their exposure to incidents of abuse, harassment, or neglect. Such experiences were attributed to systemic barriers, exclusion, and discrimination, making them feel that the support they received was poor.

Concerning Q28 of the survey, which investigates the participants' level of agreement about reporting any Safe Sport incident; the majority of the participants (54.5%) strongly agreed that, while none of them strongly disagree with that. This reveals that the participants are aware of the importance of reporting incidents, which indicates positive attitudes regarding accountability and transparency in Safe Sport practices among respondents. This result is consistent with Vertommen et al. (2016)⁶¹, who found that the respondents strongly acknowledged the significance of reporting incidents. This result demonstrates their positive attitudes concerning transparency and accountability in Safe Sport practices. The authors add that such awareness is beneficial for establishing safer sports environments and counteracting misconduct.

Regarding Q29 of the survey, which investigates the participants' knowledge about the importance of including mental support within the Safe Sport environment, the majority of the participants (60.5%) believe that it is extremely important, whereas none of them believe that it is not important. This result implies that mental support in Safe Sport is beneficial. It underscores the importance of incorporating support systems and mental health resources within Safe Sport initiatives to improve athletes' overall health. In their study, Gouttebarga et al. (2019)⁶² indicated that mental support in Safe Sport is significant for the well-being of athletes. The authors highlighted the importance of incorporating support systems and mental health resources within Safe Sport programs to improve the overall athletes' performance and health.

As for Q30 of the survey, which investigates the participants' applications of the knowledge acquired in Safe Sport awareness sessions into practice, the majority of the respondents have neutral attitudes about that percentage (43.5%), while the minority of them (7.6%) strongly disagree with that. This result suggests that while many participants are uncertain or neutral about applying knowledge, a small minority do not find the sessions useful and that additional engagement and practice application techniques are essential to ensure the efficacy of the Safe Sport awareness sessions. O'Connor and Penney (2021)⁶³ found similar results that the athletes exhibited positive attitudes regarding applying knowledge acquired in Safe Sport awareness sessions. They further have a strong

⁶⁰ Ibid. Gurgis, J. J., Kerr, G., & Darnell, S. (2022). 'Safe Sport is not for everyone': Equity-deserving athletes' perspectives of, experiences and recommendations for Safe Sport. *Frontiers in psychology*, 13, 1-13.

⁶¹ Vertommen, T., Schipper-van Veldhoven, N., Wouters, K., Kampen, J. K., Brackenridge, C. H., Rhind, D. J., ... & Van Den Eede, F. (2016). Interpersonal violence against children in sport in the Netherlands and Belgium. *Child abuse & neglect*, 51, 223-236.

⁶² Gouttebarga, V., Castaldelli-Maia, J. M., Gorczynski, P., Hainline, B., Hitchcock, M. E., Kerkhoffs, G. M., ... & Reardon, C. L. (2019). Occurrence of mental health symptoms and disorders in current and former elite athletes: a systematic review and meta-analysis. *British journal of sports medicine*, 53(11), 700-706

⁶³ O'Connor, J., & Penney, D. (2021). Informal sport and curriculum futures: An investigation of the knowledge, skills and understandings for participation and the possibilities for physical education. *European Physical Education Review*, 27(1), 3-26.

level of agreement on the significance of including such practices to enhance ethical behavior, safety, and inclusivity. Their agreement showed a commitment to guarantee that their sports environments complied with Safe Sport principles, thus, enhancing respectful and supportive interactions among all athletes.

Theme 6: Prevention

Under the theme 6, 5 questions are involved, namely, Q31, 32, 33, 34, & 35. These questions revolve around their perspectives towards the importance of having a safeguarding officer for their National Federation, the importance of an effective campaign in promoting Safe Sport, the age of introducing Safe Sport awareness, the importance of making training platforms available to help in raising awareness about Safe Sport, the importance of Safe Sport awareness sessions to be conducted within the Jordanian sports community.

Regarding Q31 of the survey, which investigates the importance of having a safeguarding officer for their National Federation, the majority of the respondents indicate that it is extremely important (42.4%). In contrast, the minority of them (0.5%) indicate that it is not important at all. This finding reveals a broad agreement on the need of having a devoted safeguarding officer to guarantee athlete protection. It demonstrates a broad acceptance of the crucial role this position plays in preserving a Safe Sport environment. In their study, Hartill and Lang (2014)⁶⁴ indicate that having a safeguarding officer for athletes' national federation is important as they manage, embed, and promote safeguarding and child protection policies. All of these helps preserve the safety and integrity of sports organizations, protect athletes' welfare, and prevent them from being abused.

As for Q32 of the survey, which investigates the importance of an effective campaign in promoting Safe Sport, the majority of the respondents (96.5%) agreed with that, while the minority of them (3.5%) did not agree with that. This result suggests the participants recognize the role of effective campaigns to promote Safe Sport. Additionally, it emphasizes the necessity for communication and outreach to reinforce a supportive and Safe Sport environment. This result is on par with Trail and McCullough's (2020)⁶⁵ study, which revealed that athletes in America exhibited positive attitudes concerning the effectiveness of the campaign in enhancing Safe Sport. They justified that by the fact that effective campaigns affect the attitudes of the respondents towards sustainability. It further influences their intentions toward their engagement in sustainable behaviors. It suggests that well-designed campaigns will result in Safe Sport practices.

Concerning Q33 of the survey, which investigates the age of introducing Safe Sport awareness, the majority of the respondents indicate that (10 -14 years old) is the most suitable age for introducing Safe Sport awareness with the percentage (57.8%), while the minority of them believe that (18 years and older) is applicable with the

⁶⁴ Hartill, M., & Lang, M. (2014). "I know people think I'm a complete pain in the neck": An examination of the introduction of child protection and "safeguarding" in English sport from the perspective of national governing body safeguarding lead officers. *Social Sciences*, 3(4), 606-627.

⁶⁵ Trail, G. T., & McCullough, B. P. (2020). Marketing sustainability through sport: Testing the sport sustainability campaign evaluation model. *European Sport Management Quarterly*, 20(2), 109-129.

percentage (7.8%). This finding indicates that participants understand the importance of early education about Safe Sport concepts. Such belief highlights the role of early education in raising safety and awareness of sports. This finding is similar to Gurgis (2021)⁶⁶, which indicates that the suitable age for introducing Safe Sport awareness should begin at age 14 due to the need to protect young athletes from exposure to abuse, physical harm, and sexual harassment to guarantee a supportive and safe environment within sports.

As for Q34 of the survey, which investigates the importance of making training platforms available to help raise awareness about Safe Sport, the majority of the respondents (43.8%) agreed with that, while none of them strongly disagreed with that. This finding implies broad consensus concerning the need for accessible training platforms. It outlines the need for consistent training resources to allow for Safe Sport practices. In their study, MacPherson et al. (2022)⁶⁷ found similar results regarding the significance of making training platforms available for athletes to aid in raising their awareness regarding Safe Sport. This can be achieved by providing independent reporting mechanisms and evidence-based comprehensive education.

Regarding Q35 of the survey, which investigates the importance of Safe Sport awareness sessions to be conducted within the Jordanian sports community, the majority of the respondents indicate that it is extremely important (51.1%), whereas none of them believe that it is not important at all. This finding demonstrates that participants agreed that regular Safe Sport awareness sessions are crucial. It demonstrates that society recognizes its role in developing a Safe Sport environment for every individual. In their study, Blom et al. (2015)⁶⁸ agree that Jordanian athletes recognize the importance of Safe Sport awareness in equipping coaches with the confidence and knowledge to enhance citizenship behaviors and to enhance peaceful living skills among athletes. They indicate that such sessions enhance mutual understanding and a positive environment. All of which are significant for conflict resolution and sustainable social development through sports.

⁶⁶ Ibid. Gurgis, J. J., & Kerr, G. A. (2021). Sport administrators' perspectives on advancing Safe Sport. *Frontiers in sports and active living*, 3, 630071. <https://doi.org/10.3389/fspor.2021.630071>

⁶⁷ MacPherson, E., Battaglia, A., Kerr, G., Wensel, S., McGee, S., Milne, A., ... & Willson, E. (2022). Evaluation of publicly accessible child protection in sport education and reporting initiatives. *Social sciences*, 11(7), 1-17.

⁶⁸ Blom, L. C., Gerstein, L. A. W. R. E. N. C. E., Stedman, K., Judge, L. W., Sink, A., & Pierce, D. (2015). Soccer for peace: Evaluation of in-country workshops with Jordanian coaches. *Journal of Sport for Development*, 3(4), 1-12.

Chapter 6: Limitations

1. The sensitivity of Safe Sport topics, particularly sexual harassment and abuse, in conservative Jordan may lead to misinterpretation and potentially harm the sports sector despite the study's positive intent.
2. Minors were excluded from the study due to the sensitive nature of the topic and the need for parental/guardian consent.
3. Confidentiality in Safe Sport cases limits the ability to report the number and specifics of harassment and abuse incidents.
4. Federations focusing mainly on grassroots programs were excluded due to the study's focus.
5. Addressing issues like abuse and sexual harassment in Jordan is challenging, which may reduce participant involvement.
6. Ensuring confidentiality while maintaining trust among all parties involved was difficult.

Chapter 7: Recommendations

It is recommended to work on the following actions during the last quarter of 2024:

1. It is recommended to improve reporting procedures and make sure it's clear and accessible to encourage reporting and ensure protection.
2. It is recommended for federations, clubs, sport academies, and schools in Jordan to establish an accessible and easy whistleblowing procedures to guarantee a safe and supportive environment and to facilitate reporting for each individual involved.
3. It is recommended to create a new syllabus with simple language or animations, tailored to different groups to guide them through sports programs. Use age-appropriate, creative methods like animations or show-and-tell to help minors understand Safe Sport content effectively.
4. It is recommended to establish training platforms such as online resources to guarantee that all sports community members are well-informed concerning Safe Sport practices and protocols.
5. Certify additional safeguarding officers through the International Olympic Committee and train individuals from every governorate in Jordan to ensure each has its own accredited officers, recognized by the Jordan Olympic Committee.

It is recommended to start focusing on the following actions starting year 2025:

1. All athletes and sports personnel should engage in regular and mandatory Safe Sport awareness sessions to enhance adherence and knowledge of safety protocols.
2. Implement mental health support systems in federations, clubs, academies, and schools to assist athletes before, during, and after competitions and training, helping them build confidence and resilience to face challenges like potential abuse. Encourage the involvement of mental health support staff and therapists to raise awareness, provide guidance, and work closely with athletes. This responsibility should extend beyond the Jordan Olympic Committee to include safeguarding officers in smaller sports organizations.
3. The researcher recommends to obtain parental consent before educating minors on Safe Sport. Offer awareness lectures for them to highlight its importance in protecting minors, addressing parental concerns about risks like abuse and harassment to prevent them from withdrawing their children from sport.
4. The study recommends introducing Safe Sport education for participants aged between 10-14 years old to promote a safety culture and awareness among minor athletes from the beginning of their sports careers.
5. To achieve comprehensive Safe Sport awareness, sports organizations and institutions should collaborate through online campaigns on social media and offline campaigns like street billboards, promoting positive messages about Safe Sport.
6. The role of Jordanian leaders should be emphasized, such as Prince Faisal, to demonstrate the country's commitment to providing a safe environment for athletes.

7. It is recommended to implement and develop more holistic safe programs. For instance, conducting programs in other geographical regions outside urban areas to guarantee equal understanding and access among all governorates in Jordan.

It is recommended to focus on the following actions starting year 2026:

1. It is recommended replicating the study with a larger sample size to generate robust conclusions about the findings.
2. It is advisable to conduct a comparative study that investigates the participants' knowledge, experiences, and prevention of Safe Sport between Jordan and other developed countries like America, Canada, or Britain to articulate the differences between Safe Sport among them.
3. Future studies are encouraged to incorporate other methodologies like interviews, observation, or systematic literature review to enrich the data.

Conclusion

In conclusion, this study underscores the vital importance of Safe Sport initiatives in ensuring the protection and well-being of athletes in Jordan. The study highlights the need for a more robust, inclusive, and well-communicated Safe Sport framework that can effectively reach and engage all regions of the country, particularly those currently underserved. The disparity in Safe Sport awareness between urban and rural areas, as revealed by the data, indicates a significant challenge that must be addressed to ensure the safety of all athletes, regardless of their location. Urban areas, like Amman, show higher levels of awareness and engagement with Safe Sport programs, but rural regions lag behind. This gap underscores the necessity of tailored strategies that can effectively bridge these differences and bring Safe Sport education to every corner of the country.

The study also sheds light on the general perception of safety within sports in Jordan. Most participants recognize the importance of Safe Sport policies and the role of safeguarding officers. However, the study uncovers a concerning lack of familiarity with specific guidelines provided by the Jordan Olympic Committee (JOC), particularly among those outside the capital. This gap in knowledge presents a significant barrier to the effective implementation of Safe Sport initiatives, as adherence to these guidelines is essential for protecting athletes from harassment and abuse. To address this issue, there is a clear need for improved communication and education efforts that ensure all stakeholders, regardless of their location, are well-informed about these crucial guidelines.

Furthermore, the analysis of personal experiences among participants reveals a mixed picture. While many athletes feel safe and supported within their sports environments, a notable minority reports incidents of harassment, abuse, or neglect. The underreporting of such incidents is particularly alarming and points to a deeper issue within the sports community. Fear of retaliation, lack of trust in reporting mechanisms, and a general lack of knowledge on how to report incidents contribute to this problem. This finding highlights the urgent need for enhanced communication, education, and support systems that empower athletes to report any form of misconduct without fear of reprisal.

The study also demonstrates that while the Safe Sport awareness sessions and training programs conducted by the JOC have been effective to some extent, there is still much room for improvement. Participants expressed a strong desire for more comprehensive and practical training that goes beyond basic awareness and focuses on the practical application of Safe Sport principles in their daily activities. Additionally, the need for ongoing, regular training sessions was emphasized, as this would help to reinforce the importance of Safe Sport and keep the issue at the forefront of the minds of all stakeholders.

Ultimately, this study calls for a more robust, inclusive, and well-communicated Safe Sport framework that reaches all members of the sports community in Jordan. By addressing the gaps in knowledge, improving reporting mechanisms, and enhancing the quality and frequency of awareness programs, Jordan can create a safer and more supportive environment for its athletes. This will ensure that they can pursue their sports careers free from the fear of harassment and abuse. The findings of this study provide valuable insights that can inform future policies and initiatives aimed at achieving better Safe Sport awareness and implementation in Jordan, ultimately contributing to the overall development and sustainability of the sports sector in the country.

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Appendices

Appendix (I): Safe Sport Awareness In Jordan – Survey

This study is conducted by Nour Kayal with the support and collaboration of the Jordan Olympic Committee (JOC). This survey has been designed to study Safe Sport awareness in Jordan. The study aims to improve the awareness sessions and campaigns directed at the Jordanian sports movement. We invite you to participate in this survey which will not take more than 15 minutes to complete. The information you provide will be completely anonymous. At no time will your name be identified with any responses. Your participation is significant, as the data collected will accurately reflect reality, coming directly from individuals at the heart of the Jordanian sports movement. There is no risk from participating in this study. If you have any questions, please do not hesitate to ask the investigator using the following contact details. Please rest assured that only the researcher will receive the survey responses which will be managed confidentially.

Please note that this survey is designed for individuals 18 years of age and older.

Researcher Name: Nour Kayal

Email: kayyal1982@gmail.com

SURVEY QUESTIONS (15 minutes)

THEME 1: DEMOGRAPHIC & GENERAL INFORMATION:

1- In which governorate do you reside?

- Amman
- Zarqa
- Irbid
- Mafrq
- Ajloun
- Jerash
- Madaba
- Balqa
- Karak
- Tafleh
- Maan
- Aqaba

2- Your Age:

- 18-29
- 30-39
- 40-49
- 50-59
- 60+

3- Your Gender:

- Male
- Female

4- Please select your current role:

- Athlete
- Coach/ Assistant Coach
- Doctor
- Physiotherapist

5- In which type of sport are you primarily involved?

- Team Sport
- Individual Sport
- All of the above

6- What is your sport?

Basketball, Football, Esports, Handball, Volleyball, Golf, Boxing, Kick Boxing, Judo, Karate, Taekwondo, Bowling, Athletics, Triathlon, Chess, Jujitsu, Muay Thai, Badminton, Weightlifting, Cycling, Equestrian, Fencing, Gymnastics, Squash, Swimming, Table tennis, Wrestling, Climbing, Tennis, Body Building, Wushu and Kung Fu, Kendo, Bridge, Shooting, Archery, Rugby, Billiards and Snooker, Frisbee, American Football.

THEME 2: DEFINITIONS

7- Please choose what your understanding is of Safe Sport: (you can choose more than one answer)

- Secure safety and protection for all persons falling under the ambit of sports.
- Providing a mechanism for fighting acts of harassment and abuse in sports.
- All of the above (**correct answer**)

8- Please read the following statement and mark after reading it what is described (based on your understanding/ knowledge): “Any deliberate and unwelcome act, such as punching, beating, kicking, biting and burning, that causes physical injury. Such act can also consist of forced or inappropriate physical activity (e.g. age or physique inappropriate training loads when injured or in pain), forced alcohol consumption or forced doping practices.”

Please select the answer(s)

- Psychological Abuse
- Physical Abuse (**correct answer**)
- Sexual Harassment
- Sexual Abuse
- Neglect

9- Please read the following statement and mark after reading it what is described (based on your understanding/ knowledge). “Means the failure of a coach or another person with a duty of care towards the athlete to provide a minimum level of care to the athletes, which is causing harm, allowing harm to be caused, or creating an imminent danger of harm.”

Please select the answer(s)

- Psychological Abuse
- Physical Abuse:
- Sexual Harassment
- Sexual Abuse
- Neglect (**correct answer**)

THEME 3: THE ROLE OF THE SAFE SPORT AWARENESS COMMITTEE

10- How important do you think it is to have Safe Sport policies and practices in place?

- a. Not at all important
- b. Low importance
- c. Neutral
- d. Important
- e. Extremely important

11- Have you ever attended a Safe Sport awareness session, training, or education certificate program?

- a. Yes
- b. No

If your answer is NO please go to question #13

12- If your answer is YES, please choose one of the following:

- a. Have you received this training from the Safe Sport awareness committee?
- b. Have you received this training from another organization?
- c. All the above

13- Have you heard of Safe Sport before being invited to attend the session?

- a. Yes
- b. No
- c. N/A

14- Do you believe that the Safe Sport session you attended was effective?

- a. Yes
- b. No

15- Do you think the material provided in the awareness sessions is sufficient to understand the concept of Safe Sport?

- a. Yes
- b. No

- 16-** Do you believe awareness sessions should be conducted more frequently than once annually for everyone?
- a. Strongly disagree
 - b. Disagree
 - c. Neutral
 - d. Agree
 - e. Strongly agree

THEME 4: KNOWLEDGE OF SAFE SPORT TOOLKIT GUIDELINES

- 17-** Have you ever read the JOC (Jordan Olympic Committee) Instructions on Safe Sport?
- a. Yes
 - b. No
- 18-** Do you know where to find the JOC Instructions on Safe Sport?
- a. Yes
 - b. No
- 19-** Do you know where to report an incident of harassment and abuse?
- a. Yes
 - b. No
- 20-** Are you aware of the Safe Sport reporting procedures?
- a. Yes
 - b. No
- 21-** How do you believe a Safe Sport complaint should be reported?
- a. In written form
 - b. In verbal

THEME 5: PERSONAL EXPERIENCE

- 22-** Have you ever experienced any form of harassment, abuse, or neglect during your sports journey?
- a. Yes
 - b. No
- 23-** Have you ever reported a case?
- a. Yes
 - b. No

If your answer is NO, please go to question # 28

If yes, please answer the following questions about your experience:

- 24-** Describe your overall experience.
- a. Poor
 - b. Fair
 - c. Good
 - d. Very good
 - e. Excellent
- 25-** Rate the smoothness of the procedure.
- a. Poor
 - b. Fair
 - c. Good
 - d. Very good
 - e. Excellent
- 26-** Describe the efficiency of the procedures' time frame Comment on the confidentiality of the procedures.
- a. Poor
 - b. Fair
 - c. Good
 - d. Very good
 - e. Excellent
- 27-** Describe the support provided to you during the process.
- a. Poor
 - b. Fair
 - c. Good
 - d. Very good
 - e. Excellent
- 28-** I the importance of reporting any Safe Sport incident.
- a. Strongly disagree
 - b. Disagree
 - c. Neutral
 - d. Agree
 - e. Strongly agree
- 29-** How important do you think to include mental support within the Safe Sport environment?
- a. Not at all important
 - b. Low importance
 - c. Neutral
 - d. Important
 - e. Extremely important
- 30-** Do you believe that what you've learned in the Safe Sport awareness sessions is reflected in reality?
- a. Strongly disagree
 - b. Disagree
 - c. Neutral
 - d. Agree
 - e. Strongly agree

THEME 6: PREVENTION

- 31-** Do you think your National Federation should have a safeguarding officer?
- a. Not at all important
 - b. Low importance
 - c. Neutral
 - d. Important
 - e. Extremely important
- 32-** Do you think an effective campaign will help to promote Safe Sport?
- a. Yes
 - b. No
- 33-** When do you think Safe Sport awareness should be introduced?
- 10 -14 years old
 - 15 -17 years old
 - 18 years and older
- 34-** Do you believe that making training platforms available will help in raising awareness about Safe Sport?
- a. Strongly disagree
 - b. Disagree
 - c. Neutral
 - d. Agree
 - e. Strongly agree
- 35-** How important do you believe it is for Safe Sport awareness sessions to be conducted within the Jordanian sports community?
- a. Not at all important
 - b. Low importance
 - c. Neutral
 - d. Important
 - e. Extremely important