

# Irish Sailing's Guide to Safe Use of eSailing Virtual Regatta



The world of social media is ever changing and has become firmly embedded in most of our day to day lives. Irish Sailing is delighted to the benefits of using eSailing Virtual Regatta (VR) but we must consider the downsides as well as the upsides to make sure that everyone is kept safe while using the platform, and where possible equip people with the knowledge, skills and confidence to stay safe on line, while playing the game.

While VR provides an ideal platform for your club to engage with its members and the wider community by sharing emails and updates, it can also present some risks. Here are some things that we should consider when using VR.

## If you're a club or organisation Do

- Make sure that someone at the club is responsible for your club's event racing use and is able to access it, monitor it and approve and reject players as necessary.
- Have an online safety and social media policy that your club members and users are aware of and can access for advice and guidance. Irish Sailing's Safeguarding Unit have a sample social media policy that can be used for guidance at [www.sailing.ie/safeguarding](http://www.sailing.ie/safeguarding)
- Make your members and users aware that their behaviour online can reflect on the club's reputation and that it is everyone's responsibility to uphold it.
- Ensure that the content is appropriate for all who may read or access it and no-one will find it upsetting or offensive.
- Always seek permission from parents/carers for their child to use the VR platform, while there is no age limit to play there is a restricted capacity to hail set terms and email each friend directly during the games.
- Engage with younger members of your club who are likely to be social media savvy. Make them aware of what is or is not acceptable behaviour online. Reinforce the importance of being kind to others and being respectful when posting online and using social media platforms. Make them aware that bullying online will not be tolerated and offensive or inappropriate remarks or posts will be removed and challenged.
- Encourage parents to play the game, so they can keep informed and engaged and see what is being posted.
- If you are using VR with young people at your club while away from their parents or during training, invite their parents to be in the group so they can participate in the conversations and see the fun and growth their children are having. Do show all the great things your club is doing and achieving.

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## Don't

- Be the only adult engaging in one to one races. Always have other members of the club and the children's parents involved so that they can monitor their child's usage and be engaged with their activities.
- Assume that children will look after themselves. The club will need to take responsibility and ownership for all events used on this platform similar to running an event on the water.
- Allow any kind of cyber bullying to take place during or after the game. Incidents of this kind will need to be tackled by the club with the help of the parents and resolved as quickly as possible.
- Allow posts or comments that could be deemed offensive, violent or threatening to be posted to your social media platforms.
- Do not use their full names or personal information that will make them easily identifiable and open to potential online grooming or bullying.
- Be afraid to use VR platforms, it's a great way to engage with people and your community and to share all the wonderful things about sail racing while online. With the right safeguards in place VR can be a great asset to your club and its members and children alike.

If you're a club, parent or indeed a child you can find useful information, guidance and tips on how to stay safe online by following the links below.

Resources for clubs on using social media and guidance on producing your policy can be found in the Safeguarding Section of Irish Sailing's Library: <https://www.sailing.ie/Library/Safeguarding-Library>

**Ireland Safer Internet Centre** provide online safety tips, advice and resources to help children and young people stay safe online.

<https://www.esafety.ie>

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## If you're a child

If you are a child it is very possible that you know more than most adults about the internet and how to use it. You probably use it for studying, browsing, social media, socializing and playing games. It is very important that you keep yourself safe when you are online.

- Never give out personal information or passwords when posting or chatting online.
- If you wouldn't say it in person, don't say it online.
- Treat others how you would wish to be treated.
- If something or someone is making you feel worried, upset or uncomfortable tell a trusted adult.

## What to do if you're worried

VR Sailing, windsurfing and powerboating should be safe and fun when playing online.

Children and young people have a right to be treated with respect, and should show respect to others when eSailing.

If you are a young person and you are worried about the way another young person or an adult is treating you or someone.

else, you can talk to your Children's Officer in your Club, Centre or Class or at an event. Their name and contact will be on their Notice Board or Website.

### **You may also contact:**

Irish Sailing's Children's Officer: Tel 01 2800239 / 087 8800744 or Email [ciaran.murphy@sailing.ie](mailto:ciaran.murphy@sailing.ie)

If you would prefer to talk to someone else you can contact these free confidential services:  
Childline Tel 1800 66 66 66 Free Text 50101 or check out their website on [www.childline.ie](http://www.childline.ie)

For our full list of Health & Wellbeing Contacts go to <https://www.sailing.ie/Safeguarding/Health-and-Wellbeing>

If you are an adult with a concern about a child, contact your own Organisation's Children Officer.  
Or Irish Sailing's Children's Officer: Tel 01 2800239 / 087 8800744 or Email [ciaran.murphy@sailing.ie](mailto:ciaran.murphy@sailing.ie)

Childline Tel 1800 66 66 66 Free Text 50101 or check out their website on [www.childline.ie](http://www.childline.ie)

If you think a child may be at immediate risk of harm, contact the Gardai 999/112 or your local HSE Duty Social Worker which will be listed on <https://www.tusla.ie/get-in-touch/duty-social-work-teams/>