Child Safe Social Media Policy
April 2026

Authorisation

Version	Author	Date	Approved By	Approval Date	Review Date
1	Megan Mitchell	April 2026	Delta Gymnastics	7/4/2026	3/4/2026

Delta Gymnastics – Social Media Policy

Updated: April 2026

Authorisation: Megan Mitchell (People Director)

Section: Staff & Underage Athlete Interactions

Effective Date: May 2026

Applies To: All full-time, part-time, casual, and volunteer coaching and administrative staff.

1. Purpose & Core Principle

At Delta Gymnastics, the safety, well-being, and privacy of our athletes are our highest priorities. Because social media blurs the lines between professional and personal lives, we maintain a strict policy regarding digital boundaries. Staff are expected to maintain a professional, mentor-based relationship with gymnasts at all times, both inside and outside the gym.

2. Personal Social Media Restrictions

To protect both our staff and our minor athletes, the following rules apply to all personal social media accounts (including, but not limited to, Instagram, TikTok, Snapchat, Facebook, and BeReal):

- No "Friending" or "Following": Staff members must not accept "Friend" or "Follow" requests from any Delta Gymnastics athlete under the age of 18 on their personal accounts.
- No Outbound Requests: Staff members are strictly prohibited from sending a "Friend" or "Follow" request to any gymnast under the age of 18.
- No Direct Messaging (DMs): Staff must not engage in private, direct messaging with minor athletes on personal platforms. Any necessary digital communication must go through official Delta Gymnastics channels or involve a parent/guardian.

  What if an athlete follows you first? > If a gymnast under 18 requests to follow your personal account, you must decline or ignore the request. If they are already following you, you must remove them as a follower.

3. Approved Digital Communication

We understand that social media is a great tool for celebrating athletic achievements. To do this safely, use the following approved channels:

- Official Delta Channels: All digital interactions, tags, and shout-outs should happen via the official, moderated Delta Gymnastics club accounts.
- Parental Involvement: If a coach needs to communicate directly with a minor athlete regarding schedules or training, a parent or guardian must be included in the communication (e.g., group email, group text, or via the club's official communication app).

4. Compliance and Enforcement

Violation of this policy compromises the safety of our athletes and the reputation of Delta Gymnastics.

- Reporting: If a staff member is accidentally exposed to a minor athlete's private social media profile, or if an athlete attempts persistent contact, it must be reported to management immediately.
- Consequences: Failure to adhere to these boundaries will result in disciplinary action, up to and including immediate termination of employment or volunteer status.

Acknowledgment

By signing below, I acknowledge that I have read, understood, and agree to abide by the Delta Gymnastics Social Media Policy regarding interactions with minor athletes.

Staff Name: _____

Signature: _____

Date: ____ / ____ / _____