



# The 3 Ds: Direct, Distract or Delegate

Sometimes in sport we may observe or learn about an incident of violence taking place with a participant. As a coach, when you're a bystander, you have a duty of care toward the sport participants and therefore a heightened responsibility to act. Apply any of the "3 Ds" to take action.

# 1

## **DIRECT**

Directly intervene in the moment you see a violent or harmful behaviour happen.

**"Don't speak to them that way."**

# 2

## **DISTRACT**

Interrupt the situation without directly confronting the perpetrator. Divert the attention away from the situation. Distraction is useful in heated situations when seeking to prevent further imminent harm to the victim.

**"Hey you're late for practice. I need to speak with you."**

# 3

## **DELEGATE**

Seek help from another individual such as an administrator, a coach, a parent or guardian, or the police. This approach may be necessary if the violence is criminal, or if the victim is not recognizing the violence as a problem.

**The Support Through Sport eLearning series and resources educate coaches on how to take action as a helpful bystander.**

**Learn more at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).**

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