

Motorsport UK Esports participant welfare

As detailed in the Motorsport UK Safeguarding Policy, Motorsport UK is committed to protecting (i) young people (i.e. those under the age of 18), and (ii) adults at risk (i.e. adults who may be unable to protect themselves against significant harm or exploitation). **This includes the online world.**

Please see below relevant Motorsport UK Policies:

<https://www.motorsportuk.org/wp-content/uploads/2019/08/Motorsport-UK-Social-Media-Policy-and-Guidance.pdf>

<https://www.motorsportuk.org/wp-content/uploads/2019/08/Motorsport-UK-Anti-Bullying-Policy-and-Guidance.pdf>

<https://www.motorsportuk.org/wp-content/uploads/2019/08/motorsportukchildsafeguardingpolicy1.pdf>

Motorsport UK takes the safety of players very seriously and therefore players must not share online identities.

Any safeguarding or welfare issues (excluding on track incidents) must be reported to:

E: Safeguarding@motorsportuk.org

T: +44 (0) 1753 765071

M: +44 (0) 7519 801674

Threats of immediate harm or danger should be immediately reported to the Police and/or Children's Services or the Local Authority Designated Officer AND the Compliance officer at Motorsport UK

Other useful information

Motorsports UK wants players to enjoy the benefits Esports gaming and be safe. Please see below for further information.

<https://britishesports.org/advice/esports-parents-guide/#staying-safe-online>

<https://britishesports.org/news/keeping-fit-and-healthy-exercise-sleep-and-dietary-advice-for-esports-players/>

Including how to avoid RSI and minimise injuries with wrist exercises and how to get the right posture and avoid tension

<https://britishesports.org/advice/8-tips-esports-players-wellbeing-performance/>

<https://britishesports.org/news/how-often-should-you-practise-info-and-guidelines/>