

PHYSICAL CONTACT

Any necessary physical contact during athletics training sessions should respect and be sensitive to the needs and wishes of the child and should take place in a culture of dignity and respect.

Children should be encouraged to speak out if they feel uncomfortable with what is happening.

Demonstrating a Technique

In the first instance, techniques should be delivered by demonstration (either by the coach or an athlete who can display the technique safely).

If physical contact is deemed necessary, for example to provide support, this should be clearly explained to the child in advance and he/she should be given the chance to opt out.

Physical support should be provided openly, preferably in the presence of others, and must always be proportionate to the circumstances and the activity.

Supporting a Child with Personal Care

Volunteers and staff should work with parents/carers and children to agree and develop practised routines for personal care, such as help with getting changed for younger children, so that parents/carers and children know what to expect. Guidance should be sought from the club welfare officer in advance of implementing any personal care plan.

Helpers should not take on the responsibility for tasks for which they are not appropriately trained e.g. manual assistance for a child with a physical disability.

Administering First Aid

Parents/carers must complete a *Partnership with Parents/Carers Form* for their child to ensure that our sports volunteers/staff are made aware of any pre-existing medical conditions, medicines being taken by participants, or existing injuries and treatment required.

When administering First Aid the child should be told what action is being taken and why.

Only those with a current, recognised First Aid qualification should treat injuries and parents/carers should be informed as soon as possible of any injury and action taken.

Treatment should be administered in an open environment where ever appropriate, avoiding private or unobserved situations. See the guidance on *First Aid and the Treatment of Injuries* for more detail.