

# **SPENCER LACROSSE CLUB - JUNIOR LACROSSE**

## **PRINCIPLES OF SAFEGUARDING GOOD PRACTICE**

20<sup>th</sup> July 2018

For coaches and working with children at Spencer Lacrosse Club.

### **Preamble**

A child is any person under 18 years of age.

### **A Position of Trust**

All Adults who work with children at Spencer Lacrosse Club are in a position of trust, a trust that has been invested by parents and children and which results in a duty of care owed to both the children involved and their parents. Irrespective of all, the underlying theme requires that this trust should be taken extremely seriously and that adults behave properly and appropriately at all times.

### **HEADLINE DO'S AND DON'T'S**

- DO provide an example of the good conduct you wish others to follow;
- DO Treat all children and fellow coaches with respect;
- DON'T allow yourself to be the only adult in a confined space with a child or children;
- DON'T take children alone on car journeys or let them in to your home;
- DON'T spend excessive amounts of time with children away from others;
- AVOID physical contact with children; in almost all circumstances, there is no need;
- DO NOT Bully or permit bullying;
- DO NOT do things of a personal nature for children that they can do for themselves.
- In all circumstances, DO THE RIGHT THING;

### **A Safe Environment**

It is your responsibility to safeguard and establish a safe and supportive environment for children temporarily in your charge.

Ensure that all coaches and leaders are members of English Lacrosse (and hence covered by the Association's insurance policy). Group leaders should hold an appropriate qualification and a current, clear DBS check.

Prepare or jointly prepare and deliver an appropriate programme. This will require the assessment of the age and competence of the participants, the venue and its setting. Risk assessments should be undertaken to ensure that the mechanics of any new event are understood and to inform decision making as regards supervision.

Coaching or managing children should be undertaken in pairs. Where this is impractical, it should be undertaken in sight of other adults be they coaches or parents. As a guide, OFSTED 2001 advises that for children under 8 years old a ratio of 1 carer to 8 children with a minimum of 2 carers is appropriate. For children over eight years old the ratio is 1 carer to 12 children.

A qualified First Aider should be on Site as well as an up to date, accessible first aid box (there is a first aid box next to the defibrillator in the Spencer Clubhouse and the Club possess two first aid satchels).

## **Coaching – Instruction, Conversation and Demonstration.**

Coaching can take the form of demonstration, instruction and/or discussion. All can be group or one –on–one events but all should take place in an open space occupied by others. Physical contact should be avoided – e.g. if a player does not quite grasp the mechanics of a good throw action, by the coach grasping the mid-point of the stick shaft with the player still holding the stick properly but with loose joints, it is entirely possible to provide the player with the understanding of the proper body, arm and hand movements required to throw successfully without the need for physical contact. Physical contact may be misinterpreted.

It is quite easy for coaches consciously or unconsciously favour one child over another. Coaches should be aware of this risk which should be resisted. Similarly, adults must not encourage a physical or emotionally dependant relationship to develop between the person in a position of trust and a child in their care.

## **Communication**

All ‘out of session’ contact with children Under 16 must be made through their parents – either by phone, email or media there being no direct contact with a child. With permission of parents, it is acceptable to contact players in the u16 – u18 age grouping directly but their parent(s) must be copied in to all correspondence.

Coaches should not participate in closed group media communication with u16 – u18 children without the permission and inclusion of their parents in the group.

## **Appropriate behaviour**

The language you use must always be relevant and appropriate. Swearing and the use of sexually suggestive language or inuendo is inappropriate - even in fun. Children’s language also needs to be appropriate and must be challenged if not.

Don’t become involved in competitive games with children especially where there is a risk of physical contact or it creates a risk of accidental injury to a child or might be sexually provocative.

## **Changing Room, Changing and Toilet Facilities**

Ideally children and adults should have access to separate changing and toilet facilities. If, through the age and/or design of the facilities, this separation is not available, it needs to be managed.

When use of facilities is managed, ensure any need you might have for the use of shared changing and/or toilet facilities takes place before children arrive. If you have an urgent ‘call of nature’ during a prolonged session, ensure there are no children in the facility. Children taking a toilet break should do so in pairs.

Generally, children come to sessions at least partly dressed to play so the management of changing ceases to be an issue for them. If a child/children need/s to use enclosed changing facilities which it is appropriate to supervise (required for under 10’s), this supervision should be provided by their parents. Where this proves to be impossible, supervision can be provided by coaches/appropriate others but there should be at least two adults in each closed environment.

Where there are children of different genders, each gender will require their own changing facilities with similar gender supervision.

Where children in the 16 – 18 age group are involved in adult centred activities and it is necessary for them to share facilities, this should be with the understanding and permission of their parents. Players in this age group should not be placed under any pressure to share changing or showering facilities. Age group players might prefer to arrive/leave partly or fully dressed to play which would be a means of managing this scenario and this should be supported.

### **Bullying**

Bullying inherently runs against the concept of ‘team’ but can exist in the conscious or un-conscious denigration of player(s) one to another verbally or by gesture. Do not coach or behave in bullying manner and challenge bullying wherever you find it. The actions of a persistent bully should be discussed with the Club CPO<sup>1</sup> and course of action agreed.

### **Young Leaders**

The assistance of young leaders in the 16 – 18 age group in coaching should be encouraged. Leaders in this age group should be supported and given access to coaching courses and appropriate responsibility. However, they remain children and you will have the same Duty of Care to them as to the other children in your charge.

### **Reporting to the Club Child Protection Officer**

If a child makes an allegation it should be taken seriously but challenged at the time. Irrespective of the outcome of the challenge, the allegation must be recorded and the CPO<sup>1</sup> informed at the earliest opportunity. The same applies to an event that even unintentionally breaches any of the above principles, appears to cause distress or just ‘feels wrong’. The CPO<sup>1</sup> will decide upon the appropriate course of follow up action.

### **Emergencies**

It is not possible to describe and/or legislate for all scenarios that might arise when acting as an adult responsible for children. In such circumstances and, guided by the foregoing, trust your judgement and ensure you do the right thing – e.g. when a child is in immediate physical danger (perhaps CPR is deemed appropriate) and you judge that some of the foregoing principles (physical contact in this instance) should be set aside. In these general circumstances, subsequently advise parents and report the event to the Club CPO<sup>1</sup>.

<sup>1</sup> - *Child Protection Officer*

### **Acceptance**

I have read the foregoing Spencer Lacrosse Club’s principles of safeguarding children which I accept and agree to lead and/or coach children in accordance with these principles.

Signed: ..... Name: .....

Date: .....