

Idsall Gymnastics.

Version	Summary of Changes	Date
1	Agreed by coaching staff.	17 Apr 18
2	Table added to document to highlight changes and published to web site.	17 Apr 18

Idsall Gymnastics.

Good Practice For Coaches, Volunteers And Officials.

All participants have the right to be safe and to be treated with dignity and respect. The promotion of good practice will reduce the possibility of abusive situations occurring. A good and caring coach will continually reflect upon their own coaching style, philosophy and practices to ensure the safety and well-being of the participants at all times. Although these guidelines are written with coaches in mind, they are applicable to all adults with access to children through gymnastics.

The following are examples of good practice, which will create a safe and desirable environment:

- Always be publicly open when working with children. Avoid situations where a coach and an individual child or vulnerable adult cannot be observed.
- Always ensure that there is at least one other responsible adult present during training sessions.
- Care should be taken when providing manual support (spotting). Recognised/advised techniques for spotting should be used. Avoid inappropriate contact.
- Where possible, parents should be responsible for young children in the changing rooms or toilets. If a group of children must be supervised in the changing rooms try to ensure that adults work in pairs to supervise the children.
- Ensure that if mixed teams are taken away on trips, at least one male and one female member of staff accompany the gymnasts.
- Treat all participants equally with respect and dignity.
- Always place the safety and welfare of the participants as the highest priority.
- Behave in an exemplary manner and provide a role model for excellent behaviour.
- Keep up to date with your knowledge and technical skills.
- Do not exceed the level of your competence and qualifications.
- Respect the needs and wishes of the participants and do not exert them against their will.
- Recognise the stage of psychological and physical development of the individual and avoid excessive training or competition.
- Motivate the participants through positive feedback and constructive criticism.
- Create a safe and enjoyable situation.
- Maintain a written report of any incident or injury together with any subsequent treatment or action.

Idsall Gymnastics.

- Ensure all members of BG adhere to the codes of ethics and code of conduct and anti-doping policy
- Do not take a child alone on a car journey.

Practice Never To Be Condoned.

You should never:

- Take children to your home or other secluded place where they will be alone with you.
- Engage in rough, physical or sexually provocative games.
- Share a room with a child.
- Allow or engage in any form of inappropriate touching.
- Make sexually suggestive remarks to a child or vulnerable adult - even in fun.
- Reduce a child to tears as a form of control.
- Allow children to use inappropriate language unchallenged.
- Allow allegations made by a child to go unchallenged, unrecorded or not acted upon.
- Do things of a personal nature for a child that they can do for themselves, unless you have been requested to do so by the parents, or do so with the utmost discretion.
- Depart from the premises until you have supervised the safe dispersal of the children.
- Abuse your privileged position of power or trust with children or adults.
- Resort to bullying tactics, or verbal abuse.
- Cause a participant to lose self-esteem by embarrassing, humiliating or undermining the individual.
- Spend excessive amounts of time alone with children away from others.
- Accepting friend requests from gymnasts on any social media platform.

British Gymnastics accepts that on occasion there may be situations where the unexpected does occur. In these situations, you should report immediately to another colleague and make a brief written note of the event. Where appropriate ensure that the Head Coach, Welfare Officer and parent is informed of any incident. Examples could include:

- If a young person becomes distressed in your presence.
- If you accidentally hurt a child.
- If a young person misunderstands/misinterprets something you have said or done.
- If a performer appears to be sexually aroused by your actions.

Idsall Gymnastics.

Additional Guidance On Spotting And Manual Support.

Supporting and shaping the gymnast is an essential part of coaching gymnastics in that it helps the gymnast to understand shapes, movement patterns and complex skills, but also reduces the risk of injury due to a fall or error in performance. Guidance on appropriate/recognised supporting techniques is given on British Gymnastics coaching awards but the coach must ensure that support is only used when necessary and “over-handling” is avoided. However, the coach should always be alert to the possibility of performance errors or anxiety, which may increase the risk of injury.

Supporting techniques must not inhibit performance, and any physical contact should not be invasive of sensitive areas of the body.

Infrequent non-intentional physical contact can arise out of error on the performer or coaches part. Such situations should not be ignored and should be acknowledged through an apology to the gymnast and reported to the Club Welfare Officer or head coach and parents.

It is also good practice to explain and provide some written guidance, perhaps as part of an induction pack, to new members and parents that some physical contact will be required but that only appropriate non-invasive techniques should be used. If a gymnast or parent has any concerns, they should be raised with the club welfare officer. In any circumstance where abuse is suspected, BG reporting procedures should be followed.

Review

This safety statement will be reviewed annually and checked for any amendments to current regulations and BG policy. Additional guidance may be sought from Agility UK (Training and Consultancy) Ltd, the organisation engaged by British Gymnastics to provide health and safety management advice to gymnastics clubs

Signature:	<i>KHulme</i> . Original signed	Date:	17 Apr 18	Review date.
Name:	Katie Hulme	Position :	Head Coach	