

## Tullog RFC Good Practice Guidelines

### **Good Practice means:**

- Always working in an open environment (e.g. avoiding private or unobserved situations and encouraging an open environment, e.g. no secrets).
- Treating all children/young people equally, and with respect and dignity.
- Always putting the welfare of each child/young person first, before winning or achieving goals.
- Maintaining a safe and appropriate distance with children/young people (e.g. it is not appropriate to have an intimate relationship with a child or to share a room, tent, shower/bath or changing facilities with them).
- Building balanced relationships based on mutual trust, which empowers children to share in decision-making.
- Making sport fun, enjoyable and promoting fair play.
- Proper supervision of children within the club and with a satisfactory ratio of coaches: children. The Sports Council Code of Ethics recommend a ratio of 1 coach to 8 for under 12's and 1 to 10 for 12+.
- Use of proper, recommended equipment including;
  - Sport specific guidelines
  - Identification markers/cones, clearly visible
  - Playing/coaching surfaces free from debris
  
- Use of equipment only when supervised by a coach/sports leader.
- A first aid kit on hand in the event of an accident, **NB** all accidents will be reported to parents/guardians at collection.
- Ensuring that if physical support is needed, talk aloud to the child/young person explaining what you are doing and why. Any necessary contact should be in response to the needs of the child and it should be in an open environment with the understanding and permission of the young person where possible. The leaders should never do something for the child that they can do themselves. Children/young people should always be consulted before they are touched and their agreement gained. Parental/carer views about manual support should always be carefully considered.

- Physical contact during sport should always be intended to meet the child's needs. NOT the adults. The adult will probably use appropriate contact when the aim is to assist in development of the skill or activity or for safety reasons, e.g. to prevent an injury. This should be in an open environment with the permission and understanding of the participant.
- Never engage in inappropriate touching such as touching of groin, genital areas, buttocks, breasts or any other part of the body that might cause a child distress or embarrassment.
- Never take measurements or engage in certain types of fitness testing without the presence of another adult.
- The only time a coach should have physical contact with a child/young person is for positioning/instruction and even this should be done with the consent of the player.
- Coaches should never shake, hit, throw, push or pull a child/young person and must never use excessive force in handling. If a coach is seen doing this it must be reported in writing to the youth committee.
- Avoid adults being left alone with young participants, if a leader needs to talk separately to a participant this should be done in an open environment, in view of others.
- Keeping up to date with the technical skills, qualifications and insurance (group or individual) in your sport.
- Involving parents/carers whenever possible (e.g. for responsibility of their children in the changing rooms). If groups have to be supervised in the changing rooms, always ensure parents/coaches/officials work in pairs.
- Ensuring that if mixed teams are taken away, they should always be accompanied by male and female leaders. In the case of minis or other mixed teams a female should be involved with each team in a supervisory capacity. Be aware of the potential for same gender abuse.
- Ensuring that at tournaments or residential events adults do not enter children's rooms, invite or permit children into their rooms or become involved in unobserved or unsupervised situations with children and young people.
- Giving enthusiastic and constructive feedback, encouraging achievements rather than negative criticism.
- Recognising the developmental needs and capacity of children/young people, including those with a disability-avoiding excessive training or competition and not pushing them against their will.

- Securing parental consent in writing to act *in loco parentis*, if the need arises to give permission for the administration of emergency first aid and/or medical treatment.
- Immediately report any accusations made against you or your colleagues.
- Avoid spending time alone with children/young people away from others. Never take children/young people to your home.
- Ensuring that all youth and mini coaches have received a copy of the IRFU Child Welfare Policy and have signed and returned their agreement to same.
- Leaders should not be left alone with young people at the end of a training session. Clearly state times for start and finish of training and/or competitions. If late collections occur leaders should remain in pairs until participants have left. It is the responsibility of parents/guardians to make arrangements for collection of young people, it should be made clear that the club is responsible for only club activities.

### ***Rumors***

*Rumors should not be allowed to hang in the air. Any rumor relating to inappropriate behavior circulating in sports organizations should be brought to the attention of the youths committee and checked out without delay. Any ensuing information should be handled confidentially and with sensitivity.*

***This policy has been drawn up in conjunction with the IRFU Child Welfare Policy.***