



GOOD PRACTICE FOR COACHES AND OFFICIALS

Practice NEVER to be condoned:

- 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.

PHYSICAL CONTACT, SPOTTING & MANUAL SPOTTING

- Many sports require a degree of physical contact between sports staff and children or young people. Coaches and staff may need to use it to instruct, encourage, protect or comfort.
- Physical contact during sport should always be intended to meet the child's needs, NOT the adult's. The adult should only use physical contact if their aim is to:
 - Develop sports skills or techniques;
 - To treat an injury;
 - To prevent an injury;
 - To meet requirements of the sport.
- 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 BG 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 coach's part. Such situations should not be ignored and should be acknowledged through an apology to the gymnast and reported to the Club Welfare Officer, head coach and parents.

COACHING STAFF

Coaching staff undergo their training through British Gymnastics and hold valid coaching licences. Our coaches hold the requisite Child Protection Certificate and hold valid DBS certificates which are renewed every 3 years as recommended by British Gymnastics. Our Welfare Officer is Melanie O'Halloran.

HEALTH, SAFETY & WELFARE POLICY

The British Gymnastics Health, Safety and Welfare Policy can be found on the Apollo website and a hard copy on request.

WHO TO CONTACT

Bill Leach, Head Coach, Tel 07918024761 (m) or Melanie O'Halloran, Welfare Officer, Email – Apollo.trampoline@hotmail.com or contact the leisure centre 0333 005 0154 and we will return your call.
British Gymnastics – 03451297129 - www.british-gymnastics.org
NSPCC – 0191 227 5300 – Help-line – 0808 800 5000 help@nspcc.org.uk Child Line – 0800 1111