



British Triathlon - Safeguarding and Protecting Children Policy

The welfare of young people (and vulnerable adults) is paramount and children have the right to protection from abuse. A vulnerable adult is a person aged 18 years or over who may be unable to take care of themselves, or protect themselves from harm or from being exploited.

All affiliated clubs are to appoint a Club Welfare Officer responsible for good practice and child protection; this officer must undergo a CRB/ISA check and attend Triathlon Specific Time to Listen training.

All personnel: coaches, team managers, medics, event organisers, parents, club officials, senior club members, junior members are to receive advisory information outlining good practice (see appendix) and informing them about what to do if they have concerns about the behaviour of an adult towards a young person.

Reporting Procedures: Most children are abused by adults they know and trust; most sexual offences take place in the home of either the offender or victim. The child might disclose this to a trusted adult or you may notice signs that cause you concern. Any person with information of a disclosure, allegation or suspicion about the welfare of a child (poor practice or possible abuse) must immediately report this in one of the following ways:

- If you are a part of an affiliated club, you should immediately inform the club's designated Club Welfare Officer who will refer the matter to the British Triathlon Child Protection Officer (CPO).
- If the designated person is not available, if concern is about the Club Welfare Officer, or if no action is taken, you should make direct contact with the British Triathlon CPO.
- If the British Triathlon CPO is unavailable, you should take responsibility and seek advice from the NSPCC help line, the duty officer at the children's social care services or the police.

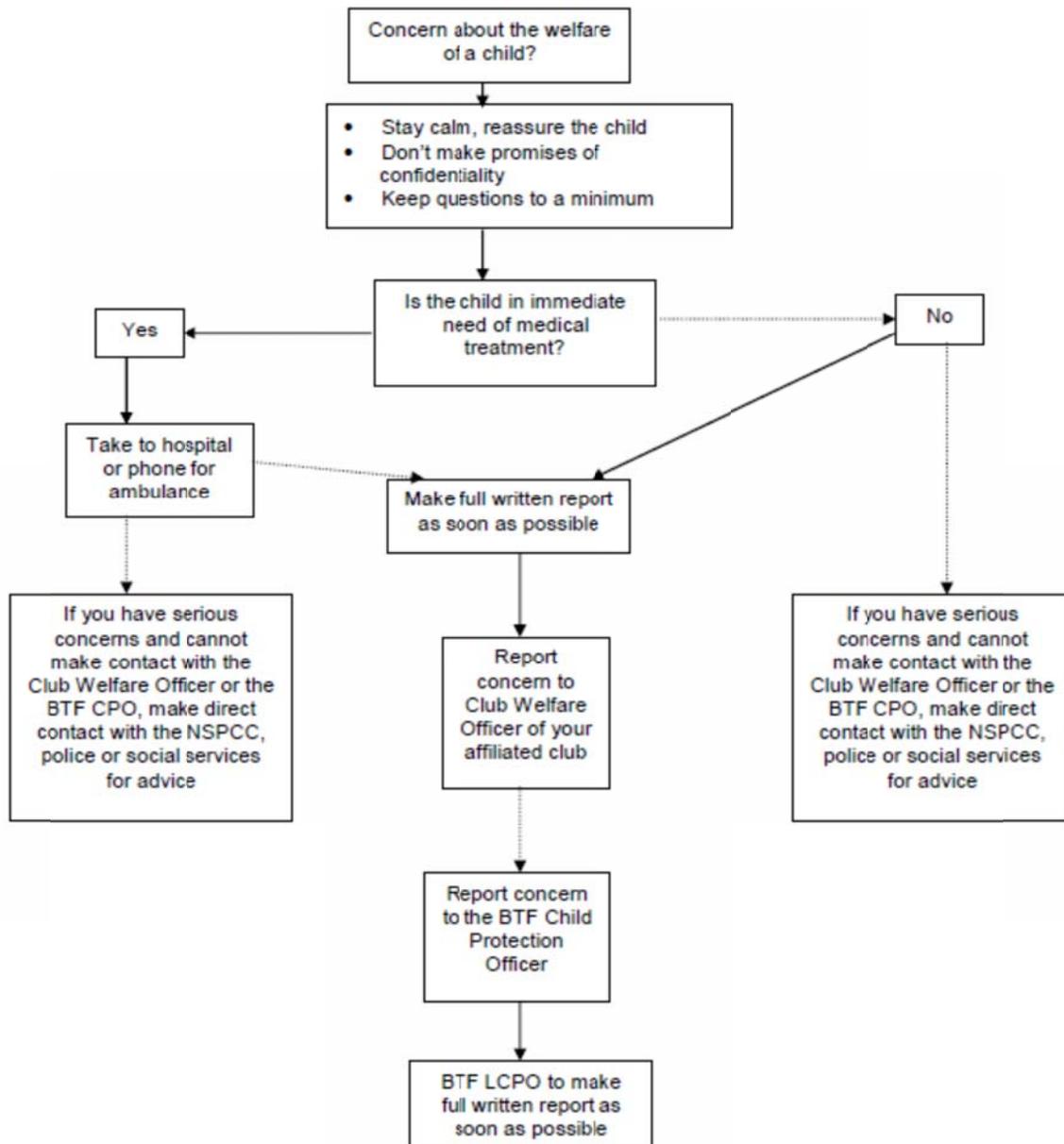
Informing Parents: Wherever possible, personnel concerned about the welfare of a child should work in partnership with parents. Therefore, in most situations, it would be important to talk to parents to help clarify any initial concerns. However, there are circumstances in which a young person might be placed at even greater risk if concerns are shared. In these situations or where concerns still exist, any suspicion, allegation or incident of abuse must be reported to the designated person as soon as possible.

Useful Contacts:

TVT Club Welfare Officer:	welfare@thamesvalleytriathletes.co.uk
British Triathlon CPO:	01509 226 161 or 07739 526 562 or 07739 526 557
The NSPCC:	0207 825 2500 or 0808 800 5000
Child Line UK:	0800 1111
Local Children's Social Care Services:	01344 786543
Police Child Protection Team:	101 (out of hours)



Reporting procedures for people involved in Triathlon:





APPENDIX: BRITISH TRIATHLON – GOOD PRACTICE

The following principles should be adhered to by all personnel:

- Ensure experience of Triathlon is fun and enjoyable; promote fairness, confront and deal with bullying and never condone rule violations or the use of prohibited substances.
- Be an excellent role model, do not drink alcohol or smoke when working with young people.
- Treat all young people and vulnerable adults equally; this means giving both the more and less talented in a group similar attention, time, respect and dignity.
- Respect the developmental stage of each young person and place their welfare before winning, club or personal achievements. This means ensuring that the training intensity is appropriate to the physical, social and emotional developmental stage of the triathlete and that all British Triathlon guidelines for training intensity and competition distances are followed.
- Ensure training and competition schedules are based on the needs and interests of the child, not those of the parents, coaches or club, it is imperative that these coaches monitor the overall training intensity and recovery times.
- It is strongly recommended that where single discipline coaches are responsible for devising training schedules for a triathlete, a lead coach is nominated to take with responsibility for monitoring the overall training intensity and liaising with the other coaches.
- Conduct all coaching and meetings in an open environment; avoid one-to one coaching in unobserved situations.
- Maintain a safe and appropriate relationship with athletes; it is inappropriate to have an intimate relationship with a young person. British Triathlon supports the Home Office guidelines that recommend that people in positions of authority should not have sexual relationships with 16-17 year olds in their care. Adults should never share a room with young people. It is unacceptable that a number of young people and adults share a common sleeping area. In exceptional circumstances where there is no alternative permission needs to be gained from British Triathlon in writing beforehand and athletes are given an opportunity in advance to discuss this, air any concerns and agree the logistics of the sleeping arrangements.
- Build relationships based on mutual trust and respect in which young people are encouraged to take responsibility for their own development and decision-making. Avoid situations in which the coach or team manager uses their position and power to dictate what the triathlete should and should not do.



- Avoid unnecessary physical contact with young people; contact can only be made for safety reasons and where there is no other way of coaching the technique. If contact is required, follow the specific guidelines laid down by British Triathlon. Contact should be neither intrusive nor disturbing and the athlete's permission must be sought. Contact should be led by the child not the adult, for example when a child is distressed or celebrating a success.
- Ensure separate changing facilities are available for junior and senior triathletes. Where supervision is required, involve parents wherever possible and ensure that adults work in pairs.
- Communicate regularly with parents, ensure they have a copy of the British Triathlon 'Guidance for Parents' leaflet, involve them in decision-making and gain written consent for travel arrangements. Secure their consent in writing to act in loco parents, if the need arises to give permission for the administration of emergency first aid and/or other medical treatment.
- Be aware of any medical conditions, existing injuries and medicines being taken. Keep a written record of any injury or accident that occurs, together with details of any treatment given. Ensure you are qualified and up-to-date in first aid or that there is someone with a first aid qualification in attendance.
- Keep up to date with the technical skills, qualifications and insurance issues in Triathlon. Maintain your registration status with British Triathlon, for this ensures adequate and continuous insurance cover.
- When triathletes travel away from home, ensure the guidance contained in the British Triathlon 'Safe Away' leaflet is followed. In particular, if mixed teams are taken away, ensure they are accompanied by a male and female member of staff and safeguard them from the potential of same gender abuse. Adults should not enter children's rooms or invite children on their own into their own rooms.



BRITISH TRAILHLON - CODE OF CONDUCT FOR CLUB OFFICIALS AND VOLUNTEERS

Officials and Volunteers

- Must treat everyone equally and sensitively regardless of their age, gender, ethnic origin, cultural background, sexual orientation, religion or political affiliation.
- Accept the special role that you have to play in the establishment of standards by setting a good example of behaviour and conduct at all times.
- Do not manipulate the rules in order to benefit yourself personally or your club.
- Encourage participants and instructors/coaches to abide by the rules and spirit of the sport.
- Do not use foul, sexist or racist language.
- Use your official position to take action against spectators who harass abuse or use foul, sexist or racist language towards participants, officials, instructors/coaches.
- Ensure that proper supervision is provided with suitably qualified instructors/coaches and officials who are capable of promoting good sporting behaviour and good technical skills.
- Ensure all equipment and facilities meet safety standards.
- Respect the rights of other clubs.
- Show respect to officials, instructors/coaches, participants and others involved in the sport.
- Do not endeavour to influence the result of a competition by any actions that are not strictly within the rules of the sport.
- Remember sport is enjoyed for its own sake – play down the importance of winning.
- Always have regards to the best interest of the sport, including where publicly expressing an opinion on the competition or any particular aspect of it, including others involved in the competition.
- Resist illegal or unsporting influences, including banned substances and techniques.
- Promote ethical principles
- Accept the decisions of the officials without protest
- Avoid word or actions, which may mislead an official.

Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon in accordance with our Safeguarding and Protecting Children Policy.

Signed _____

Date _____