



Lancaster District Canoe Club - Volunteers' Good Safeguarding Practice Summary

By following these guidelines you will help to protect both the children in our sport and our coaches/helpers from wrongful allegations.

- Avoid situations where you are alone with one child. LDCC and British Canoeing acknowledges that occasionally there may be no alternative, for example, where a child falls ill and has to be taken home. We would stress, however, that one to one contact must never be allowed to occur on a regular basis. Further guidance on this is contained in British Canoeing Coaching Code of Ethics.
- If any form of physical support is required, ask the paddler's permission, explain what you are doing and why to both the child and their parents/carers.
- Where possible ask parents/carers to be responsible for children in changing rooms and changing areas on paddle trips
- Where possible, there should not be a time when one adult is alone in a changing room or changing area on paddling trips when U18's are present and vice versa.
- Mobile phones must not be in use by adults or U18's when in the changing rooms or changing areas on paddling trips.
- Where there are mixed teams/groups away from home overnight, they should always be accompanied by an adult male and female coach/helper.
- Do not allow physically rough or sexually provocative games, or inappropriate talking or touching.
- If it is necessary to do things of a personal nature for a child, make sure you have another adult accompanying you. Get the consent of the parent/carer and if possible the child. Let them know what you are doing and why.
- Ensure that any claims of abuse by a child are taken seriously and that it is dealt with by people who know what to do.
- Ensure that the nature and intensity of training does not exceed the capacity of a child's immature growing body and ability.

- Follow the recognised guidelines for photography and video.
- Follow the Guidance around contacting children and social media, decline friend requests on social media, where possible share information via the club social media. If there is a need to contact children directly, gain consent from parents or guardians and discuss the reason.
- What if you accidentally hurt a child? - You should report such an incident immediately to another club coach/official and make a written note of it. You should also inform the child's parents/carers, preferably in person.
- Is touching OK? If a coaching technique would benefit from physical contact or support then first asks the paddler's permission (e.g. would you mind if I held your shoulders to show you what I mean?). It is useful to take time to explain why and how this is used to the paddler and their parent or carer. (See British Canoeing or home nation guidelines for physical contact). Touching can be OK and appropriate as long as it is neither intrusive nor disturbing or for the wrong reason.