



## **GENERAL PRACTICE GUIDELINES – PHYSICAL CONTACT**

Any necessary physical contact during athletics training sessions will respect and be sensitive to the needs and wishes of the child and will take place in a culture of dignity and respect.

Children are encouraged to speak out if they feel uncomfortable with what is happening.

### **Demonstrating a Technique**

In the first instance, techniques will be delivered by demonstration (either by the coach or an athlete who can display the technique safely).

If physical contact is deemed necessary, for example to provide support, this will be clearly explained to the child in advance and he/she will be given the chance to opt out.

Physical support will be provided openly, preferably in the presence of others, and will always be proportionate to the circumstances and the activity.

### **Supporting a Child with Personal Care**

Should a personal care plan be necessary for a child, prior to the implementation of this, guidance will be sought in advance from the club welfare officer. The welfare officer will work with the parents/carers and children to agree and develop the necessary routines for personal care so that parents/carers and children know what to expect.

Volunteers will not be asked to take on the responsibility for tasks for which they are not appropriately trained e.g. manual assistance for a child with a physical disability.

### **Administering First Aid**

Parents/carers must notify the club of any relevant medical information by completion of a Cumbernauld Athletics Club Membership Form (available from the club website). The club will ensure that the necessary personnel within the club, including coaches, are made aware of any pre-existing medical conditions, medicines being taken by participants, or existing injuries and treatment required.

When administering First Aid the child will be told what action is being taken and why.

Only those with a current, recognised First Aid qualification will treat injuries and parents/carers will be informed as soon as possible of any injury and action taken.

Treatment should be administered in an open environment wherever appropriate, avoiding private or unobserved situations. See the guidance on First Aid and the Treatment of Injuries for more detail.