



EVOLUTION TRIATHLON CLUB

Child Protection

A Guide to Child Protection

British Triathlon is committed to ensuring that all young people who participate in Triathlon and its associated disciplines have a safe and positive experience. This guide is intended for all people involved in Triathlon and its associated disciplines. It should be read by all coaches/instructors, volunteers, officials, parents and anyone involved in the sport. It will provide an overview of child welfare and protection, child abuse and how to act on any concerns you may have. It will also provide some good practice advice for all those involved with young people and Triathlon and its associated disciplines. British Triathlon believes that the welfare of young people is everyone's responsibility, particularly when it comes to protecting young people from abuse.

However, it is important to remember that it is not the responsibility of those working in Triathlon and its associated disciplines to determine if abuse has taken place, but it is their responsibility to act upon and report any concerns.

What is Child Abuse?

Abuse is a powerful and emotive term. Child abuse is a term used to describe ways in which children can be harmed by adults and other young people, and often by those they know and trust. The coach often holds this trust and may be at risk of misusing their power over a young person, quite unaware. Abuse can be any of the following:

Physical Abuse

When adults or other young people deliberately inflict injuries on a young person, or knowingly do not prevent such injuries. It includes being kicked, punched or hit. It also includes forcing a young person to train/compete beyond his/her capabilities.

Emotional Abuse

When adults persistently fail to show young people due care, love or affection, where a young person may be constantly shouted at, threatened or subjected to sarcasm and unrealistic pressures. It includes constant criticism, name-calling and ridiculing the young person.

Sexual Abuse

Where girls and boys are abused by both male and female adults, who use young people to meet their own sexual needs. This includes making sexually suggestive comments and touching in an inappropriate manner.

Neglect

Where adults fail to meet a young person's basic needs such as food, warmth, adequate clothing and medical attention. It includes exposing young people to undue cold, heat or unnecessary risk of injury.



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Bullying

Where another young person uses deliberate, aggressive, hurtful behaviour, usually over a period of time, where it is difficult for those being bullied to defend themselves. It can include hurtful text messages, violence, tormenting, name-calling and the spreading of rumours. Safeguarding the welfare of our young participants is paramount. Coaches and volunteers have a moral and at times legal responsibility to provide the highest possible standard of care to all young people involved in Triathlon and its associated disciplines.

Good Practice Guidelines

All those who work within the Triathlon and its associated disciplines environment should be encouraged to demonstrate exemplary behaviour at all times in order to protect children and themselves from allegations.

The following are common sense examples of how to create a positive culture and environment within Triathlon and its associated disciplines:

- Always be publicly open when working with young people
- Situations will occur when in order to keep the young person safe or to coach certain techniques, it will be necessary to make contact with the young person. Always inform the young person beforehand and ask if they have any objections
- If groups are to be supervised in changing rooms, always ensure that adults work in pairs, and that the gender is appropriate
- Where mixed teams compete away from home they should always be accompanied by at least one male and one female adult
- Coaches must place the well-being and safety of the participant above the development of performance

You Should:

- Avoid overtraining and over competing of participants
- Ensure development comes first, winning second
- Never allow injured participants to train or compete
- Ensure all equipment and facilities are safe and appropriate
- Never overtly criticise young people – their confidence is paramount



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You should never:

- Spend excessive amounts of time alone with young people away from others
- Take young people alone on car journeys, however short
- Take young people to your home
- Engage in inappropriate physical contact including horseplay
- Share a room with a young person
- Permit young people to use unacceptable or explicit language unchallenged
- Make sexually suggestive comments to a young person, even in fun
- Agree to meet a young person on your own, outside the context of the normal coaching or mentoring process
- Allow allegations made by a participant to go unchallenged, unrecorded or not acted upon

Remember you are a role model and mentor to young people

Safeguarding and Protecting Children

British Triathlon has produced **Safeguarding and Protecting Children – Child Protection Policy and Procedures** as part of its commitment to ensuring that the sport provides a safe, friendly and enjoyable experience for young people.

The **Safeguarding and Protecting Children – Child Protection Policy and Procedures** provides the sport with the tools to ensure that the whole sport takes up the challenge of continuously improving the participation conditions for young people.

Safeguarding and Protecting Children – Child Protection Policy and Procedures greatly enhances the value of existing activities and practices throughout British Triathlon's extensive Club network ensures that the many hundreds of coaches/instructors and volunteers integral to the sport are continually supported. The policy is backed up by a comprehensive structured implementation plan and a sensitive process to respond to concerns.

How will child protection affect me?

Child welfare and protection in Triathlon and its associated disciplines is mandatory to all. The **Safeguarding and Protecting Children – Child Protection Policy and Procedures** has been developed to provide a comprehensive and complete guide to all those who compete, coach, officiate, assist and volunteer in Triathlon and its associated disciplines.



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How does child protection affect my Club?

Abuse can occur anywhere there are young people of any age. Sadly, there are some people who will seek to be where young people are simply in order to abuse them; this includes the Triathlon Club. It is therefore imperative that each and every Club adopts and implements its own robust child protection policy.

What does my Club need to do?

Child welfare and protection will not be implemented overnight. It is a long-term process. It is the responsibility of the whole Club to implement the child protection policy and procedures.

Club Welfare Officers

- A Club must nominate a Club Welfare Officer who will advise and ensure that child welfare and protection is being adhered to in the Club.
- They will be the point of contact for all Child Protection concerns and queries.
- The Club Welfare Officer must be DBS checked.
- The Club Welfare Officer must attend relevant training to enable them to fulfil their role.

British Triathlon strongly recommends that all coaches, instructors, officials and volunteers involved with young people should read and have knowledge of the full *British Triathlon Safeguarding and Protecting Children Policy and Procedures* available from British Triathlon head office or as a download from www.britishtriathlon.org

Acting on Concerns

It is not your responsibility to determine if abuse has taken place, however, it is your responsibility to act upon and report any concerns.

If you have any concerns regarding a young person or if a young person informs you directly that he/she, or another young person, is concerned about someone's behaviour towards them you should:

- React immediately
- Remain calm, so not to frighten or deter the young person
- Tell the young person that he/she is not to blame and that he/she was right to tell
- Make a detailed note of your observations and/or what was said exactly
- Contact the Club Welfare Officer immediately, if they are unavailable or part of the concern contact the British Triathlon's Lead Child Protection Officer
- You can use the 24 hour free telephone helplines for advice

NSPCC 0800 800 500
Childline 0800 1111

www.evotri.co.uk

07780 994772

crew@evotri.co.uk



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Useful Contacts

British Triathlon Lead Child Protection Officer 07739 526 562

NSPCC 0800 800 500

Childline 0800 1111

Evolution Tristars Club Welfare Officer - Amanda Crawshaw on 07518 697348

Always remember, you are responsible for the welfare of young people in your care



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TRI-Safe - A Young Person's Guide to keeping safe and having fun

Triathlon should be fun, friendly, and enjoyable and you should always feel safe. You cannot do this if you feel unhappy, for example, if someone is bullying or abusing you.

Bullying and abuse, in any form, is unacceptable in our sport, whether the behaviour is by a child, young person or an adult. We make sure everyone involved in Triathlon knows and understands how important safety and enjoyment of our sport is.

What can you do to keep safe?

You can follow these points at all times to help you and others keep safe and have fun:

Follow these "Dos" and "Don'ts"

Do's	Don'ts
Listen and Co-operate	Don't shout or swear
Be dedicated and follow rules	Don't disrupt the group
Respect everyone's views	Don't talk to strangers
Be friendly and help others	Don't accept lifts from strangers
Tell your parents/carers where you're going, when you'll be home and if you're getting a lift, tell them who with	Don't leave the session without first informing the coach
Give parents/carers a number that you can be contacted on	Don't be a bully
Tell the coach where you're going and always inform them of any medical conditions or injuries	Don't boast
	Don't arrive late

- Avoid being alone or with just one other person. If possible keep in groups when training and competing.
- Always make sure an adult you know and trust knows where you are at all times.
- Travel with a friend; avoid travelling in someone else's car by yourself.
- Avoid going to other people's homes by yourself.
- Carry a mobile phone, phone card or some change.
- If something is wrong, you are worried or upset then you need to tell an adult you know and trust. You should tell them straight away!

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- If something is happening that spoils your fun or that hurts or frightens you, then this isn't your fault and there are things that can be done to stop it.

When do you know if something is wrong?

You know something is wrong if someone:

- Constantly teases you, shouts at you or calls you names.
- Threatens you.
- Uses violence and hurts you in any way.
- Makes you feel uncomfortable by touching you.
- Makes suggestive remarks or pressures you to do something you don't want to.
- Damages or steals your belongings.
- Is always unkind and makes fun of you or 'leaves you out' of games or activities.
- Does anything that makes you feel lonely, upset, worried, unsafe, or embarrassed.

If any of these things are happening to you then you need to tell an adult you know and trust; you should tell them straight away! Don't wait for it to happen again. It is not your fault, there are people who you can talk to and they will help. British Triathlon want to make sure you are having fun and being the best you can; that means not being upset or hurt by anyone.

What to do:

If you are being bullied, abused or if someone tries to make you do things you don't like, it is not your fault. If any of these things are happening there are some things you can do:

- Tell an adult you know and trust as soon as possible; they can help you.
- Be firm and tell the person to stop.
- Say "No" in a very loud voice.
- Make a lot of noise to attract attention.
- Get away from the situation quickly.
- Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened.
- You need to tell an adult you know and trust; you should tell them straight away! If your club has a Club Welfare Officer you can talk to them or any adult you know and trust. They will listen and can help work out what to do.



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British Triathlon knows and understands how important it is to make sure you are safe and enjoy our sport. If you need to talk to someone, you can contact the Evolution Tristars Child Welfare Officer on 07518 697348.

There are other places where people will listen and you can get help if you need it.

You can use these 24 hour free telephone helplines:

Childline 0800 1111
NSPCC 0808 800 5000