

CHINNOR Rugby Football Club in Thame



Safeguarding Guidelines for Coaches

It is essential that rugby coaches adopt good practice when dealing with children and ensure that their safety is paramount, especially with the recent spate of disclosures of abuse by coaches on young people in various sports.

Coaches must ensure the activities they direct are appropriate for the age, maturity, experience and ability of the individual.

Coaches must adhere to RFU coaching guidelines outlined on RFU website

<http://www.englandrugby.com/my-rugby/coaches/>

They must also be aware of Regulations 15 and 21.

http://www.englandrugby.com/mm/Document/Governance/Regulations/01/30/34/88/RFU_Regulation_15_Neutral.pdf

http://www.englandrugby.com/mm/Document/Governance/Regulations/01/30/35/32/RFU_Regulation_21_Neutral.pdf

All members of Chinnor RFC who have a regular supervisory contact with children must undertake an RFU Disclosure and Barring Service (DBS) check. This must be renewed every 3 years and includes 16 and 17 year old coaching assistants.

All coaches must be familiar with the CRFC Safeguarding Policy.

In Rugby Union, coaches of young players must:

George Zychowicz, Safeguarding Officer

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- Ensure all youngsters are coached in a safe environment, with adequate first aid readily to hand.
- Never allow a player to train or play when injured.
- Ensure good supervision of young players, both on and off the field.
- Recognise that young players should never be exposed to extremes of heat, cold or unacceptable risk of injury. This includes ensuring that all drills are age appropriate.
- Ensure separate changing rooms and showers are used by young players and coaches.
- Not enter changing rooms where players are changing unless absolutely necessary and if required, two coaches, both with a current DBS and both of the same sex as the young players. Adults must only enter the changing area alone in an emergency and if waiting for another adult could result in harm to a child.
- Not allow drinking games (using soft drinks or alcohol) with youth players either on tour or after matches.

Concussion

Coaches should be able to recognize suspected concussion and are in the best position to remove the player from play.

- Concussion is a temporary impairment of the brain's function and can be caused by any blow to the head, face or neck, or a blow to the body, which causes a sudden jarring of the head.
- If you think that someone is concussed, or if there is any possibility of concussion, the first thing you must do is remove them from play.
- Signs of concussion can include reduced performance, poor balance and poor concentration.
- Signs that may indicate a more serious injury are increasing confusion, restlessness or agitation.
- Following concussion, a medical professional must make the decision that a player is fit to return to play – NOT a parent, coach or first aider.
- Further and valuable information about concussion can be found here....

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

Abuse

There are four categories of child abuse:

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1. Neglect – the persistent failure to meet a child’s essential needs.
2. Physical Abuse – occurs when individuals inflict injuries on a child.
3. Sexual Abuse – this may include grooming a child in preparation for abuse.
4. Emotional Abuse – when a child is shouted at, threatened or taunted or subject to sarcasm and unrealistic pressures.

Coaches must be able to recognize the signs and indicators of abuse. One of these signs on its own is very unlikely to be an indicator of abuse. However, cumulatively they should be taken seriously and any concerns must be reported to Mandy Spencer, Club Safeguarding Officer.

- Begin to be disruptive during sessions.
- Become withdrawn, anxious or lacking in confidence.
- Have possessions going missing.
- Become aggressive or unreasonable.
- Start stammering or stop communicating.
- Have unexplained cuts and bruises.
- Start bullying other children.
- Are frequently dirty, hungry or inadequately dressed.
- Display sexual behavior inappropriate for their age.
- Are frightened to say what is wrong.

Although the CRFC policy is that by joining, parents/guardians consent to photos to being used for club programmes and publicity, there is evidence that certain individuals are known to visit sporting events/activities to take inappropriate photographs or video footage of children. All coaches should be vigilant about this possibility.

If you witness or are aware of any incident where the welfare of a child has been put at risk please in the first instance inform the Club Safeguarding Officer, Mandy Spencer.

All tours undertaken by Chinnor RFC must comply with the CRFC Regulations and Guidance relating to tours. All tours must be notified to the RFU in advance. Tour organisers should contact the Club Safeguarding Officer in the first instance.

All coaches should read this document every season and sign to say they have done so. Please contact Mandy Spencer, details below, to ensure you have signed the required paperwork.

George Zychowicz	Safeguarding Officer and Youth Secretary	safeguarding@chinnor-rfc.com	07535 628 089
Richard Hinde-Smith	Mini Chairman U6-U13	minichairman@chinnor-rfc.com	07767 821 300
Chris Horne	Junior Chairman U14-U16	juniorchairman@chinnor-rfc.com	07954 834 818
Pete Conway	Club Secretary	chairman@chinnor-rfc.com	07763 943 669

These guidelines will be reviewed a year after development and then every three years, or in the following circumstances:

- As required by RFU guidelines.
- As a result of any significant change or event.