

St Michael's Rowing Club

Child Safeguarding Statement



A junior member or child is defined as less than 18 years of age.

The club will abide by all child safeguarding legislation, and guidelines issued by Rowing Ireland.

At the first General Committee meeting following the AGM, the General Committee shall appoint a Child Protection Officer (CPO) for the coming year. Each quarter, the CPO will report on all children's issues, concerns and initiatives.

The CPO's name and their role should be clearly indicated on the Club notice board. The CPO will be responsible for ensuring all coaches of junior members have been vetted under the Garda Síochána vetting procedure and maintains a record of same. The CPO is also responsible for keeping records of coaches who have completed approved Child Protection courses.

All coaches and adults involved in training juniors on land and water must have completed a child protection course provided by the local authority sports partnership. In Limerick, these can be found on the [Limerick Sports Partnership](#) website.

In order to promote child safety, sports leaders and coaches should:

- Be positive. Praise and encourage effort as well as results.
- Put the welfare of young people first. Strike a balance between their physical, mental and emotional welfare and winning. *(Note from Donal, I find the two sentences a bit contradictory, though I get what the intent is. I'll see if I can come up with a better for of words.)*
- Encourage fair play and treat participants fairly.
- Have fair expectations of all participants.
- Have the relevant knowledge and experience to work with young people.
- Understand and appreciate the developmental needs of young people.

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- Educate and inform those in their care about appropriate nutrition and hydration and actively discourage the use of banned substances taken to artificially enhance performance.
- Ensure the avoidance of bullying in the group. Bullying can be subtle and also performed through social media. This underlines the need for regular vigilance and encouragement to report bullying. (*Routine mentions encouraging reports*).
- This can be reported to the Child Protection Officer, the Designated Liaison Person, or the Deputy Designated Liaison Person (CPO, DLP, DDLP)
- Obtain written permission of parents for all overnight trips and provide parents with sufficient information regarding travel arrangements and times.
- Ensure that all medical information is gathered before traveling and that an appropriate risk assessment is carried out prior to traveling.
- Suitable accommodation arrangements should be planned. Adults must not share rooms with children who are not their own. Where children are sharing rooms they should be of similar age and same gender.

Where possible for their own safety, (*for children's safety*), leaders and coaches should:

- Not spend excessive or unnecessary time with children away from other adults.
- Not take sessions with individual children.
- Not take a child on journeys alone in their car.

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- Not consume alcohol or take mind altering or illegal substances before coaching, during events and on trips to and from events with young people.
- Not use any form of corporal punishment on a child.
- Not take children to their own home.
- Not exert undue influence over a child for personal benefit.
- Not personally engage in rough physical games, touching or making sexually suggestive comments or jokes.
- Not take measurements or engage in types (?) of fitness training without the presence of another adult.

When dealing with Junior members, leaders, coaches and adult members should apply the following practices:

- One on one coaching situations are to be avoided except in exceptional circumstances. In such cases and where there is a requirement for a continuing arrangement, the president of the club shall be informed and parental consent obtained. *The time and location of these sessions should be made known to parents guardian and a club officer. The venue must be easily accessible to parent guardian and club officer throughout session.*
- Avoid taking the contact details (phone, email, social media, etc.) of the child and instead communicate arrangements through a parent or guardian unless they provide their written consent to do otherwise.
- Group texts informing squads of training times and general club-related information are considered acceptable.
- Use of individual text is to be avoided and in any event should only be used to communicate club matters.
- Use the club webpage, social media and Ludum for general notices whenever possible.

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- Where practicable two adults should be on the premises during land training sessions. Where impractical adhere to recommendations above.
- Arrive 5 minutes before and leave 5 minutes after the last child has departed safely from a session to fully supervise the junior members period in the rowing club.
- Keep all training area doors unlocked and provide for immediate exit in case of emergency.
- In mixed adult and junior training sessions, adults should be made aware of who are the junior members and will be expected to follow child protection policies. The responsibility for doing so rests with the individual coaches.
- On overnight trips involving juniors, one adult in the traveling party shall remain alcohol and substance free and be designated as Head Supervisor each evening.
- He/ she/ they will be responsible for the supervision arrangements for the juniors.