

J Star Safeguarding Policy

1. Child Protection

'EVERY CHILD MATTERS'

J Star Gymnastics is proud to be a successful, caring and child friendly club. All J Star coaches have the welfare and safety of the participants as their priority. We recognise that we have a moral and legal responsibility to protect participants from any form of abuse or danger. As a club we have adopted and abide by the British Gymnastics Child Protection Policy and Procedures.

Our child protection policy is based upon three fundamental principles:

- The participants' welfare and safety is of paramount importance.
- The rights and dignity of every participant must be respected.
- All participants have a right to be protected from abuse.

Our strategy for doing this is by:

- Adopting and implementing BG guidelines for the Protection of Children and Vulnerable Adults.
- Appointing suitably trained Welfare Officers to whom grievances or complaints can be made confidentially.
 - Ensuring that best practice guidelines are followed at all times.
- Ensuring that all staff are suitably trained in 'Safeguarding' and 'Health, Safety and Welfare' issues.
- Implementing appropriate screening procedures to confirm the suitability of coaches and officials working with children. This will include Criminal Record Bureau disclosure.
- Ensuring that grievances or complaints are dealt with promptly and in accordance with the published procedures.
- Ensuring that a minimum of two responsible adults are present at all training sessions or events.
- Ensuring that the participants and/or parents are aware of the purpose of videoing or filming during training or events.
- Having a zero tolerance level for poor practice, bullying and any potential form of abuse.

Welfare Officers

Rebecca Burnard - 07989670273

What to do if you have a concern:

If your concern is regarding your child's training or gymnastic progress it is best to speak to your child's coach or the club manager in the first instance. If you are not comfortable doing this you can, of course, speak to one of the welfare team and they will pass on your concerns.

If your concern is regarding a specific incident please make a note of the date and time it occurred and report it as soon as possible. Please also make a note of the key facts relating to the incident and speak to a member of the welfare team or the manager as soon as possible.

If you have a general concern please make a note of the main points of your concern and report them either to the welfare officer or to the manager.

If you are not sure about whether to report a concern or not we advise that you speak in confidence to one of our welfare officers as they will give you advice about what to do next. Please remember it is important that the club is aware of your concerns even if you are unsure about them.

NB All J Star helpers are bound by their code of conduct to treat all reports with the utmost discretion and confidentiality.

Ways of making contact:

- You can raise your concerns in person by arranging a meeting
 - You can phone if you are not comfortable discussing the issue in person.
 - You can write a letter highlighting your concerns either to the club manager or one of the welfare officers.
- If you so wish you can send a letter anonymously highlighting your concerns however, please be aware that it is sometimes more difficult to address the problem if we cannot contact the person who has reported it.

Please remember that these guidelines are for children as well as parents. It doesn't matter who makes the report, or how old they are, everyone's concerns are equally important and will be taken seriously.

2. Coach's Agreement

J Star Gymnastics is fully committed to safeguarding and promoting the well-being of all its members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others.

All J Star Coaches have signed up to a detailed code of conduct as summarised below.

We agree to adhere to the following principles:

1. The well being and safety of participants is paramount.
2. We are fully aware of our responsibilities with regards to the duty of care 'owed' to gymnasts and will follow child protection guidelines and recommended good practice at all times.
3. We will respect the rights, dignity and individuality of all J Stars members.
4. We will aim to improve the gymnast's self-confidence by giving positive feedback and constructive criticism.
5. We will aim to encourage gymnasts to gain independence and self-discipline.
6. We will agree aims with the gymnasts and give competition dates at least on an annual basis.
7. We will do our best to encourage gymnasts to value their performances and not just their results.
8. We will do our best to establish an appropriate working relationship with the gymnasts in our care based on mutual trust and respect.
9. We will ensure all activities are appropriate to the age, ability and experience of the gymnast and that all participants are suitably prepared physically and psychologically.
10. We will ensure that best practice coaching guidelines are adhered to at all times.
11. We will obtain prior written consent from the parent/guardian of gymnasts before transporting them anywhere (training/competitions/camps etc).
12. We will show respect to parents/carers and do our best to provide information and answer questions (outside of training times).
13. We will ensure that gymnasts are safely dispersed at the end of their session.

When attending competitions, events or squad training:

1. We will participate within the rules and respect other coaches, judges, officials and their decisions.
2. We will not do anything that will bring the name of J Stars Club into disrepute.

3. Gymnast's Agreement

J Stars Gymnastics is fully committed to safeguarding and promoting the well being of all its members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others.

As a member of J Stars Gymnastics I agree to abide by the following club rules:

1. I will be committed to my training programme and listen to my coaches and treat them with respect.
2. I will show respect for all other club members/officials.
3. I will keep to agreed timings for training and competitions or inform my coach if I am going to be late or absent.
4. I will wear suitable clothing for training and events as agreed with my coach. I will keep long hair tied back and remove all jewellery before the beginning of a session.
5. I will treat the facility and all of its equipment with respect.
6. I will inform my coach of any injuries or illness that I may have before the warm-up begins.
7. I will not eat or chew gum during a session.
8. I will not use inappropriate language.
9. I will remain with my coach(es) at the end of a session until I am collected by my parent or guardian.

When attending competitions, events or squad training:

1. I will participate within the rules and respect other gymnasts, coaches, judges, officials and their decisions.
2. I will not do anything that will bring the name of J Stars Gym Club into disrepute.

4. Parent's Agreement

J Stars Gymnastics is fully committed to safeguarding and promoting the well being of all its members. The club believes it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others.

I/we agree to support my/our child's involvement in J Stars Gymnastics and will abide by the following rules and principles:

1. I will pay all fees and associated costs promptly.
2. I will do my best to ensure that my child adheres to the gymnast's agreement and is committed to their training programme.
3. I will do my best to ensure that my child keeps to agreed times for training and competitions and will ensure that their coach is informed if they are going to be late or absent.
4. I will ensure that my child's coach is informed (in advance) of holidays or other commitments that may affect their training programme.
5. I will ensure that they inform their coach of any injuries or illness before the start of the session.
6. I will ensure that they wear suitable clothing for training, remove all jewellery and if necessary have hair tied back securely.
7. I will respect my child's coach, all J Stars Gymnastics coaches/officials and other J Stars Gymnastics Club members.
8. I will treat the facility with care and respect.
9. I will help my child to recognise the value of good performance and not judge her/his achievements by results alone.
10. I will not criticise J Stars Club coaches / officials in public and if I have worries or concerns I will speak to my child's coach or the welfare officer.
11. I will refrain from entering the gym during the training session unless absolutely necessary.
12. I will collect my child promptly at the end of their training session.

When attending competitions, events or squad training:

1. I will respect the decisions of officials and judges.
2. I will not do anything that will bring the name of J Star Gymnastics into disrepute