



Child Safe Standards

GUIDELINES FOR PHYSICAL CONTACT WHEN WORKING WITH CHILDREN

Date created:	1 June 2023
Audience:	All Members of Twin City Calisthenics
Version:	2023 V1
Purpose of Document:	To guide all persons working with Children or Young People in Twin City Calisthenics as to necessary, appropriate and inappropriate physical contact with children
Actions:	<ul style="list-style-type: none">• All members of Twin City Calisthenics have access to this guide• All members acknowledge they have read and understand this guide
Review:	AS required
Contact:	Twin City Calisthenics admin@twincitycalisthenics.com
Contents:	Document(s) Guidelines for Physical Contact when Working with Children in Sport
Other relevant resources	https://calisthenics.asn.au/ https://www.twincitycalisthenics.com/ <ul style="list-style-type: none">• TCC Child Safe Policy• TCC Child Safe Code of Conduct• TCC Child Safe Guide for Parents & Guardians• TCC Child Safe Guide for Teens• TCC eSafety Guide• TCC Child Safe Recruitment• TCC Guidelines for Physical Contact• TCC Image Use Consent Form• TCC Guide to Responding to and Reporting Child Safe Concerns



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Your contact if you have concerns: Admin@twincitycalisthenics.com



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GUIDELINES FOR PHYSICAL CONTACT WHEN WORKING WITH CHILDREN

There will be times when physical contact with children is necessary. Such contact should always be made in an appropriate manner. It is important to ensure that organisational policies and practices are clearly understood and followed to create a child safe environment at your organisation. This includes outlining acceptable physical contact situations and practices, as well as strategies and techniques to limit unnecessary or inappropriate physical contact.

What physical contact is appropriate?

Creating a child safe environment does not mean ceasing all physical contact with children. However, strategies should be put in place to ensure that all physical contact that occurs is appropriate, related to the sport and only occurs when necessary. The requirements of sports can vary significantly and contact which is appropriate in one sport may not be appropriate for another. However, it is widely recognised that in some situations appropriate physical contact is required to support an athlete or participant. These include:

- To provide guidance to develop a particular skill;
- To prevent an injury;
- To administer first aid or attending to an injured or unwell child;
- Assisting a child with a disability; or
- Comforting a child if they are in distress.

Communication of policies and codes of conduct are key tools to aid the development of a child safe culture. Twin City Calisthenics has identified the situations that may require appropriate physical contact and ensures that coaches and other members of our club receive adequate training.

Policies, procedures and role descriptions are updated accordingly to ensure that everyone is aware of their responsibilities in relation to physical contact with children.

When physical contact is appropriate and required – it should NOT be 1:1:

If physical contact is appropriate and required in a particular situation, wherever possible, that physical contact should occur:

1. in view of the public;
- 2 in an open space; and
- 3 in clear sight of other adults.

For clarity, avoid all situations where one adult and one child are left alone together.

How should appropriate and required physical contact be undertaken?

1. Always seek permission from the child to touch them prior to any contact occurring. For example, “Can I move your forearm to adjust your technique?”



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2. Be aware of and respect signs indicating the child is uncomfortable with physical contact. This may include limited eye contact or a step away from you.
3. Use words to accompany physical contact, explaining what you are doing and why.
4. Have a polite and respectful conversation with parents/guardians and children (especially teenagers) to ensure you are aware of any sensitivities specific to:
 - Children from diverse cultures; or
 - Children with a disability or medical condition.
5. If congratulating children, use non-intrusive contact such as a brief pat on the upper arm, upper back, high-five or hand shake.
6. Provide skill-teaching support to acceptable body regions such as the shoulders or upper back, providing it is in context for the sport and necessary for the skill or technique being demonstrated.
7. Massage and first aid services should only be provided by qualified personnel and:
 - a. in the case of first aid, only when necessary to treat illness or injury or during a life-threatening situation; and
 - b. in the case of massage, only when the masseur is formally engaged by your organisation or a child's parent(s)/guardian(s) for that specific service to be provided.
8. Physical restraint and intervention should only occur if there is a serious and imminent risk to an individual's safety. This may include reaching out to grab a child by the arm to move them away from a dangerous situation or holding a child so they don't fall to the floor and injure themselves.
9. If it is necessary to comfort a child in distress, do so in the presence of at least one other adult and in view of others. Club Child Safety Officer – Kate Williams (admin@twincitycalisthenics.com) should be informed of situations in which children are or have been in distress and it should be logged with the club in an appropriate, secure place. Where there is concern for a child's welfare or wellbeing, always designate an appropriate person to notify the parent(s) or guardian(s) of the situation and ensure that the wellbeing of the distressed child is monitored to identify any patterns of behaviour that may be of concern.

What is inappropriate physical contact with children?

- Hugs, cuddles, tickling, initiating or permitting kissing exchanges or other intimate contact.
- Assisting children with uniform fit-out or changing of their clothes (unless you are a designated carer/helper of a child or young person or a person with a disability);
- Attending to injuries in isolated first-aid rooms without the presence of at least one other adult;
- Physical contact with private body parts; and
- Sitting a child on your knee.



PRACTICAL STRATEGIES FOR CREATING A CHILD SAFE CULTURE

The following practical strategies may be used to assist your organisation in developing a child safe environment.

1. Transport

The child safe standards do not seek to prevent shared transport, but to ensure that sporting organisations put practical strategies in place to provide a safe environment for children.

Refer to the Twin City Calisthenics Code of Conduct for guidelines on the transport of Children and Young People.

2. Social events

Sporting organisations have social events for all sorts of reasons and as such, should develop appropriate strategies to ensure the environment at social events is child safe. Through the nature of sport many long lasting friendships are made. Both situations often lead to people events outside of the environment of the sporting organisation. The child safe standards seek to ensure that reasonable and practical steps are put in place to maintain a child safe environment at all times.

Strategies for Twin City Calisthenics Social Events:

- Events arranged by Twin City Calisthenics will require 2 or more Twin City Calisthenics coaches, committee members or volunteers over the age of 18
- Parents will never be excluded from attending organised events
- Attendees at any Twin City Calisthenics arranged events will be required to abide by the Twin City Calisthenics Child Safe Code Of Conduct
- Twin City Calisthenics discourages being alone with a child outside club sport environments

3. Overnight or away trips

Overnight and away trips frequently happen within sport. For example, this may be necessary to attend a camp or competitions. It is important that we have rules for such situations and clearly outline expectations and acceptable behaviour.

Twin City Calisthenics will ensure that:

- Parents/carers are encouraged to attend overnight events with their children. Children under the age of 16 are required to attend overnight events in the care of the parent/carer or other responsible adult.
- Appropriate levels of supervision are adhered to at ALL times (i.e. ratio of children per adult).
- The gender mix of supervising adults is appropriate for the children participating.
- If staying overnight, practical options are explored so that adults and children do not sleep in the same room overnight
- At least one of the supervising adults should have a current first aid qualification.

4. Discipline:

From time-to-time there may be a child taking part in calisthenics who does not behave. Our coaches will set and communicate clear rules and expectations for everyone's behaviour will assist with the management of this, but not completely prevent it from happening.



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Refer to the Twin City Calisthenics Code of Conduct for guidelines on the Positive guidance and discipline of Children and Young People.

5. First Aid:

Injuries, while not pleasant and sometimes severe, can occur when children participate in sport. Twin City Calisthenics has first-aid policies and strategies in place and these are reviewed regularly.

All qualified coaches engaged by Twin City Calisthenics are required to maintain current first aid accreditation and supply copies of these to the club.

A fully stocked first aid kit is maintained at the studio and coaches all carry portable first aid kits to camps, competitions and events.

Any incidents or injuries will be reported and recorded and parents/carers will be informed immediately if deemed necessary or at the completion of the class/event.

6. Supporting Children with a Disability:

Most children with a disability will have a 'plan' for managing toileting and other personal care needs. It is not likely that this assistance will be required from Twin City Calisthenics coaches, however, should the situation arise it is important to manage this with consideration to the child's dignity and safety for the child and Twin City Calisthenics members.

If a member of Twin City Calisthenics requires assistance with personal care, a management plan will be required to be supplied to the club.

This document was developed utilising and adapting content from:

- *Play By The Rules (2016), Guidelines for Working With Children*
 - *Laura Johnston of People, Integrity and Culture Consulting (2020)*
 - *Government of South Australia, Department of Education and Children's Services (2011), Protective practices for staff in their interactions with children and young people : guidelines for staff working or volunteering in education and care settings*
 - *Network of Community Activities (2014), Appropriate Physical Contact in OOSH*
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