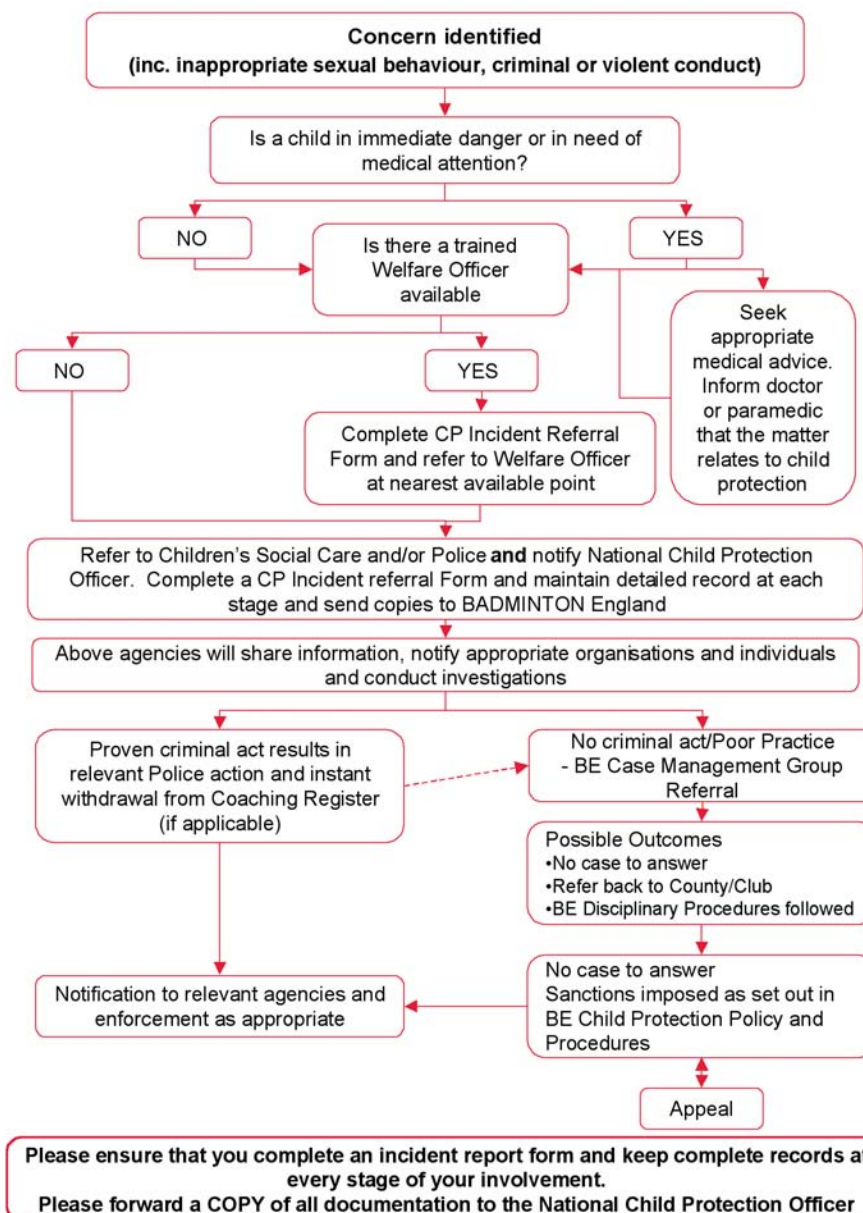


The following flow chart provides you with a simple guide to follow if you are concerned about the welfare of a child :



### Best Practice for People Working in Badminton

Coaches and volunteers are expected to provide 'Best Practice' for a child's involvement in sport (A number of these guidelines are applicable to parents/carers too).

#### 'Best Practice' means that you:

- Always put the welfare of each player first
- Treat all young / disabled persons equally, and with respect and dignity
- Build balanced relationships based on mutual trust which empower players to share in the decision-making process
- Work in an open environment
- Adhere to the club's Code of Conduct and Sports Equity Statement
- Do not subject players to bullying, humiliating comments or sarcasm
- Maintain appropriate boundaries to prevent intimate and sexual relationships developing with players / performers (avoiding horseplay, sexually suggestive comments and action)
- Make sport fun and enjoyable, and promote fair play
- Keep up to date with coaching / officiating knowledge, skills, qualifications and insurance
- Attend a recognised Child Protection workshop i.e. sports coach UK 'Safeguarding and Protecting Children'
- Get to know the players and involve their parents / carers wherever possible
- Behave as excellent role models – this includes not drinking alcohol or smoking in the company of young people
- Give enthusiastic and constructive feedback rather than negative criticism
- Recognise the development needs and capacity of the players (e.g. avoid excessive training and competition, not pushing them against their will),
- Should avoid private locations – taking children to their homes / sharing overnight rooms with young people
- Wherever possible, children should always be transported by a parent/carer. However, when this is not possible, parents should provide written consent for alternative travel arrangements. Always ensure that a child is never travelling alone with anybody other than their parent/carer.

#### Who to contact for further advice and help:

**National Child Protection Officer** – Katherine Taylor

Phone: **01908 268400** or Child Protection Mobile: **07809 495100**

email: [katherinetaylor@badmintonengland.co.uk](mailto:katherinetaylor@badmintonengland.co.uk) or [childprotection@badmintonengland.co.uk](mailto:childprotection@badmintonengland.co.uk)

**Child Protection in Sport Unit**

Phone: 0116 234 7278 / 7280 Web: [www.thecpsu.org.uk](http://www.thecpsu.org.uk)

**Childline:** 0800 1111

**NSPCC:** 0800 800 5000



## KEEPING KIDS SAFE A GUIDE TO CHILD PROTECTION IN SPORT

Sport can have a very powerful and positive influence on people – especially young people. Not only can it provide opportunities for enjoyment and achievement; it can also develop valuable qualities such as self-esteem, leadership and teamwork. These positive effects can only take place if sport is in the right hands – in the hands of those who place the welfare of all young people first and adopt practices that support, protect and empower them.

The reality is that abuse does take place in sport and in some cases coaches / helpers have been convicted. However, much positive work is in progress, including the guidelines in this leaflet, to ensure that a safer sport environment is created for all young people. These guidelines will help you to be aware of good practice that should be expected in relation to children's involvement in sport.

The guidelines are also relevant to carers and coaches of disabled adults involved in sport. Although all adults and children, regardless of impairment, may be vulnerable at certain times of their lives, disabled people are sometimes even more vulnerable and therefore their risk of abuse is higher.

### Who should be concerned about Child Protection?

Everyone has a moral and even legal responsibility to support and care for young people / disabled adults, not only while they are on the club premises but also if they suspect abuse is taking place elsewhere.

**Remember – It is not your responsibility to decide whether or not a child is being abused... but it is your responsibility to act if you have any concerns**

### What signs might register concern?

There are physical and behavioural signs that might raise concerns about the welfare or safety of young players. Some examples include:

- Unexplained bruising or injuries and reluctance to talk about them
- Unexplained changes in behaviour – becoming withdrawn, aggressive or unhappy
- Something said by a young player or peer
- A change observed over a long period of time (e.g. the player losing weight or becoming increasingly dirty or unkempt)
- Sexually explicit behaviour and language

These signs are indicators, not confirmation of abuse. However, if you notice any of these signs regularly, or more than one sign, you should record and report your concerns.

Abuse may result from various causes through the misuse of power by adults or peers:

- **Neglect** – when adults fail to meet a child's basic physical and/or psychological needs, likely to result in serious impairment of the child's health or development (e.g. lack of food, warmth, supervision, attention, love and affection). In sport, this may result from failure to ensure players are safe, free from risk of excessive cold, heat or injury.
- **Physical abuse** – when someone causes physical harm or injury to a child (e.g. hitting, shaking, squeezing, biting, burning). In sport this may result if the nature or intensity of training is inappropriate for the capacity of the player; or where drugs or alcohol (specifically with U18s) are advocated or tolerated.



- **Sexual abuse** – when adults or other young people (male and female) use children to meet their own sexual needs (e.g. any form of sexual behaviour between an adult and a young person, such as sexually explicit language, inappropriate touching or the use of pornographic material). In sport, this may involve someone using “coaching” as a method of masking inappropriate touching of children, or inappropriate relationships being formed between an authority figure e.g. coach and a young person.
- **Emotional abuse** – the emotional ill-treatment of a child resulting in severe and persistent adverse effects on his or her emotional development. It commonly occurs alongside other forms of abuse. In sport this may occur if players are subjected to constant criticism, bullying (by coach, parents or peers), taunting or unrealistic pressure to perform to high expectations.
- **Bullying** – deliberately hurtful behaviour, repeated over a period of time (e.g. name-calling, taunting, threats, being ignored). It can be verbal, written or physical and can be from adults or other young people.

### Acceptable practice, poor practice or abuse?

#### Is it OK to push young players so hard that they are physically sick?

This may be deemed acceptable if it occurs occasionally with elite performers. However, it may constitute poor practice, and even abuse, if it occurs frequently and/or is accompanied by distress.

In some cases it is hard to distinguish between poor coaching practice and abuse. It is a coach's responsibility to do everything within their power to ensure their coaching practice is beyond reproach.

### What do you do if a child is distressed by another person's behaviour?

If you are worried, remember it is not your responsibility to decide if abuse is taking place but it is your responsibility to act on your concerns and do something about it. If a child tells you about someone's behaviour (e.g. an adult or another young person) which he/she finds disturbing, always:

- Stay calm and reassure the child – ensure he/she is safe, feels safe and does not feel to blame for what has happened
- Listen carefully, show and tell the child that you are taking what is being said seriously
- Be honest, explain you will have to tell someone else to stop the behaviour that is distressing
- Make a note of what is said as soon as possible after the event (preferably completing the club's Incident Report Form)
- Maintain confidentiality – only share the information on a need-to-know basis, and if it will help the child
- Gain medical attention immediately if required and if appropriate contact the police or social services

### What do you do if you are concerned about someone's behaviour towards a child / children?

It is your responsibility to act if you are concerned about the behaviour of an adult towards a child, or if you feel a child or disabled adult is being bullied:

- Always follow the club's child protection procedures
- Report your concerns with full details to the Club / County Child Welfare / Child Protection Officer – it is then the responsibility of that person in charge to act
- If this person is not available, the concerns are about him/her, or you do not feel appropriate action has been taken; you must contact Children's Social Care or the police. Both organisations have specialist units trained to deal with these situations and their numbers are in the telephone book.

### Can you promise not to tell anyone?

If you suspect a child is being abused, you will have to report your concerns in order for the abuse to be investigated and stopped. Never make promises you cannot keep.

### Should I report my concerns straight away?

**YES**, if you are concerned about the welfare or safety of a child, you must report your concerns to the Club or County Child Welfare / Child Protection Officer or an expert. If you are unsure what to do or need reassurance, seek advice from the NSPCC (0800 800 5000), your Local Safeguarding Children Board, the police, or Children's Social Care.

The Club or County Child Welfare / Child Protection Officer will inform the BADMINTON England National Child Protection officer as appropriate. If there is not a club or county welfare officer available you should contact the National Child Protection Officer directly.

### It is never too late to ask for help

If you were abused in the past you can still seek help to deal with how you feel. There are many confidential helplines and organisations in the phone book. Please find the courage to call – especially if the perpetrator is still involved in sport and has access to other young and vulnerable people.

### Can physical contact ever be appropriate?

Some coaching techniques may require physical contact or support, however, the player's permission should always be sought first (e.g. “Would you mind if I take your arm and show you what I mean?”). If the player does not grant their permission, then no physical contact should be applied.

### Training

There is training available for those people who work with and have regular contact with children. We recommend that you should attend the sports coach UK ‘Safeguarding and Protecting Children’ workshop. This 3 hour workshop is widely available and covers the basics around how to keep young people safe as well as how to recognise the signs of abuse and also how to respond.

For more information about available courses please contact your Badminton Development Officer, County Sports Partnerships or take a look on [www.sportscoachuk.org](http://www.sportscoachuk.org)

**It is recommended that this course is attended every 3 years to ensure that you are up to date with any changes in legislation.**

