

# Safeguarding Guidance

## Appropriate Physical Contact



Guidance for clubs, centres and coaches to use when teaching and supervising children or adults at risk.

More advice is available [www.bhs.org.uk/safeguardingchildren](http://www.bhs.org.uk/safeguardingchildren)

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There is growing concern about what is and isn't permissible in terms of physical contact with Children and Adults at Risk in sport. Sometimes misleading or inaccurate information can undermine the confidence of instructors and coaches in their ability to use safe and appropriate coaching methods.

Sadly, there have also been instances in which adults who are motivated to harm and abuse, have done so by falsely claiming that their behaviour was part of legitimate teaching, coaching or caring practices.

### Guidance

There are a number of principles that should be followed when the activity involves physical contact.

Physical contact should be in response to the needs of the participant. A good general guideline to keep in mind is - **Don't do something that the participant can do for themselves.**

Physical contact during sport should always be intended to meet the participant's needs, **NOT** the coaches.

You should only use physical contact if your aim is to:-

- Assist when mounting or dismounting.
- Coach a participant to develop a sports skill or technique.
- Prevent an injury or accident from occurring.
- Treat an injury.
- Meet the requirements of the sport.

### You must:-

- Explain to the participant the nature and reason for any physical contact reinforcing the teaching or coaching.
- Unless the situation is an emergency, you should ask the participant for permission.
- Encourage the participant to voice their concerns if any physical contact makes them feel uncomfortable or threatened.

It's good practice to explain to participants and their parents about any physical contact that may occur as a part of them learning to ride or improving and furthering their skills through your coaching.

**REMEMBER** contact should **NOT** involve touching:

- Genital areas.
- Buttocks.
- Breasts.
- Any other part of the body that might cause distress or embarrassment.

If you need to use physical contact, this should only take place in an open or public environment and not in secret or out of the sight of others.

Physical contact should be kept to a minimum as there is a possibility that over handling could be misinterpreted or misconstrued by the participant, parent or observer.

#### **What can I do if a participant is distressed?**

There may be occasions where a distressed participant needs comfort and reassurance, which may include physical comforting, such as a parent would give and this would be wholly appropriate.

#### **What can I do if a participant I teach has done well?**

A participant or an instructor may want to mark a success or achievement with a physical gesture. You must use your discretion in such cases to ensure that what is normal and natural, and seen by others that way, does not become unnecessary or unjustified contact, particularly with the same participant over a period of time. A 'high five' to a participant who has just achieved a milestone in their learning is not unreasonable.

#### **Physical Punishment**

Any form of physical punishment is unlawful, as is any form of physical response to misbehaviour unless it is by way of restraint.

#### **What do I do if a concern or allegation is reported to me?**

Even the most experienced coach or instructor may feel a sense of anxiety when receiving information about an incident or allegation that has occurred or is being reported. Your Lead Welfare Officer is there to help. Most concerns arise from observations of adults rather than disclosures by children. Concerns can also be expressed about a person's family or someone else in their community who may not be involved in your particular equestrian activity. The BHS has produced guidance on how to report concerns or disclosures which is available on the BHS website using the link at the start of this document.

Remember it is NOT your responsibility to determine whether or not the abuse has taken place, it is your responsibility to record the details and to report it.

#### **What do I do if a child, young person or adult at risk is in immediate danger or needs medical attention?**

999 should be called. Serious concerns can be reported to Child Protection Units within local Police Forces, Social Care Services, Local Safeguarding Children's Boards or Local Safeguarding Adults Boards.

#### **Contacts**

Childline: 0800 1111

NSPCC: 0808 800 5000

*Produced with guidance documents from the Child Protection in Sport Unit.*