



# PHYSICAL CONTACT & FIRST AID

## CLUB POLICY DOCUMENT

### Physical contact between coaches and athletes

There are a range of situations where coaches may come into physical contact with their participants e.g. an athlete who is upset reaching out for comfort, congratulating an athlete who has done well etc.

The general guidance to follow is:

- All forms of physical contact should respect and be sensitive to the needs and wishes of the young person.
- Should take place within a culture of dignity and respect.
- Athletes should be encouraged to express their views on physical contact.
- Coaches should not initiate unnecessary physical contact with their participants.
- Physical contact should be in a reasonable, appropriate manner in an open environment.
- Be mindful that to comfort a young person who is upset, it is not always necessary or appropriate to place an arm around them. Sitting down and listening to them, and maybe holding their hand, can show concern for their situation.
- Sometimes athletes will initiate a hug or other forms of excited/happy contact with coaches and other adults, this is a normal form of human expression. It is important that adults respond to this in an appropriate manner, where they engage with the athlete in a positive way while not prolonging the contact or imitating it. Respond and then re-direct them into a more suitable coach/athlete form of positive expression such as a high 5 or dropping to one knee to speak to them at eye level.

### First Aid & the treatment of injuries

All staff/volunteers must ensure:

- Where practicable all parents of athletes under 18 should provide relevant permission and information before their child participates.
- There is an accessible and well-resourced first aid kit at the venue.
- Facility staff are alerted to the situation in the first instance to provide support or to deal in full with the situation.
- They are aware of any pre-existing medical conditions; medicines being taken by participants or existing injuries and treatment required.
- Only those with a current, recognised first aid qualification treat injuries. In more serious cases assistance should be obtained from a medically qualified professional as soon as possible.
- An Accident Report Form is completed and sent to Scottish Swimming if a child sustains a significant injury along with the details of any treatment given. Common sense should be applied when determining which injuries are significant.
- A child's parents are informed of any injury and action taken as soon as possible.
- The circumstances in which any accidents occur are reviewed to avoid future repetitions.