

## **Cornish Pilot Gig Association SPC Policy Guidelines G8**

### **Physical contact and young people in rowing**

Concerns have been expressed about what is and what is not acceptable regarding physical contact with children and vulnerable adults in rowing. Some misleading and inaccurate information has been promoted within the sports sector in general and this can undermine the confidence of coaches and others in applying safe and appropriate coaching methods.

In some sports, there have also been instances where some coaches and other adults who are motivated to harm and abuse children and young people have done so by falsely claiming that their behaviours were legitimate teaching, coaching or caring practices.

As a general principle, adults in positions of responsibility should not make gratuitous or unnecessary physical contact with children and young people. It is particularly unwise to attribute frequent touching to their teaching or coaching style or as a way of relating to young rowers.

It is good practice for rowing clubs, as part of an induction process or pack for new members, to explain to parents/carers and their child, or give written guidance, about any physical contact that will be required as part of activities they will be involved in.

#### **Contact as part of coaching**

There are a number of principles that should be followed when the activity involves physical contact. Physical contact during rowing should always be intended to meet the child's needs, not the adult's.

- The adult should only use physical contact if their aim is to:
  - develop skills or techniques
  - treat an injury
  - prevent an injury or accident from occurring
  - meet the requirements of the rowing.
- Some areas of training are more likely to require coaches or teachers to come into physical contact with children and young people from time to time in the course of their duties, for example:
  - land training in the gym,
  - showing a child how to use a piece of apparatus or equipment
  - demonstrating an exercise during a coaching or teaching session in order to reduce the risk of injury,
  - showing a new child how to put on their own life jacket.
- The adult should seek to explain the nature and reason for the physical contact to the child reinforcing the teaching or coaching skill. Unless the situation is an emergency, the adult should ask the child for permission.
- Adults should be aware of the limits within which such legitimate contact should properly take place, and of the possibility of such contact being misinterpreted or misconstrued by a child, parent or observer. Even where there is a need to support or touch a child, over-handling should be avoided. .

- Touching young participants, including well-intentioned informal and formal gestures such as putting a hand on the shoulder or arm, can, if repeated regularly, lead to the possibility of questions being raised.
- Contact should not involve touching genital areas, buttocks, breasts or any other part of the body that might cause a child distress or embarrassment. Physical contact should always take place in an open or public environment and not take place in secret or out of sight of others.

**Children should be encouraged to voice concerns if any physical contact makes them feel uncomfortable or threatened.**

The CPSU has stated that it is not aware of any sports bodies that have stated that any physical contact is not permissible under any circumstances within the context of coaching or teaching. For example:

- In the case of a young person with a disability, specific support or assistance may be required.
- When children with disabilities are lifted or manually supported, the individual child should be treated with dignity and respect. Relevant health and safety guidelines must be followed to ensure the safety of the child and those assisting. It is recommended that those assisting receive appropriate training.

### **Physical punishment**

Any form of physical punishment of children is unlawful, as is any form of physical response to misbehaviour unless it is by way of restraint. It is particularly important that adults understand this, both to protect their own position and the overall reputation of the club, event or organisation in which they are involved.

### **Other documents:**

Safeguarding and Protecting Children Guidance WG3.7 British Rowing & adapted from

Physical Contact and Young People in Sport (2005) CPSU