

Penguin Hockey Club Child Protection Policy

Statement

The Club adopts the following principles as recommended by the England Hockey Association:

- 1.) The child's welfare is paramount.
- 2.) All children, young persons and vulnerable adults whatever their age, culture, disability, gender, language, racial origin, religiosity belief or sexual identity have the right to protection from abuse.
- 3.) All suspicions and allegations of abuse must be taken seriously and responded to swiftly and appropriately.

Responsibilities

The Club

- 1.) To uphold the Club's Child Protection Policy.
- 2.) To appoint 2 Child Protection Officers (1 male, 1 female).
- 3.) To issue all Captains, Coaches and other Officials of the Club with a copy of the Child Protection Policy.
- 4.) To investigate, where necessary, any allegations of child abuse or poor practice, made against a member or official of the Club.
- 5.) To ensure that photographs of children in the club are not publicised anywhere without parental consent.

Club Members and Officials

- 1.) To uphold the Club's Child Protection Policy.
- 2.) To be vigilant for signs of child abuse or poor practice where children in the club are concerned.
- 3.) To report/discuss any concerns they may have immediately to the Child Protection Officer only.
- 4.) To adhere to the guidelines for good practice in the care of children as outlined in this policy.
- 5.) That no photographs of children are taken without permission from the child protection officer.

Child Protection Officers

- 1.) To co-ordinate Child Protection Action within the Club.
- 2.) To act as a consultant for members and parents to discuss concerns.
- 3.) To maintain a confidential reporting system.
- 4.) To ensure that locally established procedures are followed including reporting and referral processes.
- 5.) To consult with other agencies and make referrals as necessary.

Recognising Child Abuse

Recognising child abuse is not easy, and it is not your responsibility to decide whether or not child abuse has taken place or if a child is at significant risk. You do, however, have a responsibility to act if you have a concern.

The following information is not designed to turn you into an expert, but it will help you to be more alert to the signs of possible abuse.

1. Physical Abuse

Most children will collect cuts and bruises in their daily life. These are likely to be in places where there are bony parts of the body, like elbows, knees and shins.

Some children, however, will have bruising which can almost only have been caused non-accidentally. An important indicator of physical abuse is where bruises or injuries are unexplained or the explanation does not fit the injury, or when it appears on the parts of the body where accidental injuries are unlikely, e.g. on the cheeks or on the thighs. A delay in seeking medical treatment, when it is obviously necessary is also a cause for concern.

Bruising may be more or less noticeable on children with different skin tones or from different racial groups and specialist advice may need to be taken.

Any bruising, if noticed, including any sustained during a game or training session, must be recorded, by the captain or coach in a book provided by the child protection officer. These books must be brought to committee meetings for viewing by the child protection officer.

The Physical signs of abuse may include:

- Unexplained Bruising, marks or injuries on any part of the body
- Bruises which reflect hand marks or fingertips (from slapping or pinching)
- Cigarette Burns
- Bite Marks
- Broken Bones
- Scalds

Changes in behaviour which could also indicate physical abuse:

- Fear of parents being approached for an explanation
- Aggressive behaviour or severe temper outbursts
- Flinching when approached or touched
- Reluctance to get changed, for example wearing long sleeves in hot weather
- Depression
- Withdrawn behaviour
- Running away from home

Examples of physical abuse in sport could include when the nature and intensity of training and competition exceeds the capacity of the child's immature and growing body; where drugs are used to enhance performance or delay puberty.

2. Emotional Abuse

Emotional abuse can be difficult to measure, and often children who appear to be well cared for may be emotionally abused by being taunted, put down or belittled. They may receive little or no love, affection or attention from their parents or carers. Emotional abuse can also take the form of children not being allowed to play or mix with other children.

The physical signs of emotional abuse may include:

- A failure to thrive or grow, particularly if a child puts on weight in other circumstances, e.g. in hospital or away from the parents' care
- Sudden speech disorders
- Developmental delay, either in terms of physical or emotional progress
- Rapid formation of overly close relationships to adults/ persons in authority
- Emotional withdrawal

Changes of behaviour which can also indicate emotional abuse include:

- Neurotic behaviour, e.g. hair twisting, rocking
- Being unable to play
- Fear of making mistakes
- Self harm
- Fear of parent being approached regarding their behaviour

Examples of emotional abuse in sport could include constant criticism, name-calling, and sarcasm, bullying or unrealistic pressure to perform to high expectations consistently.

3. Sexual Abuse

Adults who use children to meet their own sexual needs both boys and girls of all ages, including infants and toddlers.

It should be noted that 90% of all sexual abuse is committed by strangers.

Usually, in cases of sexual abuse it is the child's behaviour, which may cause you to become concerned, although physical signs can also be present. In all cases, children who talk about sexual abuse do so because they want it to stop. It is important therefore, that they are listened to and taken seriously.

The physical signs of sexual abuse may include:

- Pain or itching in the genital/anal areas

- Bruising or bleeding near the genital/anal areas
- Sexually transmitted diseases
- Vaginal discharge or infection
- Stomach pains
- Discomfort when walking or sitting down
- Pregnancy

Changes in behaviour which can also indicate sexual abuse include:

- Sudden or unexpected changes in behaviour, e.g. becoming aggressive or withdrawn
- Fear with being left with a specific person or group of people
- Having nightmares
- Running away from home
- Sexual knowledge which is beyond their age or developmental level
- Sexual drawings or language
- Bedwetting
- Eating problems such as overeating or anorexia
- Self harm or mutilation, sometimes leading to suicide attempts
- Saying they have secrets they cannot tell anyone about
- Substance or drug abuse
- Suddenly having unexplained sources of money or expensive possessions e.g. mobile phone
- Not allowed to have friends (particularly in adolescence)
- Acting in a sexually explicit way towards adults

In sport, coaching techniques that involve physical contact with children could potentially create situations where sexual abuse may go unnoticed. The power of the coach over young performers, if misused, may also lead to abusive situations developing.

4. Neglect

Neglect can be a difficult form of abuse to recognise, yet have some of the most lasting and damaging effects on children.

The physical signs of neglect may include:

- Constant hunger, sometimes stealing food from other children
- Constantly dirty or 'smelly'
- Loss of weight, or being constantly underweight
- Inappropriate dress for the conditions
- Parents dropping off child late or failing to collect child at the end of a session or game

Changes in behaviour which may also indicate neglect may include:

- Complaining of being tired all the time

- Not requesting medical assistance and/or failing to attend appointments
- Having few friends
- Mentioning they are being left alone or unsupervised

Neglect in sport could include a teacher or coach not ensuring that children are safe, exposing them to undue cold or heat or to unnecessary risk or injury.

The above list is not meant to be definitive but as a guide to assist you. It is important to remember that many children and young people will exhibit some of these indicators at some time, and the presence of one or more should not be taken as proof that abuse is occurring.

There may well be other reasons for changes in behaviour, such as death or the birth of a new baby in their family, relationship problems with their parents/carers, etc.

Responding to poor practice and abuse

If a child says or indicates that he or she is being abused, or information is obtained that gives concern that a child is being abused or is at risk of being abused, or that poor practice involving a child has occurred, the Club Child Protection Officer receiving this information should:

- Take what the child says seriously
- React calmly so as not to frighten the child
- Tell the child that he/she is not to blame and were right to tell
- Reassure the child but do not make promises of confidentiality, which might not be feasible in the light of subsequent developments.
- Not question the child except to repeat what has been said
- Make a full record of what has been said, heard and/or seen as soon as possible.
- Report the incident to the required body*

Responding to suspicions or allegations

If anyone within the club has concerns that abuse or poor practice has occurred they should report this to the Club Child Protection Officer who should respond in the following way:

- Make a full record of what has occurred
- If necessary ask questions of those involved
- Report the incident to the required body*

*In the case of poor practice report initially to the Club Committee who will consider the allegation and, where necessary, alter existing practice to avoid the occurrence in the future including speaking to those concerned.

*In the case of suspected abuse report to the EH Welfare Officer who will advise the club and contact the police and social services. If unable to do so (out of hours) then contact police and social services directly.

Penguin Hockey Club Parental Consent Form

Name of Child:

Address:

.....

.....

Telephone Number:

Mobile:

Date of Birth:

Emergency Contact Name:

Telephone Number:

I agree to my son/daughter attending training sessions run by Penguin Hockey Club

I agree to my child playing for Penguin Hockey Club only in selected, specially organised games

I agree to my child playing for Penguin Hockey Club in any prearranged games, Mens/Ladies/Mixed (delete as applicable)

I will drop off/pick up my son/daughter at the Worthing Leisure Centre for each training session/game

I agree to my son/daughter being transported home, by a responsible adult, after games when necessary with prior agreement by myself

I understand that teas, after games, may be held in a licensed establishment and agree to my child having teas

Please indicate below any medical conditions/dietary problems which might be relevant when your child participates in club activities

.....

.....

.....

.....

I agree to these details being given to Club officials as appropriate

Signed:

Relationship to child:

Date:

Code of Good Practice in Penguin Hockey Club

Good practice is the responsibility of all members of the Club. Members are expected to follow the good practice code outlined below and to notify the Child Protection Officer of any breaches of the code they witness.

1. Members Should:

- 1.1 Provide an example of good conduct you wish others to follow
- 1.2 Respect a young person's right to personal privacy
- 1.3 Encourage young people and adults to feel comfortable and caring enough to point out attitudes or behaviour that they do not like
- 1.4 Remember that someone else might misinterpret your actions, no matter how well intentioned
- 1.5 Challenge unacceptable behaviour and report this and all allegations/suspicions of abuse
- 1.6 Always be publicly open when dealing with children. Avoid situations where you and individual children are completely unobserved
- 1.7 Take care when participating in games with young people
- 1.8 Treat all children and young people with respect

2. Members should not:

- 2.1 Engage in rough, physical or sexually provocative games, including horseplay
- 2.2 Share a room with a child or enter a room without someone else present
- 2.3 Allow or engage in any inappropriate touching
- 2.4 Allow children to use inappropriate language unchallenged
- 2.5 Make sexually suggestive comments to a child, even in fun
- 2.6 Do things of a personal nature for children that they can do for themselves
- 2.7 Invite or allow children to stay with you at your home unsupervised
- 2.8 Allow bullying or bad behaviour by children
- 2.9 Take children alone on car journeys, however short. If the case arises where these situations are unavoidable, they should occur only with the full knowledge and consent of the child's parents and club officials
- 2.10 Be alone in a changing room with children while they are changing or showering
- 2.11 Deal with children's injuries without having another adult present
- 2.12 Be alone with children in any situation
- 2.13 Allow yourself to be drawn into inappropriate attention-seeking behaviour
- 2.14 Make suggestive or derogatory remarks or gestures in front of children or young people
- 2.15 Take photographs or use camera phones in the changing rooms

3. Officials of the club should ensure that:

- 3.1 The facilities and surroundings, for games and training sessions are well maintained and are large enough to accommodate the number of players in attendance.

- 3.2 Floodlighting is adequate, when necessary
- 3.3 There are adequate changing and showering facilities
- 3.4 All children complete medical and dietary forms
- 3.5 Children do not take part in games or training sessions that are unsuitable for their age group
- 3.6 All children are made aware of the importance of proper procedures for the intake of liquid and food for the activity in which they are engaged
- 3.7 Parents are fully aware of the start and finish times for a session
- 3.8 All children wear appropriate kit (including goalkeepers) for the activity they are involved in
- 3.9 Only qualified and/or experienced coaches are used for training sessions and they should have adequate third party liability insurance cover
- 3.10 Contact and medical information should be available for any child involved in an adult team
- 3.11 Children are not allowed to take part in training sessions or games whilst injured if by doing so they could make an injury worse. Children should be advised to seek medical advice/help concerning injuries
- 3.12 Any photographs taken of children are not displayed in public places or in newspapers without parental consent