



## WITNEY AND DISTRICT SYNCHRONISED SWIMMING CLUB

### ADULTS AND JUNIORS TRAINING/COMPETING TOGETHER GOOD PRACTICE GUIDELINES

The ASA Wavepower 2012-2015 Child Safeguarding Policy and Procedures is for all ASA members to acknowledge and adhere to and for all those responsible for child safeguarding in clubs must be positive regarding safeguarding in practice and all training situations.

The ASA recognise that during Water Polo training and competition it is likely that children and adult players may take part in activities together and have developed specific guidance by Independent Child Protection Officer (ICPO), Legal Affairs Team and advisors with experience in Water Polo to assist in maintaining proper safeguards to all ASA members. It is also acknowledged that Water Polo is a contact sport and as such all risk cannot be removed in terms of physical contact or allegation. However, best practice can minimise risk and ensure the sport is safe for all. However currently there is no such documentation applying to Synchronised Swimming – Witney & District Synchronised Swimming Club have adapted the Water Polo guidelines where appropriate to promote best practice in their Club.

It has often been the practice for senior swimmers (Grade/Age) to teach/demonstrate to the junior swimmers. This is the common acceptance of the passing of knowledge and skills. It benefits the junior swimmer in that when competing in Teams with older/ higher graded swimmers their skills are greater due to the experience gained in training at a higher level. The training of adults and children in the same session can be seen as contrary to child safeguarding recommendations. It is therefore necessary to have good practice guidelines in place to both prevent and deal with any concerns that arise.

**For the purposes of this guidance junior swimmers are aged below 18 years of age and senior swimmers are aged 18 years and over.**

#### **Club Training Sessions**

1. All Teachers, Coaches, Referees and Chaperones should be CRB checked in line with the guidance provided in Wavepower 2012-2015.
2. The 'in water' senior swimmers having contact with junior swimmers should ALL be CRB checked if they are acting in a coaching capacity, as should all the Synchronised Swimming Coaches and Teachers. Advice on what constitutes a coaching capacity based on how often that role is fulfilled can be obtained from the ASA CRB section contained in Wavepower 2012-2015.
3. In all training sessions it would be desirable and best practice when juniors are training with seniors to have a 'chaperone' on the pool deck, whose only duty is to ensure the safety of the junior players i.e. an extra pair of eyes. This person or persons should not normally be the pool lifeguard or Coach who has other duties. They should not have any direct access to the young people unless they have been CRB checked and should report any issues of concern to the Coach. Smaller clubs should, as a minimum, have a lifeguard to fulfil this function.
4. The Coach is responsible to ensure all sessions are planned and well organised.
5. The session should be appropriate for the age and ability of all the participants.
6. All Coaches, junior and senior players must be made aware of and adhere at all times to the code of conduct in training.
7. In training sessions the Coach may add to or vary standard rules in a game for the purpose of training and to the benefit of all the persons in training and in meeting a Duty of Care at all times following best practice.
8. The Coach should make appropriate considerations when planning Club Squads routines especially in a 19 & Under Age Group Squad. The Coach will ensure appropriate contact between junior and senior swimmers given the nature of the necessary choreography ie lifts, throws etc.

A.J. Fuller June '12

*Vint Duff (Chair) 2nd June 2012*