

Ambleside Junior Fell Running Club Welfare Policy

It is the policy of Ambleside Junior Fell Running Club (AAC) to ensure that everyone who takes part in fell running events promoted by AAC should be able to participate safely, taking into account the inherent hazards of the fell running environment, and be protected from neglect, physical, sexual and emotional abuse. This Welfare Policy explicitly focuses on children and young people, but the principles and codes of conduct apply to everyone.

PRINCIPLES

The key principles of this policy are as follows;

1. All fell runners, whatever their age, culture, ability, gender, language, racial origin, religious belief or sexual identity have the right to protection from abuse.
2. Anyone under the age of 18 years is considered as a child for the purposes of the policy. They will be referred to as a child from the perspective of parents and child protection, and as a junior from the perspective of fell running.
3. In all activities and decisions involving juniors, the junior's welfare is paramount.
4. Adults working with juniors should be aware of and always adhere to good practice.
6. Working in partnership with juniors and their parents/carers is essential for the protection of the juniors.
7. All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
8. Adults working with juniors will be protected from wrongful allegations.

Role of AAC Welfare Officer;

- To support the club to adhere to codes of conduct and good practice.
- To ensure that all coaches have completed a Disclosure and Barring Service check (DBS)
- To respond to suspected breaches of the Welfare Policy and, to advise and support club coaches on how to respond appropriately in accordance with the Procedures.
- Report any concerns about child abuse to 'Cumbria Safeguarding Hub' on 0333 240 1727 or the police immediately.
- To report any concerns about child abuse to both the UKA Welfare Officer and the EA Welfare Officer and inform them what action has been taken.
- To have attended appropriate Safeguarding and Protecting Children Training.

Codes of Conduct

The Codes of Conduct describe good ethical conduct and practice for all involved in the sport of running.

Club coaches should;

- Place the welfare and safety of runners before the development of performance.
- Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the runner.
- Respect the right of young runners to an independent life outside running
- Implement recommendations and follow guidelines of UKA and EA.
- Take action to amend bad practice
- Respond to any indication of abuse and maintain confidentiality of any junior or adult involved. An incident report form is attached and should be returned to The Welfare Officer (Paula Bowen)
- Encourage and guide runners to accept and take responsibility for their own behaviour and performance.
- Make sure you are appropriately qualified for activities that you coach and update your licence and education as and when required by UK Athletics.
- With junior groups ensure that a minimum 1:12 ratio is adhered to at all times.
- Clarify with runners (and where appropriate their parents or carers) exactly what is expected of them and what they are entitled to expect from you.
- Co-operate fully with other colleagues (e.g. coaches, officials, team managers, sport scientists, doctors, physiotherapists, governing body staff) in the best interests of the runner
- Develop appropriate working relationships with runners (especially under 18s), based on mutual trust and respect
- Avoid all behaviours that provide a bad example to others (e.g. abusive language, bullying, and harassment, physical or sexual abuse)
- Challenge inappropriate behaviour or language by others.
- Avoid spending time alone with a junior unless clearly in view of others.
- Never engage in physically or sexually provocative games, including horseplay.
- Report any accidental injury, distress or misunderstanding or misinterpretation (including if a junior appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Welfare Officer (Paula Bowen) as soon as possible and parents/carers notified.

Junior Runners should;

- Treat others with the same respect and fairness that you wish to receive.
- Uphold the same values away from running as you do when engaged in running.
- Thank those who help you to participate in running.
- Respect diversity amongst fellow runners.
- Notify a responsible adult if you have to go somewhere whilst at training or racing.
- Not respond if someone seeks private information, unrelated to running e.g. home life.
- Avoid destructive behaviour and leave fell running areas as you find them.
- Never engage in illegal or irresponsible behaviour.
- Tell parents, carers or the Club Welfare Officer immediately if anything makes you concerned or uncomfortable or if you suspect a club mate has suffered from misconduct by someone else.

Parent/carers should:

- Check out the people who are coaching or managing your child
- Take an active interest in your child's participation whilst not placing undue pressure on them to perform, participate or compete
- Attend training and races whenever possible
- Return a Parental Consent Form to the Junior Coordinator (Niki Rylance), providing contact details, and relevant medical information.
- Inform your child's coach of any illness or disability that needs to be taken into consideration for running.
- Provide any necessary medication that your child needs for the duration of any trips or training sessions.
- Report any concerns you have about your child's welfare/treatment to Club Welfare Officer (Paula Bowen)

Policy on photographs and social media

Many fell races occur on open access land where restriction of photography and video taking is impossible to enforce, therefore there is a possibility that people will take photographs of runners competing in fell races and these could be published online. However, it is good practice that no junior runner is directly identified by their name and that no photographs should be taken that are liable to cause offence to the junior athlete. If any parent of junior runners from Ambleside AC has concerns over their child being photographed or regarding photographs already published online, then they should contact the welfare officer (Paula Bowen). Parents give their consent for photographs of their children to be published on Ambleside AC website when completing the Parental Consent Form. This consent can be amended at any point by informing Niki Rylance or Paula Bowen.

References:

UK Athletics - Safeguarding and Protecting Children and Vulnerable Adults. Policy and Procedures Document. January 2010. This document states the welfare policy of UKA.
www.ukathletics.org.uk
England Athletics Club Welcome Pack Template. This document provides codes of conduct for athletes and all groups supporting athletes and running athletics.
www.englandathletics.org

FELL RUNNERS ASSOCIATION LTD INCIDENT REPORT FORM

	Person reporting the incident	Person recording the incident
Name		
Role in Fell Running		
Address and telephone number		

Location of incident (if relevant)	Date of incident
Name of any individual(s) who dealt with the incident at the time	
Nature of incident and any details relevant to it	
Signed (Person reporting the incident)	Signed (Welfare Officer or equivalent)
Date:	Name:

Action taken as a result of the incident	
Signed (Welfare Officer)	Date:

