

Safeguarding for Coaches- digital training guidance

Safeguarding

The usual BD safeguarding practices should be upheld at all times when coaching, however extra consideration should be given to measures for safeguarding when delivering online. Coaches must consider the challenges associated with the current social distancing measures, limits on numbers meeting in one place and also any online coaching being delivered.

Communicating with Young People

While we appreciate coaches may wish to stay in contact with their clients, especially when it may not be possible to see them face to face, it is important that coaches do not deviate from good practice with regards to communicating with young people. Ensure that you:

- Book sessions with the parent or guardian.
- Do not exchange messages directly on social media or via messages.
- Do not engage in conversation with young people, if they make contact with you on a private messaging facility you should notify the parent.
- If you do need to communicate with a young person, perhaps as part of a follow up or progress check, using a group with the parent or guardian also included, to enable moderation, is a safer option.

Safeguarding when coaching face to face

Due to the restrictions on numbers gathering for exercise outside of social groupings, it may be tempting to coach young people on a 1:1 basis. If it is not possible to coach a young person in a face to face session without a parent or guardian present and be able to maintain guidance around social distancing, it is advisable not to continue with the session. It is important that you do not put yourself at risk by being alone with a young person without a parent or guardian present. In this situation you may wish to consider other methods of supporting the rider.

Safeguarding and Virtual Coaching

If you are considering running any form of online provision it is important that you do not step away from your safeguarding responsibilities.

Virtual Coaching

If you do want to use live streaming or something more interactive, you should seek consent from the parent. Sample consent forms are available on the safeguarding section of the BD website. You should consider carefully the environment you deliver the content in, both at your end and also the participant's. There should be nothing of personal effects on display or anything that could divulge your home location or address and equally the same for the participant. If you are delivering non ridden training, the session should be conducted in an open



environment (not a child's bedroom or secluded area) and the consenting adult should be present.

You may wish to record your sessions but you **must** ensure that you have the permission of all participants and that you have provided them with appropriate information and mechanism in place regarding storage, usage and retention.

Pre-recorded Sessions

In line with our safeguarding and social media policies, there should be no one-to-one private communication between coaches and children and young people. This is to protect everyone. Using pre-recorded material to deliver coaching to young people is a good way of keeping everyone safe.

If you do wish to use pre-recorded sessions or exercises for riders to try, it is important that you include safety notices around ensuring the rider carries out a risk assessment themselves, they are working within the current limits of their ability and fitness and that someone is on hand in the event of an accident or incident.

Photo and Video Consents

As with normal circumstances you should not take photos or videos, or share these images without consent from the parent or guardian. Should you wish to take footage for any reason you should gain consent using the forms available on the BD website however, it should be avoided where possible.

Safeguarding Concerns

If you do have any safeguarding concerns while carrying out training you should follow the usual processes as outlined in the BD safeguarding policies.

BD Safeguarding Policies and resources:

<https://www.britishdressage.co.uk/our-sport/british-dressage/safeguarding-equality/>