

# General Guidelines with Children

## Safety

- Refer to Galway Triathlon Club's safety statement, including specific and potential risks attached to triathlon, for further detail. In addition, 'Galway Triathlon Club will:
- Ensure activities are suitable for the age and stage of development of participants.
- Keep a record of any specific medical conditions of the participants.
- Keep a record of emergency contact numbers for parents/guardians.
- Ensure any necessary protective gear is used.
- Ensure a First Aid kit is close at hand with access to a qualified first aider.
- Know the contact numbers of emergency services.
- Keep first aid kit appropriately stocked.
- Ensure easy access to medical personnel if needed and have an emergency plan.
- If an incident occurs, make a brief record of the injury and action taken. Make a brief record of the problem/action/outcome. Contact the participant's parents. And keep them informed of all details.
- Expect officials (technical/organizer's, etc.) to ensure the conduct of the race.
- Expect participants to know and keep the etiquette guidelines of triathlon, keeping in mind that many rules are in place for the safety and enjoyment of
- the race.
- Check that Leaders hold appropriate qualifications required by the governing body.
- Ensure there is adequate insurance cover for all activities.
- Ensure parents / guardians are present at finishing time of sessions or events.

## Physical Contact

Triathlon, on occasion, requires a 'hands-on approach, especially in a teaching or coaching situation, e.g., it may be necessary to assist a young person with instruction on swim technique, but the following will be taken into consideration:

- Leaders will avoid unnecessary physical contact.
- Any necessary contact should be in response to the needs of the child and not the adult.
- It should be in an open environment with the permission and understanding of the participant.
- It should be determined by the age and developmental stage of the participant – A Leader won't do something that a child can do for themselves.
- Leaders should not engage in inappropriate touching.

## Late Collection

If a parent is late to collect a child, Galway Triathlon Club will contact the parent using the emergency contact number. If there is no answer, Galway Triathlon Club will ask the child if there is another family member to contact. The Leaders will wait with the young person at the club or venue, preferably with other staff or volunteers. The Leaders will remind parents of the policy in relation to good practice and supervision. The continual later collection will be dealt with under the parents' code of behaviour.