



Inappropriate Contact Our Duty of Care For Gymnastics Coaches & Education Designers



Preschool or young
participant / in a training
environment

Display type image

Elite competitive image

Duty of Care



Coaches have a legal responsibility to ensure children and vulnerable adults in their care are:

- **Protected against threat, harm or danger**
- **Treated fairly, with dignity & respect**

Duty of Care

Safeguarding & welfare

Professional boundaries & Standards of Conduct

Mental health & wellbeing

Health & safety

Positive relationships & environment

Equality & Inclusion

Confidentiality & Data Protection

Safeguarding & Welfare

- Recognising abuse & understanding accountability for reporting abuse is critical for coaches
- Physical, Sexual, Emotional, Neglect & Bullying



Recognising abuse: Neglect



- Neglect occurs when a coach fails to persistently meet a child's basic needs, which results in negative impact to the health and/or development.
- Neglect may involve failing to provide:
 - Adequate food, water, clothing & protection from other forms of abuse.
 - Adequate supervision
 - Access to appropriate medical care or treatment.



Recognising abuse: Bullying



- Bullying is deliberately hurtful behaviour, which is repeated over time.
- Bullying can be:
 - Verbal, written or physical
 - Happen inside and outside of the gym
 - Online & via social media (cyberbullying)
 - Children who are seen as 'different' can be at greater risk



Reporting abuse

- Coaches must understand how to report abuse
- If a coach sees or hears anything that falls into any category of abuse they have a duty to pass this information on
- Not the coaches job to 'decide' whether it is or is not abuse
 - There are trained individuals (Welfare Officers) to do this
- Campaign: See something, say something



Duty of Care

Safeguarding & welfare

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Safeguarding & Welfare certificate

Adults at risk

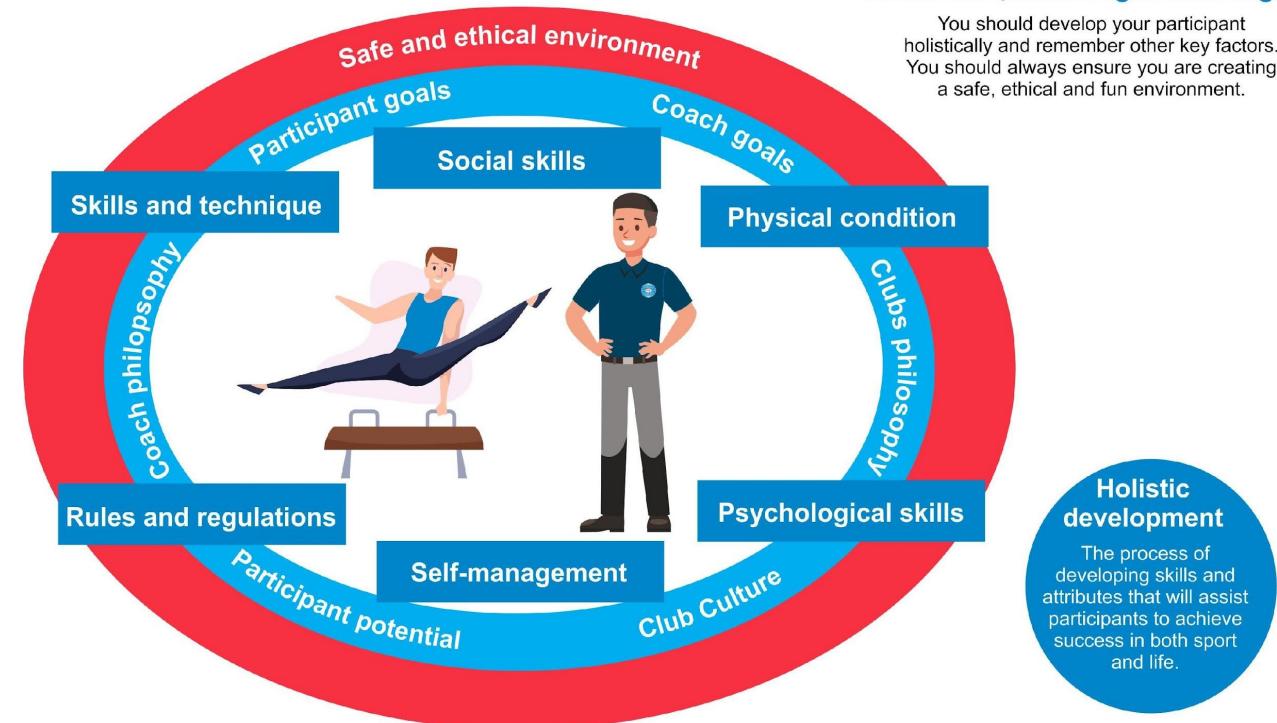
Positive Coaching

Effective
Communication

Best Practice:
Flexibility

Positive Coaching

- **Holistic Development** describes the development of the whole person
- **Coaching is challenging**
 - Different motivations & goals
- **You should never compromise ethics & safety in pursuit of a goal**



Positive Coaching Strategies

Know yourself

Reflection

Mentoring

Peer observation

Continued Professional
Development



How will 'knowing myself' help me be more positive ?

- To understand situations which might challenge, frustrate, or stress you.
- So you can be proactive on ensuring you remain positive by preparing and developing yourself.

About me...

- My motives for coaching
- My goals for my coaching
- Experiences that influence my decision-making and behaviour
- My beliefs about success and failure
- How I behave may be perceived in my coaching

Positive Coaching Strategies

Know your participant

Communication

Observation

Evaluate your
coach-participant
relationship



How will 'knowing my participant' help me be more positive ?

- To understand situations which might challenge, frustrate, or stress them which then challenge your coaching practices.
- To be proactive in ensuring you remain positive by preparing and developing yourself.

What should I know...

- Why they participate in gymnastics
- What they want to achieve in gymnastics and in their life
- Experiences that might influence how they react or behave in certain situations
- Their beliefs about success and failure

Take home messages

- **Duty of Care is a critical responsibility**
 - It should not be compromised in pursuit of a goal
- **Coaches must understand how to recognise & respond to concerns over abuse**
- **Various strategies you can use to help you stay positive**
- **Framework designers should create methods to embed duty of care into every course**



Thank you

If you want to read more about Positive Coaching or any of our resources then please visit....

- <https://www.british-gymnastics.org/courses/6351/positive-coaching>
- <https://www.british-gymnastics.org/courses>