

## Physical Contact

Any necessary physical contact during sport sessions should respect and be sensitive to the needs and wishes of the child and should take place in a culture of dignity and respect. Coaches need to encourage children to speak out if they feel uncomfortable.

## Demonstrating a Technique

In the first instance, techniques should be delivered by demonstration (either by the coach or an athlete who can display the technique safely).

If physical support is necessary, this should be clearly explained to the child in advance and they should be given the chance to opt out. Physical support should be provided openly and must always be proportionate to the circumstances.

## Supporting Child with Personal Care

If it is necessary to help a child with personal care e.g. toileting or changing, this should be agreed in advance with the child and parents/carers and guidance taken. Sports volunteers/staff should work with parents/carers and children to develop practiced routines for personal care, such as help with getting changed for younger children, so that parents/carers and children know what to expect. Helpers should not take on the responsibility for tasks for which they are not appropriately trained, e.g. manual assistance for a child with a physical disability.