

The following guidance is for Gravesham Life Saving Club, Trainers, Trainer Assessors (TAs) and others working for GLSC in any training capacity which brings them into contact with children/young people/Adults at Risk (Refer to the RLSS UK Safeguarding Policy pages 7 and 8 for definitions).

This document should be read conjunction with the RLSS UK Safeguarding Policy and the Gravesham Lifesaving Club own safeguarding policies and procedures.

All Gravesham Lifesaving Club Trainers, Trainer/Assessors (TAs) must also adhere to the RLSS UK safeguarding policies and IQL Principles of Good Practice when training or working with children/young people/adults.

**Principles of Good Practice when training children, young people and adults at risk in water-based activities (to include CPR and First Aid).**

1. Physical contact with children/young people/adults at risk must be in their best interests and must benefit the child/young person/adult at risk, not the adult in the position of responsibility
2. Adults should explain the reason for any physical contact e.g., to demonstrate a specific lifesaving or first aid technique
3. Except for emergency situations, adults must always ask permission before demonstrating techniques or activities which require physical contact
4. Children/young people/adults at risk must be advised of their rights and encouraged to voice any concerns they have
5. Children/young people/adults at risk must be advised of who they can contact if they are uncomfortable telling a trainer and wish to speak in confidence
6. Adults must not be left alone with children/young people/adults at risk without appropriate clearance to work with children (appropriate vetting check)
7. Physical contact must always take place in a public environment and not in private or unobserved situations/environments (e.g., no secrets)
8. On occasion children/young people/adults at risk may become upset. Adults must be aware that physical contact such as hugging or putting a hand on a shoulder to comfort them should be avoided or, where appropriate, ensure they may be seen by others and is normal and natural
9. All appropriate efforts should be made to work with parents/carers to ensure that bespoke plans are created to support a child/young person/adult at risk.
10. Where a child/young person/adult at risk has a disability/injury, personal care should be carried out by parents/carers or another appropriately trained individual.
11. Children/young people/adults at risk must at all times be treated with dignity and respect
12. Adults must ensure that they follow statutory health and safety guidelines at all times relevant to safeguarding children/young people/adults at risk and their environments
13. The use of mobile phones must be restricted during training and other activities where there is direct contact with children/young people to ensure the health safety and welfare is maintained. They should only be used in emergency situations, and not routinely with young people.

**Review arrangements**

We will review the policy annually and revise it as and when necessary, in response to customer and learner feedback, changes in our practices, actions from the regulatory authorities or external agencies or changes in legislation.

If you would like to feedback any views, please contact us via the details provided below.

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