

Please refer to the UKA welfare and safeguarding guidance documents for more detail:

<https://www.EnglandAthletics.org/welfare/safeguarding/>

https://www.uka.org.uk/governance/safeguarding_2021/

Expectations for coaches when working with young athletes and children

- Abide by the Club Contact of contact
- Be respectful of all athletes
- Place welfare and safety of the athlete above development and performance
- Be appropriately qualified, update coaching licenses when required
- Have a valid UKA DBS
- Ensure training is appropriate for the age and ability for the athletes
- Ensure expectations for athletes, parents, and other coaches are outlined before the session
- Promote positive behaviours and expectations
- Avoid spending time alone with young athletes away from the view of others to protect yourself and the athletes. Unsupervised one to one coaching should not take place with young athletes, and parental consent should be obtained before any additional training takes place outside the normal coaching periods.
- Ensure relationships between coach and athlete remain professional. Ensure relationships are respectful, and all athletes are treated equally and fairly
 - Coaches **MUST NOT** develop intimate relationships between themselves and an athlete under the age of 18
 - Coaches **MUST NOT** form intimate relationships with athletes they coach or supervise over 18 years of age
 - Coaches should **AVOID being** alone with an athlete under the age of 18 or who is otherwise vulnerable.

Coaches should:

- Act professionally with dignity, courtesy and good manners towards others
- Avoid inappropriate or irresponsible behaviour or language
- Challenge inappropriate language and behaviour of others
- Avoid carrying or consuming items that could be dangerous to yourself or others (e.g. alcohol, weapons, drugs)
- Avoid language or behaviour that could undermine an athletes self-esteem or motivation
- Ensure athletes remain within sight of coaches, or ensure adequate arrangements are in place for keeping athletes safe when training takes place off-site or not within the immediate vicinity of WGEL coaches. E.g. consider; medical issues, injury, members of the public, roads, ability of the athletes, precautions are taken to prevent athletes becoming lost etc.
- Ensure parents have given consent before taking young athletes away from the track
- Ensure parents have given consent are informed if, for any reason, a young athlete needs to leave the track earlier than planned.
- Coaches **MUST** report any concerns regarding the welfare of children, parents or other coaches
- Coaches **MUST** report any suspected misconduct by other coaches or other people involved in the Club

Woodford Green and Essex Ladies Welfare and Safeguarding Summary 2025

Woodford Green A.C. with Essex Ladies Welfare Officers:

Male Officer:

Adam Dobson

07940289604

adamjdobson@Gmail.com

Female Officer:

Kate Stockings

07557504342

stockings.geography@gmail.com

UKA / England Athletics Welfare Contact Details:

safeguarding@uka.org.uk

welfare@englandathletics.org

To report an issue: <https://www.uka.org.uk/submit-a-concern/>

Redbridge Safeguarding:

Website

<https://www.redbridge.gov.uk/>

"If you're worried about a child you should call 020 8708 3885.

If a child is in immediate danger or harm, call the police on 999."