

FINGAL TRI POLICY ON JUNIORS TRAINING WITH ADULTS

The welfare of children taking part in Fingal Tri Club activities and events is paramount. All members will work in conjunction with parents and guardians of junior members to ensure a safe environment for children.

Juniors can train in an adult session as long as the following guidelines are followed.

- **Ability Level** - the ability level of the Junior must be catered for in the session. This may mean some or all of the adult athletes going at a slower pace when required. If the group is split, at least 2 adults must remain with any juniors.
- **Supervising Personnel** – at least one of the coaches taking or assisting in the session should have fulfilled the 3 TI safeguarding steps:
 - Garda Vetting successfully completed
 - Attended SG1/ Code of Ethics workshop
 - Signed Code of Conduct Form 8

If the coach taking the session has not fulfilled the TI Safeguarding steps or there are not enough coaches to fulfil the ratio requirements then a parent/guardian of each child must attend the session. Fingal Tri welcomes parents who wish to stay and observe sessions.
- **Supervision Ratio** - as per the TI Safeguarding code. As a minimum, a ratio of 1:8 for under 12 years of age and 1:10 for participants over 12 years of age.
 - Where there are mixed groups on a regular basis there will be leaders of both genders.
 - Changing Facilities Supervision - a situation must not arise where one junior is alone with one adult in a changing room. A parent (gender dependant) can choose to attend the dressing room with their child.
- **Individual coaching** - as per TI Safeguarding policy a situation where one coach is alone with a Junior should be avoided. If there is a need to talk separately, this will be done in an open environment, in view of others.
- **Contingency plans** – if there is a problem, no junior should be left alone with an adult member.
 - If during a training session, one of the juniors finds the session too tough/gets injured/gets a puncture/has to turn back, then at least two people must accompany the junior, one of whom must be a Junior Coach (fulfilled the 3 TI safeguarding steps) or the Junior's Parent (if they are taking part in the session.)
 - Contact details: the junior coach for the session must have access to the contact information (Junior Athlete Parental Consent Form 11 – held by the children's Officer) for the parents of any junior attending.

- **Start/end time** – Fingal Tri will clearly state time for start/end of training sessions or events, and 2 or more leaders will remain with any juniors until all participants have been collected. *Note: Older juniors may make their own way home, with parental permission.*
- **Incident reporting** – Fingal Tri will keep records of any incidents / injuries that arise (forms are available on the TI website).

These guidelines should be used in good faith and in accordance with The Code of Ethics & Good Practise For Children's Sports. Please contact the Children's Officer or a representative from TI if any issues, concerns or potential risks arise.

In an emergency situation the safety and wellbeing of a child should be considered above all else.