



## **DINGWALL AMATEUR SWIMMING CLUB**

### **GUIDANCE ON MANAGING 1:1 SITUATIONS / LONE WORKING**

1:1 coaching is a normal part of sporting activities and in aquatics there may be occasions where coaches are providing 1:1 coaching with a child.

In order to safeguard all parties the following should be adopted:

- Ensure that all coaches understand, abide and have signed up to the code of conduct
- Activity to take place in an open environment with others around and any 1:1 sessions to be in clear view of others within the venue
- Involve parents and encourage them to attend wherever possible
- Ensure that all adults behave in an appropriate manner, respecting the rights of the child and treating them with respect, dignity and fairness
- Coaching techniques for 1:1 sessions are normally delivered from poolside by demonstration and avoid any unnecessary physical contact
- Those working with children alone to have a copy of the child's emergency contact number and access to a phone
- Provide children with information on what to do and who to contact if they feel uncomfortable at any time during a one to one coaching session
- Ensure parents are aware of all formal arrangements such as the structure, the location and the length of a 1:1 session and they are provided with guidance on who to speak to if they have any concerns