

SAFEGUARDING

A COACH PERSPECTIVE

Every coach within triathlon has a safeguarding duty to those they work with. This refers to everyone from athletes and participants, to coaches, volunteers & club officials.

Safeguarding & Duty of Care within coaching can be split into two main areas:

- 1) Formal training and policies- what we have to do
- 2) Supporting athletes as people- what we chose to do

Formal Training & Policies

Training

- Regular safeguarding training
- Mental health training & awareness
- Ethics & diversity training & awareness
- Anti-Doping training & awareness



Policies

- Creating and implementing safe risk assessments
- Creating and adhering to Codes of Conduct
- Fair and transparent selection policies

Qualifications

- Specific and appropriate to the role you are undertaking
- First aid trained and on site during coached sessions

Continued Professional Development

- Attending and learning from courses
- Attending and participating in conferences
- Actively researching key areas of your role/sport

Supporting the Athlete

Welfare & Well-being

- Athlete reps within training environment
- Welfare lead for the organisation/club/group
- Involved in projects and research around mental health & wellbeing

Athlete Support Services

- Performance Lifestyle support to help with holistic development and life outside of triathlon
- Sport science expertise to maximise performance. This includes working with a physio, S&C coach, psychologist, nutritionist etc.



Within our Performance Programmes

- Induction & Exit processes to allow a fair and transparent entry/exit through our programmes
- A coaching framework that we work within to ensure all athletes are supported in similar ways
- A focus on holistic development of the athletes. Developing and getting to know the person behind the triathlete

Useful Links

- **Welsh Triathlon Safeguarding** <https://www.welshtriathlon.org/about-us/safeguarding>
- **British Triathlon Safeguarding** <https://www.britishtriathlon.org/about-us/safeguarding>
- **UK Coaching Safeguarding & Protecting Children** <https://www.ukcoaching.org/courses/workshops/safeguarding-protecting-children>
- **UK Coaching Safeguarding Adults** <https://www.ukcoaching.org/courses/elearning-courses/safeguarding-adults>

