



IRONBRIDGE ROWING CLUB JUNIOR TRAINING POLICY

(Aligned with British Rowing, Sport England & CPSU safeguarding Guidance)

1. Purpose of this policy

This policy defines how Junior training must be organised and managed to ensure:

- The safety and wellbeing of junior athletes
- Clear roles and responsibilities for parents, coaches, volunteers and the club
- Compliance with British Rowing, Sport England and CPSU safeguarding standards

This policy forms part of the club's Safeguarding & Child Protection Policy.

2. Definition of a Junior (Child)

In accordance with British Rowing safeguarding policy and UK legislation, a junior or child is defined as any individual under the age of 18. This applies regardless of physical size, strength, competitive ability, or participation in senior events. All safeguarding protections apply until their 18th birthday.

3. Principles of Junior Training

This policy is guided by:

- British Rowing Safeguarding & Protecting Children Policy
- British Rowing Adults at Risk Policy
- British Rowing RowSafe guidance

- British Rowing Codes of Conduct

Key principles:

- The welfare of juniors is paramount
- Juniors must only train in safe, supervised environments
- Adults must maintain professional boundaries
- No adult should ever be in a one-to-one unsupervised situation with a junior
- Training must be appropriate to the junior's age, stage and ability

4. Who Juniors Can Train With

4.1 Juniors training with juniors:

- Normal practice
- Must be supervised by a competent coach (in this document competent coach means coaches who have met all requirements of training and DBS checks if required as per British rowing and Ironbridge Rowing Safe recruitment guides. Please also see table on regulated activity).
- Ratios, visibility, and RowSafe requirements must be met

4.2 Juniors training with adults:

British Rowing permits mixed-age training if supervision and safeguarding are in place.

Conditions:

- Session must be supervised by a qualified or competent coach (who is either supervised or DBS checked as per guidance from British Rowing)
- No unsupervised one-to-one contact
- Adults must follow Codes of Conduct

- Junior must feel safe and comfortable
- Activity must be appropriate for development

4.3 Juniors rowing in mixed-age boats:

Permitted with coach approval and risk assessment.

Required:

- Coach supervision
- Safe, appropriate pairing
- No unsupervised situations
- Junior agreement and comfort
- Consideration of power, size, weather, and outing duration

4.4 When juniors must NOT train with adults:

- Adults who breach Codes of Conduct
- Adults not signed up to safeguarding rules
- Adults under investigation
- Situations that create isolation or one-to-one contact
- Without appropriate supervision

5. Supervision Requirements

5.1 On-water supervision (RowSafe compliant):

- Competent coach or launch driver

- Continuous visibility
- Safe conditions and emergency planning

5.2 Off-water supervision:

- Juniors must be visibly supervised
- No isolated spaces
- Equipment & training programme must be age-appropriate

6. Changing Rooms & Facilities

Following British Rowing guidance:

- Adults and juniors must not change together
- Use separate spaces or staggered times
- Coaches may only enter changing areas if absolutely necessary, with another adult present, and only after announcing

7. Communication & Boundaries

All communication must comply with British Rowing safeguarding policy.

Adults working with juniors must NOT:

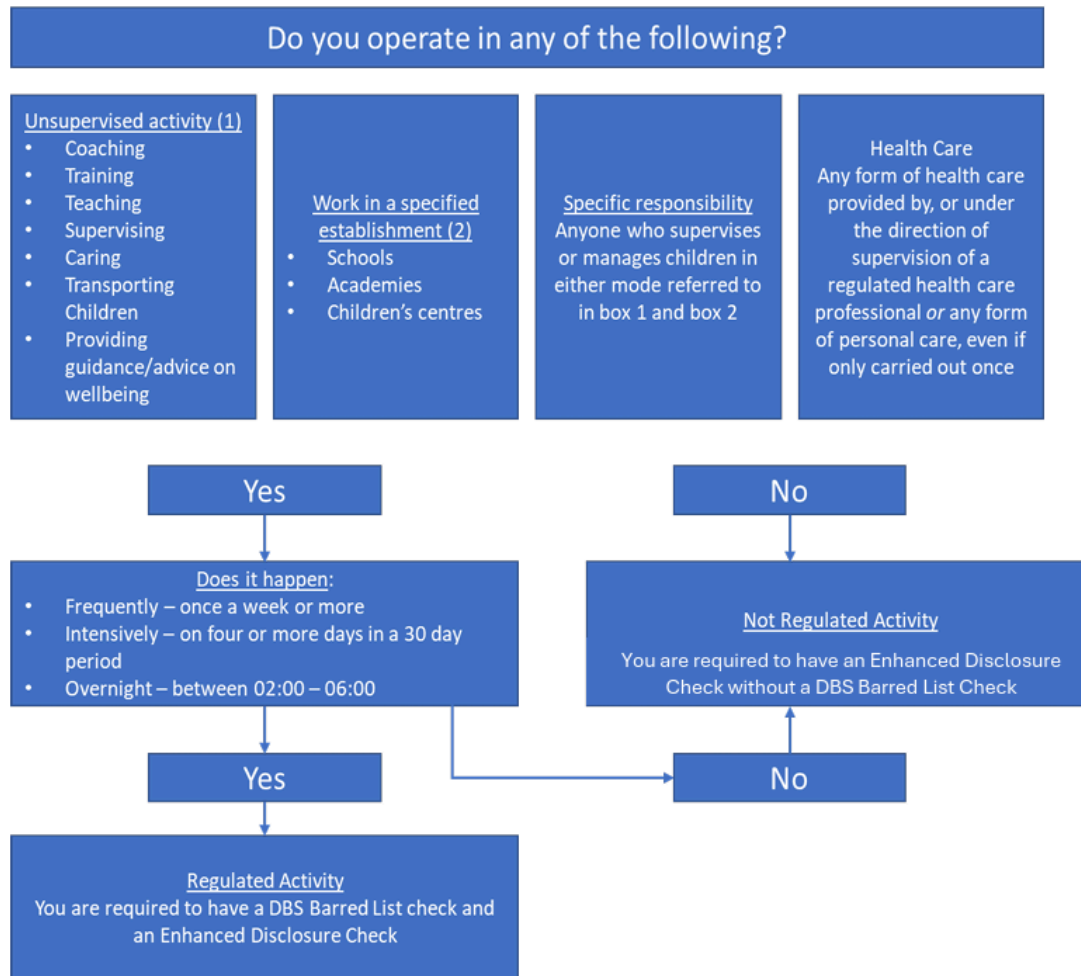
- Privately message juniors
- Use personal social media to contact juniors
- Transport juniors alone

Communication must go via:

- Parents/guardians

- Club official channels

8. DBS & Regulated Activity Requirements 8.Roles & Responsibilities



Juniors must:

- Follow coach instructions
- Behave respectfully
- Report concerns immediately
- Avoid one-to-one situations with adults

Adults must:

- Act as positive role models
- Maintain boundaries

- Never train alone with a junior
- Follow safeguarding rules at all times

9. Supervision

As per British Rowing 'supervision' means (in the context of regulated activity)

“supervision of the worker/volunteer and not supervision of the children. ‘Supervision’ is defined as ‘such day-to-day supervision as is reasonable in all circumstances for the purpose of protecting any children concerned’. “

“undertaken by someone who is in a regulated activity themselves; direct (within sight and hearing at all times). (Taken from British-Rowing-Safeguarding-Handbook-1-the-Club-Welfare-Office)”

10. Policy Review

- Reviewed annually or sooner if national guidance changes.
- Compliance is mandatory for all club members.
- Breaches may result in safeguarding action.