

Corinthian Hockey Club

Founded 1934

www.chc.ie



Child Protection Policy

In accordance with the recommendations of the Irish Sports Council, Corinthian Hockey Club has drawn up guidelines with regard to Child Health and Safety. For the purpose of this Policy, a child is defined as those under the age of 18 years and unmarried. The aim of this Policy is to protect both Leaders (i.e. coaches and assistants) involved with children and the children themselves. Many Leaders become involved in sport for various reasons and in different roles, however, we all have a common goal in our commitment to sport for young people.

We, in Corinthian H.C., want sport to be safe, fun and to ensure that it takes place in the spirit of fair play. Fair play is the guiding principle of the Code of Ethics and Good Practice for Children's Sport in Ireland. Focusing on children's needs and performance encourages young people to achieve and demonstrate enjoyment, equality and fair play. Children will come to realise that standards of behaviour are as important as sports performance. As a result, children and young adults will be encouraged to:

- 'Have a go' and put in their best effort
- Improve their skills
- Make friends
- Play by the rules
- Appreciate and accept others in their group, regardless of ability, race, religion, gender etc

A Child Centered Approach:

In Corinthian H.C. we are mindful of why children are involved in sport. We accept that they want to learn new skills, make friends, be part of a group, to win and be successful, experience excitement, challenges and action. As Leaders, our aims are to create and maintain a safe and fun environment and to place the children as the centre of this. As Leaders, our aim is to create and maintain a safe and fun environment, where we put our participants at the centre of all our activities. To promote this good practice and create and maintain a Child Centered Approach, we ensure that we:

- Act as good role models
- Are encouraging and positive during sessions so that the participants leave with a sense of achievement



- Plan and prepare appropriately for each session, so that each session suits the needs of the group, all activities are age appropriate and allow each child to participate in a fun and enjoyable fashion
- Put the welfare and enjoyment of the participants first, striking a balance between this and winning or achieving results
- Encourage the principles of fair play, treating each participant equally with respect and dignity and ensuring that all participants abide by the rules
- Recognise the development needs of each child – avoid excessive training and over competition
- Involve parents or guardians in what one does
- Display the necessary attributes required to work with children or to take on the roles within CHC
- Are qualified, or up to date with the knowledge and skills related to the level we are leading

Good Practice:

In keeping children at the forefront of our planning we can be confident that the children or young people will enjoy their sport and that one's actions are regarded as safe. As Sports Leaders, we are responsible for setting and monitoring boundaries and finding a balance between working relationship and friendship with the children. It is important that we follow an agreed code of practice and are satisfied that we are suitable to lead the activities that we undertake. Most Leaders will work in an environment where it is recognised in a sporting context that certain types of coaching require a 'hands on' approach i.e. it may be necessary to support a child in order to demonstrate a particular technique. This should only occur when necessary and in an appropriate way with the permission and full understanding of the child. When children enjoy their early experience of sport, they are more likely to stay involved in later years.

In addition, Leaders should never:

- Exert undue influence over a participant in order to obtain benefit or reward
- Share a room with a child alone on away trips
- Engage in rough physical games, sexually provocative games or allow or engage in inappropriate touching of any kind, and/or make any suggestive comments about or to a child
- Use any form of punishment or physical force on a child
- Take measurements or engage in certain types of fitness testing without the presence of another adult
- Undertake any form of therapy (e.g. hypnosis etc) in the training of children
- Spend excessive time with one child, away from others



- Take sessions alone
- Take children to their homes
- Take children on journeys alone in a car

Irish Hockey Union – Safety Rules and Regulations:

- Ensure playing surface is free from hazards
- Ensure equipment is in good and suitable condition
- No jewellery or peaked caps to be worn
- All protective equipment to be worn – gum shield, shin pads etc
- Do not play if weather is considered dangerous
- Ensure suitable screening for injuries or medication
- Ensure gradual warm up with adequate stretching
- First aid kit available
- Ensure that travelling to and from training is safe
- Be aware of other participants during drills
- Ensure that participants are educated with regard to dangerous play
- Ensure full knowledge of rules
- Participants to adequately cool down with stretching
- Be observant of injured players
- Ensure that equipment is not left laying around
- Players must obey the command of Leaders and Umpires
- Be aware of alien bodies
- Collect all equipment after sessions and matches
- Ensure correct follow up of injuries
- Inform parents or guardians of injuries
- Ensure all participants have a safe method of travelling home



Four Points for Management of Injuries:

1. Prevention
2. First Aid
3. Assessment
4. Treatment

Remember: RICE.....REST – ICE – COMPRESSION – ELEVATION

Sport Related First Aid – DO:

- Ensure that a first aid qualified person is in attendance at all competition
- Have an emergency First Aid plan ready
- Insist that all injuries or illnesses are reported to the relevant Club Captain
- Ensure that injuries receive qualified advice
- Obey medical advice
- Treat and train is a good policy. This means exercising uninjured areas in a manner that will not effect the injured area
- Prevent aggravation of injury
- Insist on full recovery from injury before any advanced training or competition
- Discourage those who are sick from attending
- Insist that the correct protective equipment and clothing be worn at all times

Sport Related First Aid – DO NOT:

- Do not assume responsibility for treating injury – insist that a GP/ Physio be consulted
- Do not apply heat to a soft tissue injury in the first 24 hours as it increases bleeding
- Do not pump an injured participant – he/she will come back in 30 seconds
- Do not allow a concussed player to play – insist that the player sees a GP immediately
- Do not lift an injured player into a sitting or standing position
- Do not give food or drink to a player who is dazed, drowsy or who may have a dislocation or fracture
- Do not ask a player to use hot sprays or to take tablets in order to play
- Do not allow a player to 'run off' an injury – this may increase the level of injury

FIRST AID PLAN:

- **Local GP** – Dr T Gleeson, 5 St Enda's Villas, Grange Rd, Rathfarnham (01) 494 1238
- **Physiotherapist** - Milltown Physio Centre, Lr Churchtown Rd, (01) 296 0603
- **First Aid Contact** - Team Captain / Coach for First Aid Kit
- **Hospitals** - VHI Swiftcare Clinic, Ballally Luas Station (01) 799 4188; Tallaght Hospital (01) 414 2000; St Vincent's Hospital (01) 221 4000



Required Contents for First Aid Emergency Kit:

- Ice packs
- Disposable gloves
- Cotton wool
- Plasters
- Adhesive gauze
- Scissors
- Bandages
- Sling
- Safety pins
- Antiseptic cream
- Vaseline
- Disinfectant
- Blanket
- Clean water
- Plastic bags
- Adhesive tape
- Asthma inhaler

Compiled by: Corinthian Hockey Club Youth Committee 2007