

ADVICE FOR PARENTS & CARERS

Athletics should be a fun sport for children and young people, and a place where they learn new skills, make friends and enjoy being part of a club or group.

UK Athletics and the four home country athletics federations are committed to safeguarding children and young people in our sport. All of our affiliated clubs are required to have in place a number of safeguarding measures including adopting our national Safeguarding [Policy](#) and [Procedures](#) and appointing a Child Welfare Officer.

UK Athletics has a safeguarding team who oversee safeguarding across the country and they can offer advice and support on any aspect of safeguarding. Where necessary, they will take action against anyone who harms a child or is considered a risk. You can contact the UKA Safeguarding team by emailing them on safeguarding@uka.org.uk, or if you have a concern about a child you can send the information to them [here](#).

Clubs and certain people such as coaches, officials and volunteers, must be suitably recruited, trained and qualified to work or volunteer in athletics. Anyone working or volunteering in a regulated role in athletics must have gone through the DBS process. There are [codes of conduct](#) for each role which everyone must follow. UK Athletics.

You can visit UKA's [safeguarding](#) page for info and advice on safeguarding in athletics.

A few things to consider when your child is joining any athletics club:

An affiliated athletics club is the safest place for your child to take part in athletics as each club has a duty of care to provide a safe environment for children. Before you and your child choose an athletics club you should check that the club has the expected safeguarding requirements in place. Things to look for are:

- Does the club have a Welfare Officer – do you know who they are and how to contact them? Is it easy for your child to find out who this is too?
- Have the club adopted the UKA Safeguarding Policy and Procedures? – are they on their website or available from the club?
- Does the club ensure that all appropriate coaches/volunteers are qualified, licenced, and recruited safely?
- Have their coaches/volunteers gone through the relevant Safeguarding training approved by UKA?
- Do they take details of your child from you on joining – medical/allergy information, next of kin, any special requirements, consent forms for things like photos of your child?
- Are they happy to take parental feedback/answer your questions?

Once your child joins a club:

- Ensure you know who your child's coach is, how they will communicate with you, how you can contact them and how to get feedback on your child - ask if they are licenced with UKA (they will have a licence card if they are).
- Put the Welfare Officers name and contact details in your phone/notebook - ensure you and your child understand what their role is.
- Be clear about what is acceptable and unacceptable behaviour at your child's club - sign up and adhere to the [parents codes of conduct](#) and read and understand the other codes.
- Agree with your child how you will support/check-in to see how they are doing.
- Ensure you and your child know how to report a concern – find out more [here](#)
- Encourage your child to speak to you about anything that worries them, no matter how big or small.

Unattached Coaches:

We believe that an affiliated athletics club is the safest place for your child to take part in athletics. The club set up means that the behaviours of coaches and volunteers is monitored and action taken if it falls below expected standards.

But for some events, or for personal reasons, some athletics coaches chose to provide their coaching services independently of a club.

If you are considering choosing an unattached coach to work with your child, you should use the checklist below to assess whether the training environment they offer is safe.

- Only use a [UK Athletics licenced coach](#). All licenced coaches are covered by our liability insurance and work to strict terms, conditions and codes of conduct. They must complete approved qualifications, including safeguarding training, and will only be issued a licence if they are assessed as being suitable for the role.
- You can ask to see their coaching licence card which will tell you if their licence is in date, and the type and level of qualifications they hold. You can also use our coach licence checker - <https://myathletics.uka.org.uk/licencecheckcoach/>.
- Never leave your child alone with a coach. Coaches are not allowed to be alone with a child in any circumstances. If the coaching arrangement is for one-to-one coaching then you or another adult must be present.
- Check what safeguarding measures they have in place to ensure the safety of your child when in their care. Can they provide details of training times, dates and venues? Have they risk assessed each activity and venue. Do they provide details on drop off and pick up locations? Do they provide contact details for emergencies. Are they happy for you to ask questions about their services?
- Check with your child regularly and encourage them to speak to you about anything that worries them, no matter how big or small.
- Ensure you and your child know how to report a concern about an independent coach to [UK Athletics](#).
- Remember, if someone is not licenced by UK Athletics, or cannot prove they are, you are strongly advised not to use their services.

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