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These guidelines are split into four sections, with relevant procedural guidance included in each section. These are Introduction, Personnel (workforce management), Procedures (administrative operations) and Players (athlete management). You can find the other Guidelines <u>here</u>.

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Web: www.britishdodgeball.org



## **SECTION 3 - PROCEDURES**

#### 17. Communication Methods

#### Messaging Platforms

Managers are encouraged to set up groups inside free messaging platforms such as Slack or WhatsApp to
encourage fast communication between volunteers. Care should be taken to ensure that no volunteer is
expected to respond during unreasonable hours e.g. between 10pm-8am, except in exceptional circumstances
or emergencies.

#### **Emails**

- National Academies may share volunteer personal email addresses or phone numbers with other volunteers to encourage communication. These should only be shared on a 'need to know' basis.
- Players should not be given access to personal emails and instead be signposted to the national academy email or additional NA email account as listed in 14. Sharing of Information.

#### National Academy Volunteers & British Dodgeball Staff Members/Volunteers

- Managers are invited to join the British Dodgeball National Academy Slack platform for fast communication with British Dodgeball staff members.
- The NAL can be reached at aden@britishdodgeball.com.
  - Back-up for annual leave: ben@britishdodgeball.com.
- The DSL can be reached at james@britishdodgeball.com.
  - Back-up for annual leave: aden@britishdodgeball.com.
- The Head of Performance can be reached at <u>johnathan@britishdodgeball.com</u> (volunteer so responses may be more delayed).

## 18. Secure Sharing of Information

British Dodgeball volunteers must all adhere to the British Dodgeball <u>Privacy Policy & Data Protection Policy.</u> This means that all information requested & processed must be reasonable, lawful, fair and transparent.

#### **Email Access**

- Login information to National Academy accounts <a href="mailto:saidth:academy-@britishdodgeball.com">mailto:saidth:academy-@britishdodgeball.com</a> should not be distributed freely (email access should be reserved for volunteers who require such administrative access, e.g. treasurer, manager, administrative assistant), and should be updated regularly;
- Managers are encouraged to create additional free email accounts for specific groups, e.g. a cloth senior email, where cloth Head Coach and foam coaches can provide selection updates & feedback to their athletes. Any such email accounts should have a clear address which will help to eliminate any confusion, e.g. <a href="mailto:nationalacademy>clothsenior@gmail.com">nationalacademy>clothsenior@gmail.com</a>;
- Each National Academy must have a specific email for the use of their Safeguarding Officers; this should again have a clear address which will help to eliminate any confusion, e.g. <a href="mailto:<nathense:<nathense:
- Volunteers should not use their personal accounts to send or receive email communications on behalf of the National Academy.

## Secure File Sharing

Each National Academy should use three locations to store and share files:

- National Academy Google Drive This is the Google Drive of the National Academy account.
  - This should be used for the storage of all administrative documents necessary for the operation of the National Academy (e.g. timetables, email contacts lists, booking forms etc.); and
  - This may also be used for file sharing, where certain files are created and shared with personal email
    addresses to give specific individuals who do not otherwise have access to the National Academy account
    access, e.g. Managers may create a 'Season Plan' folder, with documents outlining training dates, trials
    information, selection dates, competition dates etc. for all coaches to view.



- National Academy Google Drive Shared Folder This is a shared folder which each National Academy account will have access to.
  - This is used to share files between the National Academy volunteers and others (National Team Lead, British Dodgeball Finance Team, Head of Performance, other British Dodgeball staff members); and
  - This folder will contain an Accounts subfolder where annual accounts information must be shared as per the Financial Operations Guidelines.
- Other Group Google Drives These are the Google Drives of free accounts that have been set up for coaches to communicate with a particular group.
  - These may be used to aid the coaching of each group and as such may contain shared session plans, trial plans, selection documents, feedback documents, group contact databases etc.
- Volunteers can not use personal drives to store any sensitive data. They may use their personal accounts to store, access and share documents in a shared folder (personal accounts can usually be provided with access in the folder settings).

#### 19. Financial Operations

#### a) Bank Account & Signatories

Each National Academy's Manager and Treasurer must be listed as two signatories on their National Academy's bank account. Any other roles involved in handling money may also be added as signatories. All signatories are responsible for:

- · Safeguarding the assets of the organisation;
- Ensuring processes outlined in these guidelines are adhered to;
- · Preventing fraud;
- · Avoiding mistakes; and
- Keeping accurate financial records to support with the preparation of annual accounts in accordance with British Dodgeball's articles and UK legislation;

This bank account should be used for all financial operations regarding the National Academy. Signatories should not open a separate bank account in the name of the National Academy without first discussing with the NAL.

## b) Non-Profit Status & Reserve Policy

- British Dodgeball is a non-profit entity and so the entire organisation including the National Academies must be administered in line with this definition.
- This means that although payments can be made to staff members, no individual can draw a profit from any part of the organisation.
- From an annual accounting point of view, any National Academy funds which remains from previous years' operations will not be listed as profit but will be held in a reserve fund which the national academy in question can draw from in future years. This will not affect operations, as each National Academy only has one bank account and all of their money will be held in this account.
- In line with the Reserve Policy, each National Academy should work towards holding a reserve of a minimum of 6 months' operating expenses (excluding any one-off fees which are quickly covered by players such as bulk kit orders or bulk flight payments for a competition).
- If for any reason the national academy is dissolved in the future, the reserve will be transferred into general British Dodgeball funds.

#### c) Payment Authorisation

The number of signatories required to authorise payments are outlined in this table:



	Under £500	£500-£2000	£2000+	
Usual Expenditure*	1 Signatory	1 Signatory	2 Signatories	
	(e.g. Treasurer)	(e.g. Treasurer)	(e.g. Treasurer & Manager)	
Not Usual	1 Signatory	2 Signatories	2 Signatories	
Expenditure	(e.g. Treasurer)	(e.g. Treasurer & Manager)	(e.g. Treasurer, Manager) + NAL	

\*Usual Expenditure' is classed as payments requested for:

- Kit
- · Dodgeballs & commonplace training equipment (e.g., tape, court nets, bibs, cones etc.)
- Facility hire for National Academy sessions or competitions
- Flights for National Team competitions or multi-day camps
- · Accommodation for National Team competitions or multi-day camps
- · Services rendered such as physiotherapy or coaching
- IT services such as software or website maintenance fees
- · Annual fees for bank accounting and membership platform services
- Necessary training and qualifications for staff members
- · Volunteer benefits
- Withdrawing money for a cash float for National Team competition or multi-day camps

Any other expenditure request is classed otherwise, and includes:

- · Uncommon training equipment (e.g., reaction nets)
- Teambuilding expenses
- · Team social activities (e.g., meals)
- Anything else

Non-signatories (e.g. a coach) should not pay for anything themselves on behalf of the National Academy without express permission from one or both National Academy signatories. If given permission, they may pay for the item/service in question via their own account and be reimbursed via expenses only once a proof of purchase is provided.

## d) Making Payments

#### Digital Payments & Bank Transfers

• The signatory making payment is responsible for examining the payment documentation (purchase invoice etc) and ensuring accuracy and completeness prior to transmission.

#### Cash Handling

- Cash payments should only be made where other options are not available. If cash is used, receipts kept to document spend must be provided to the treasurer within one month of expenditure; and
- A cash float may be given to a designated staff member in charge for the duration of a multi-day competition or training camp. The float must be spent on agreed items or held in case of emergencies, and receipts kept to document spend when the remainder of the float is returned.

## e) Accepting Payments

Payment should be made to the National Academy by one of the following methods:

## Membership Platform

- · Annual Academy fees should be paid via the British Dodgeball membership platform.
- Signatories may create and adjust products on the membership platform as required.



#### Bank Transfer

• Bank transfers may be requested when collecting trial fees and other payments.

#### **Cash Handling**

- Cash payments should only be accepted where other options are not available.
- Two people should be involved in counting cash receipts.

#### f) Regular Reporting of Accounts

Every item of expenditure & income must be accounted for as per British Dodgeball's financial policies:

- All purchase orders, invoices and receipts must be stored on the shared drive folder for easy access for all signatories, accountants and auditors.
- The last 3 months' worth of bank statements must be shared quarterly on the shared drive for easy access for all signatories, accountants and auditors. They should be shared in:
  - January (share Oct, Nov, Dec bank statements)
  - April (share Jan, Feb Mar bank statements)
  - July (share Apr, May, June bank statements)
  - Oct share (July, Aug, Sept bank statements)
- National Academies must ensure records for the previous season are accurate and saved on a <u>National Academy Financial Tracker</u> (available in the shared drive) ready for submission to British Dodgeball staff members by the end of April (e.g. 24-25 season accounts are required by the end of April 2026, giving approximately 6 months after the end of the season to complete this task).

#### g) Annual Forecasting & Budgeting

Prior to the start of each season, the National Academy Lead will meet with each Manager and Treasurer to set out a budget for the year based on a financial forecast.

- This meeting should take place in the final part of the season (April-July) to lay out a budget for the coming season, starting in September.
- The Treasurer/Manager should complete the <u>National Academy Financial Forecaster</u> in advance in order to inform this meeting. Forecasted income and expenditure will be examined in order to set an appropriate annual Academy Membership Fee for each National Academy group at this time.
- One-off competition fees should sit outside of the budget and be managed separately, with costs being covered by attending athletes.

#### h) Membership Fee Collection

- Once a National Academy Membership Fee has been set, this will be added to the Gameday membership platform for players to purchase in order to obtain National Academy Membership.
- Players who sign up when an academy is already in operation should be charged a pro-rata membership fee and pay this via bank transfer. The National Academy Lead must be notified of such payments in order to add National Academy Membership to the player's Gameday account manually.

#### 20. Sessions

- Date Allocations The National Academy Lead will aim to inform managers of 12-15 possible training dates which National Teams may choose to use as soon as the British Dodgeball competition calendar is mostly confirmed (usually May/June). They will generally be 1 per month.
- Maximum Training Sessions The number of training dates each group may use will be as follows:

	Performance System (Senior/Development/U21)	Talent System (U18/U15/U13/U11)
Maximum#of Official Training Sessions	10	8



- Date Choices Generally, athletes should be able to enjoy an off-season during the summer months in line with the domestic season, and so ideally would have 2 months off at this point. However, due to the timing of international competitions, this is not always possible. As such, Managers & Head Coaches may choose the most suitable allocated dates to train on or avoid in order to best help their team prepare for competition.
- Date Overlap If all squads opt for the maximum number of dates, it will be impossible to avoid clashes (e.g. foam senior squad and cloth senior squad may be allocated the same training date). Priority should be given to ensuring junior and senior squads do not clash as it is likely there will be crossover there (e.g. senior national academy players acting as junior squad coaches).
- Trials Any open or closed trials being held must be accounted for within these allocated dates.
- Additional Sessions A National Academy may hold additional sessions to further develop athletes or support
  preparation for an upcoming competition, but player attendance at these sessions is strictly optional.
  Attendance or non-attendance at such additional sessions can not be used in selection considerations. This is a
  measure taken to:
  - Preserve player welfare by preventing burnout from overtraining and the additional time commitment and financial burden that may arise from needing to attend such sessions; and
  - Protect the British Dodgeball competition calendar; the schedule is already extremely busy, and National
    Academy training sessions have a significant impact on both the entry into competitions and our ability to
    provide referees and event coordinators.
- Additional Session Requests Should a National Academy seek to hold additional training sessions for a squad
  or group, they should enquire with the National Academy Lead. The decision will depend on factors including the
  competition calendar in a country.

#### 21. Competitions

#### **Competition Schedule**

There are four types of competition each National Academy will attend. These takes place on a biennial basis:

	Ye	ar 1	Year 2		
Senior Performance	Regional European Championships	World Championships (WDBF)		European Championships (EDF)	
Senior Talent/U21	(EDF)		Home Nations Championship (British Dodgeball)		
Junior	Junior European Championships (EDF)				

## **Competition Entry**

- It is the responsibility of the Manager to confirm entry for the competitions listed above.
- Player availability and approximate costings must be determined before confirming availability for events. This
  is particularly important for events where multiple teams may enter the same category (where the Manager and
  Head Coach can enter the amount of teams they consider to have the biggest impact for their group of athletes).
- At events which involve any junior players (including senior events where under 18's are competing), Managers
  must ensure they have enough staff to fulfil safeguarding commitments as outlined in the <u>Safeguarding Policy</u>
  before confirming entry to events.



#### 22. Kit Procurement

National Academies are free to select and use their own kit suppliers. Administrators should price-check before committing to any orders.

- Care should be taken to secure affordable kit for players. £75 is the upper limit for playing kit, with £55 being the recommended maximum price.
- Kit should be updated no more regularly then every 2 years to give athletes ample chance to use the kits.
- National Academies should try to secure deals where gifted kit or discounts are provided for bulk orders where possible, in order to either lower costs for players or provide free kit for volunteers.

#### Kit design should adhere to the following:

- Playing kits should primarily use Home Country flag colours and display the National Academy logo on the chest;
- Playing kits must display the British Dodgeball logo on either the sleeve, lower back or chest (in white on coloured backgrounds or in red & blue on white backgrounds); and
- · Playing kits should adhere to EDF and WDBF kit regulations.

## 23. Equipment Procurement

National Academies are free to select and use their own equipment suppliers.

- Administrators should price-check before committing to any orders.
- If prices are similar, British Dodgeball should be used at the preferred providers of court marking tape and size 2 or 3 cloth dodgeballs prices are available in the <u>BD Partner & Price List on the shared drive</u>.

#### 24. Competition Planning

National Academy staff should use the following checklist to ensure events are thoroughly planned:

- Team Entry:
  - Has player availability been assessed?
  - · Are teams officially entered?
- · Team Selection:
  - Has the coaching team confirmed a vision for the squad (ages, numbers, crossover of athletes into multiple squads etc.)
  - Are teams selected using selection criteria?
  - · Have all players involved in the selection process been given feedback?
  - Have any selection appeals been managed?
  - Has proof of nationality been provided/eligibility concerns addressed?

#### • Finances:

- · Have approximate costs been calculated (use the Financial Forecaster to support with this)?
- Have players been given a deadline to pay competition fees?
- Have competition fees been collected?

#### · Safeguarding:

- Have enough volunteers been allocated as supervision adults?
- Have supervising adults had the necessary criminal record checks conducted?
- Have supervising adults completed safeguarding training?
- Has emergency contact information and medical information been given to supervising adults?
- Has parental consent been provided?
- Have the necessary trip details including pickup points, drop-off points, lead staff member and contact information been communicated to parent/guardians?
- Has accommodation which adheres to the Safeguarding Policy been booked?
- Has insurance been recommended?



#### Administration:

- Have Visas been applied for?
- Have accommodation, flights, transportation, entry fees etc. all been booked?
- Has necessary team equipment been given to those taking it to the competition?

#### • Performance:

- · Has a playing schedule been provided to the team?
- Has nutrition been considered (e.g. food venues booked/sourced)?
- Is a nutrition package being offered?

### 25. Communicating with EDF & WDBF

Communication with the EDF and WDBF is necessary for a multitude of reasons. This guidance is intended to provide clarity on who should communicate with the EDF and WDBF with respects to what issue:

- Organisational Developments Led by the Head of Performance/National Academy Lead/British Dodgeball staff members. Managers should communicate with EDF/WDBF via individuals in these roles;
- Sporting Developments Led by the Head of Performance/National Academy Lead/British Dodgeball staff members. Managers should communicate with EDF/WDBF via individuals in these roles;
- General Enquiries Managers should communicate with EDF/WDBF directly;
- Player Eligibility Managers should communicate with EDF/WDBF directly;
- Competition Entry/Updates Managers should communicate with EDF/WDBF directly;
- Event Safeguarding Managers should communicate with EDF/WDBF directly and CC the DSL into the conversation;
- Media Managers should communicate with EDF/WDBF directly;
- Rules/Regulations Managers should communicate with EDF/WDBF directly; and
- Appeals/Protests Managers should communicate with EDF/WDBF directly and CC the National Academy Lead/Head of Performance into the conversation;

#### Meetings (Congress)

- Speaking Managers may speak about issues and items at their discretion when in attendance at EDF/WDBF meetings (sometimes referred to as 'congress').
- Voting British Dodgeball has one vote to use on each item when in attendance at EDF/WDBF meetings. British
  Dodgeball's vote is to be placed the British Dodgeball representative on the meeting usually the Head of
  Performance or National Academy Lead.
- Voting By Proxy If the British Dodgeball representative cannot be in attendance, they will perform one of the following actions depending on the item in question:
  - Vote via proxy in advance;
  - Give authority to one Manager to vote by proxy; or
  - Ask all Managers to make a joint decision in order to supply a vote. The decision must be 75% in favour or higher in order for a vote to be applied in this manner. Failing this, British Dodgeball's vote will be to abstain.
- Informed Voting Where matters are likely to directly affect one of, or multiple of, the National Academies, it is good practice for the British Dodgeball representative to communicate with the affected Managers in advance in order to help inform voting decisions.



#### 26. Safeguarding - General

There are currently two defined types of British Dodgeball where children, young people and adults at risk will engage with National Academies:

- One day domestic training/competition activity, for example National Academy training sessions. British Dodgeball is responsible from the stated start time to its stated conclusion. Consent is required in advance for any person with parents taking them out of the venue in between training times.
- Overseas camps/competitions, for example junior European Championships. Children or young people may also
  be selected for senior National Teams attending such events. For either case, full consent and details are
  required. British Dodgeball safeguarding care starts from the designated meeting place to the designated pick
  up point. If for some reason a child, young person or adult at risk travels separately to the rest of the squad, then
  a parent, guardian or safeguarding staff member needs to accompany them and provide written confirmation in
  advance.

The following information should be applied at any of the two types of activities in addition to the main body of the <u>Safeguarding Children & Adults at Risk Policy</u>.

#### Staff & Volunteers

- · Nominate a key member of staff or volunteer to take overall responsibility for organising the event or activity.
- This staff member/volunteer should have been through the relevant safer recruitment procedures (as outlined
  in the <u>Recruitment Policy</u>) to make sure everyone who works or volunteers at the event or activity is suitable to
  do so.
- Relevant safeguarding training should have been completed (a course as outlined on the <u>Safeguarding</u> webpage).
- This includes British Dodgeball own staff and volunteers as well as sub-contractors and anyone who is not directly accountable to your organisation such as staff or volunteers from partnership organisations.

#### Consent

- · Get written consent from parents or carers for their child, young person or adult at risk being involved.
- Seek consent from children, young people and adults at risk too. If necessary, make alternative arrangements for those who don't want to take part.

#### **Emergency Information**

- Create a list of emergency contact numbers for each player and make sure this is easily available to the staff or volunteers who are responsible for the player.
- Make sure group leaders know your procedures for contacting the emergency services if they need to. Give
  parents and carers a number they can call if they need to contact you or their child, young person or adult at risk
  in an emergency.

#### Health & Safety

- Make sure the activity, accommodation, playing venue and transport methods have been risk-assessed and adequate safety measures put in place to mitigate such risks;
- Make sure appropriate first aid cover is available;
- · Make everyone is aware of fire safety procedures; and
- Find out as much as you can about external venues including visiting in advance wherever possible.
- Check that any organisations you are subcontracting to run activities comply with safety standards.
- Take into account the level of ability and stage of development of the children, young people or adults at risk who
  will be involved and think about any support they need.



#### Everyone's Responsibility

- Brief your staff and volunteers so they understand any health and safety risks involved with the event or activity and how to mitigate them.
- Make sure parents or carers know about all the activities their children, young people or adults at risk will be involved in, any risks that might occur and what steps you've taken to keep players safe. For example, how to mitigate if bad weather occurs to impact travel during the event.
- Talk to players and explain how you expect them to behave (National Academy or British Dodgeball Code of Conduct). This is especially important if their behaviour might have an impact on their safety, for example whilst travelling to the venue.

#### **Supervision**

- Supervision levels should match or exceed those outlined in 13. Supervision & Staff Ratios. Make sure you provide the right number of adults to supervise the children and young people participating. If you intend to use an individual who has not worked with a National Academy before, you should ensure they have a criminal record check and an induction into Safeguarding processes before they begin their supervision. Never allow anyone under the age of 18 to be in sole charge of other children. Take into account what would happen if a member of staff or volunteer had to leave to accompany a child to hospital.
- Depending on the needs and abilities of the children, young people or adults at risk, and the nature of the activity, you may need to have more adults than the minimum. Please also bear in mind gender-specific adult supervision to ensure children have at least one adult of the same gender supervising them.
- British Dodgeball National Academies must make every effort to stay within the ratio of 1:10 adults to children.
  However, with multiple squads and age groups sometimes at the same event, this may not always be possible.
  We will therefore look to utilise 'parent support' whenever we are aware this will occur. A role description and criminal records check must be completed in advance of any parent assisting within a multiple-day competition or camp environment. Anonymous feedback for any concerns about 'parent support' will also be put in place for others to utilise if they have a concern.

#### **Free Time**

 As a general rule, you should not allow under 11's unsupervised free time. When given free time, other juniors should be provided with information regarding areas they are allowed to safely access and restricted areas they may not go in order to maintain awareness of player's locations at all times.

# 27. Safeguarding - One day Domestic Training/Competition Procedures Responsibility

From the stated start time to the pick-up time, all athletes are in the care of the designated National Academy staff or volunteers. The day may involve on-court training, meetings, workshops and lunch. All of these activities are kept within the venue (where possible) and under the supervision of the National Academy designated staff. A timetable of activity should be clear and sent to parents/carers and athletes prior to the day.

## 28. Safeguarding - Multi-Day Training/Competition Procedures

#### Responsibility

During international trips, sole responsibility from the first meeting point to the final pick up point is National Academy designated staff. It is essential that at all times the supervision ratios and duty of care is at its highest, with athletes whereabouts known at all times.

- If older children, young people or adults at risk are allowed unsupervised time, for example if you have taken them on a day trip and they are looking around on their own, they should be in groups of at least three.
- Make sure they know where and how to contact a member of staff, what time they should reconvene with the group and where.
- It's good practice for one or two adults to stay in one place, such as a central square, park or café, so that they are easily available and athletes can check in with them regularly.



#### Do not:

- Take or send the child, young person or adult at risk home or to any other location without speaking to their parents/guardians;
- Leave the child, young person or adult at risk on their own; or
- Ask the child, young person or adult at risk to wait in a vehicle or sport facility with you alone (hence the need for two adults per session).

#### **Transport**

- You may need to provide transport to get children, young people and adults at risk to and from the event or
  activity. If you're using a bus, coach or taxi company, make sure they are reputable, have the right insurance and
  that their drivers are fully vetted. Ensure children, young people and adults at risk are adequately supervised on
  the journey and take the necessary safety precautions depending on what kind of transport you're using (for
  example making sure everyone is wearing a seat belt). The same supervision and gender mix ratios exist for
  transport.
- Avoid using private cars to transport children, young people and adults at risk, unless this involves parents or
  carers making private transport arrangements with each other. If this is the case, make it clear that this is a
  private arrangement and not something your group or organisation has set up. A staff member/volunteer should
  not take children, young people and adults at risk in their car to any National Academy activity. If this is the only
  option, ensure there are two adults (of the correct gender) within the car, one driving and one supervising. In an
  emergency situation this may not be possible, so communication is essential to the primary carer of the children,
  young person or adult at risk and to the safeguarding lead for the National Academy.
- Ensure parents or carers know what time and where to drop off and pick up their child, young person or adult at
  risk, and they tell you in advance who will be picking up their children, young people or adults at risk if they aren't
  doing so themselves. If the National Academy activity doesn't begin until a set meeting time at a venue or
  accommodation, the National Academy has a duty of care to ensure that they and their parents are aware of how
  the athlete is travelling to the activity, e.g., parents must share details of a child, young person or adult at risk is
  travelling alone by train.

## Preparing Parents, Carers and Children

- Explain to parents or carers in advance the arrangements for the trip and answer any questions they may have. Explain the steps you are taking to keep their children, young people or adults at risk safe.
- Ensure parents or carers know the address of where you will be staying and have an emergency telephone
  number they can call if they need to. Talk to children, young people and adults at risk about keeping themselves
  safe and well while they are away. Give them the address of your accommodation and an emergency contact
  number, and make sure they know what to do if they get lost.
- Make sure children, young people and adults at risk know who to talk to if they are unhappy or worried about anything for example if they are being bullied, feel frightened or are homesick.
- Make sure all staff and volunteers are prepared to help and know how to respond to safeguarding concerns that
  may arise.

## **Overnight Accommodation**

- Make sure there are separate sleeping, washing and toilet areas for:
  - · Adults and children;
  - Older and younger children; and
  - · Boys and girls.
- Overnight trips for mixed groups should include at least one female and one male supervising adult. Although
  accommodation for adults should be separate from children (and accommodation for supervisors kept separate
  from adults at risk), it should be nearby. If possible, try to negotiate the use of a whole floor and keep all the
  athlete's rooms close together. If children's, young people's or adults at risk's rooms are on different floors,
  adults should be available on each floor. Make sure children, young people and adults at risk know what to do if
  they need help in the night and if there is an emergency, for example a fire alarm.



#### Free Time

- Leniency and common sense can apply to free time that is not designated with an activity. For instance, if an international camp has some free time prior to an official activity like training etc, athletes could be allowed to go for a walk, go to a local shop or another activity. The recommendations for this are:
  - Prior consent must be gained from the team manager or authorised person in charge, and times of departure and return should be given. The team manager should know who is going and where they are going.
  - Communication on leave & return is essential so the designated person knows everyone's location.
  - The rule of 3 should always apply, which means any trip that is away from the current place of the team (accommodation or venue) should only be allowed if a minimum of 3 athletes go together.

Further guidance is available on the NSPCC website: Safer Activities & Events.