

1:1 COACHING & LONE WORKING

1:1 coaching is a normal part of sporting activities and within team sports like Netball there may be occasions where coaches are providing one-to-one coaching with a child. When this is the case the following should be adopted:

- Ensure children and their parents/carers are aware of all formal arrangements such as the structure, the location and the length of a one-to-one session.
- Provide children (& their parents/carers) with information on what to do and who to contact if they feel uncomfortable at any time during a one-to-one coaching session.
- Ensure that all coaches understand, abide and have signed up, to the relevant Code of Conduct.
- The coaching activity to take place in an open environment with others around and any one-to-one sessions to be in clear view of others within the venue.
- Ensure that all adults behave in an appropriate manner, respecting the rights of the child and treating them with respect, dignity and fairness.
- Coaching techniques for one-to-one sessions should ideally be delivered by demonstration and avoid any unnecessary physical contact. See appendix 6 - Physical Contact & First Aid for more information.
- Encourage parents/carers to attend wherever possible.
- Those working with children alone to have a copy of the child's emergency contact number and access to a phone.
- When working remotely a coaching plan covering location, planned activities, start time and expected return time should be provided and a copy left with the parent/carers as well as a suitable contact such as a club committee member or facility reception.
- When working remotely coaches should consider methods of contact – will a mobile phone be sufficient and will there be signal? Where practical a secondary or alternative arrangement should be put in place, for example, a radio.
- If working in a remote area then lone working should be avoided and coaching should be carried out in pairs – 2 adults and 2 athletes.