

- In open water do not exceed 1:2, again with a vigilant pair of eyes.
- Watch out for the effects of cold and exhaustion especially when training in open water.

TEACHING PRACTICES FOR DIVING

If teaching children diving then again ensure that you are not left alone with your students. Also, it is recommended that parents are advised that physical contact is necessary.

- Certain underwater skills require close physical contact, such as Alternative Air Sharing, Controlled Buoyant Lift. Before taking hold of your student in a manner which may be misinterpreted, dry run the skill and give a verbal commentary to the whole class explaining what you are going to do.
- Advise students to wear T-shirts or pool suits. This can avert potentially embarrassing situations.
- Guard against the effects of cold especially when training in open water.
- Avoid training in a one to one situation.
- Ensure adequate supervision. ESAC recommend an instructor/student ratio for pool and sheltered open water sites of 1:2. In open water the ratio should never exceed 1:2.

Useful Contacts

Ealing Council Social Services Customer Contact Centre
020 8825 8000 (or 020 8825 5000 after hours)

NSPCC
0800 800 500 (24 hour helpline)



Eastcote Sub Aqua Club Child Protection

A guide for everyone

- The issues of children suffering or being at risk of abuse are of major importance to everyone who is in regular contact with children.
- Anyone who has close relationships with children may be in a position to recognise signs of abuse and should know how to respond.
- This leaflet explains how to recognise when a child is at risk and what to do about it.
- It also gives guidance on good practice during instruction of children.

What is child abuse?

- Child abuse is when a child is significantly harmed, often by adults, but also by other children or young people.
- Children are mainly abused by people they know and trust. Abuse may happen at home, within the family or at a public place such as school or sports centre.
- Children with special needs are particularly vulnerable and in need of special care.

A child who is being abused may display some of the following signs:

- *Physical abuse*
 - Unexplained bruising or injuries
 - Burns or scalds with clear outlines
 - Bite marks
- *Emotional abuse*
 - Unusually aggressive behaviour or severe temper outbursts
 - Depression and withdrawn behaviour
 - Tendency to excessively cling and tearful behaviour
- *Neglect*
 - Constant hunger, greed with food or stealing food
 - Smelly and dirty
 - Unsuitably dressed for the weather
 - Repeated accidents
- *Sexual abuse*
 - Sexual knowledge beyond their age or development
 - Explicit sexual language or behaviour

What to do if you think a child is being abused?

- If you see signs that a child is being abused, or if a child tells you that they are being abused, you must act on your concerns.
- It is not your responsibility to investigate or decide if the abuse has happened, only to ensure the appropriate persons are told.
- Within ESAC, the Secretary or the Welfare Officer should be contacted, and they will provide further advice and assistance.

How to respond to a child who alleges abuse?

- reassure the child that they were right to tell and that they are not to blame;
- take what the child says seriously;
- keep questions to an absolute minimum to ensure a clear and accurate understanding of what has been said;
- reassure but do not promise confidentiality which might not be feasible in the light of subsequent developments;
- **MAKE A FULL WRITTEN RECORD OF WHAT HAS BEEN SAID / HEARD AS SOON AS POSSIBLE.**
- incident report forms are available from the Secretary or the Welfare Officer

It is the Secretary or Welfare Officer's responsibility to contact Social Services, but in the event that they are unavailable or you feel appropriate action has not been taken, you must contact Social Services yourself.

GENERAL GOOD PRACTICE IN THE CARE OF CHILDREN

- Be publicly open when working with children.
- Where possible parents must be made aware of the contact aspect of the sport and, further, should take on responsibility for their children at all times including changing, carrying of equipment, poolside and training, both in the classroom and in the water.
- When away from home, ensure that there are male and female instructors or parents with the group.

TEACHING PRACTICES FOR SNORKELLING

This sport often involves the instruction of young children and the following are a few simple guidelines for instructors:

- Don't be alone with your students. Parents must attend the sessions and children must be supervised at all times.
- Don't mix age groups. By mixing adult and child classes you could be offering the opportunity for abuse.
- Confine your teaching, where possible, to the side of the pool. If it is necessary to demonstrate in water have a fellow instructor with you.
- Ensure adequate supervision. ESAC recommend a maximum instructor/student ratio for pool and sheltered open water sites as 1:4, with a vigilant pair of eyes.