



### Coaching and player safety

In joining the Club as a player, you will be joining a team of coaches with over 50 years' experience playing and coaching the game of American football. We have both non-playing and playing coaches who will assess your strengths and weaknesses and work with you to find the best position for your skills and abilities.

Coaches will run several drills in sessions focusing on fundamentals and development of skills through the advancement stages to make you well rounded American football players. There is no guarantee about player ability, but what we do promise is that players will get better and have fun.

Player safety is paramount to us and our success as a club, before you can take part in any padded full contact drills you must first undertake stance, strike, and tackle training. If you first attended through one of our rookie camps then this will have been completed there, If not this will be completed with you over the first 2 training sessions.

Secondly before is it advised that all new players complete basic shoulder tackling online training. Click the link below and complete the free online training

<https://footballdevelopment.com/shoulder-tackling/>

You can access this FREE training by clicking the link above and completing all modules, these training takes the form of videos from American football coaches in the USA and questions at the end of each module. Once this has been completed, please email evidence of completion to the club email address: <mailto:admin@rossendaleafc.com>

You are still able to attend training sessions until this has been completed but there will be elements you cannot partake in until it is completed. We will NEVER rush anyone into contact training if coaches feel a player is not ready. This is a dangerous game and safety is always our first priority.

## Safeguarding and wellness policy

Rossendale Bucks AFC acknowledges the duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British American Football Association requirements.

The policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children

- have a positive and enjoyable experience of sport at Rossendale Bucks AFC in a safe and child centred environment
- are protected from abuse whilst participating in American football or outside of the activity.

Rossendale Bucks AFC acknowledges that some Participants, including disabled children and young people or those from ethnic minority communities, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

As part of our safeguarding policy Rossendale Bucks AFC will;

- promote and prioritise the safety and wellbeing of its participants
- ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify, and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
- ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed, and accurate records of all safeguarding concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals
- ensure robust safeguarding arrangements and procedures are in operation.

The policy and procedures will be widely promoted and are mandatory for everyone involved in Rossendale Bucks AFC Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation.

## Monitoring

The policy will be reviewed a year after development and then every three years, or in the following circumstances:

- Changes in legislation and/or government guidance
- As required by the Local Safeguarding Children Board, UK Sport and/or Home Country Sports Councils and CASC
- As a result of any other significant change or event.

## Useful contacts

BAFA - [Safeguarding@britishamericanfootball.org](mailto:Safeguarding@britishamericanfootball.org)

NSPCC Helpline 0808 800 5000

Childline 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk)

Kidscape [www.kidscape.org.uk](http://www.kidscape.org.uk)

Anti-Bullying Alliance [www.antibullyingalliance.org](http://www.antibullyingalliance.org)

This Policy is adapted from the Child Protection in Sport Unit in partnership with the NSPCC.

## **Anti Bullying Policy**

The Club's Anti Bullying Policy sets out how we feel about bullying as the Rossendale Bucks AFC, what we'll do to tackle it and how we'll support children and young people who experience or display bullying behaviour.

### **Bullying**

- All forms of bullying will be acted upon
- Everybody in the club or organisation has a responsibility to work together to stop bullying
- Bullying can include online as well as offline behaviour
- Bullying behaviour can include: -

Physically pushing, kicking, hitting, pinching etc. - name calling, spreading rumours, persistent teasing and humiliation or the continual ignoring of others - posting of derogatory or abusive comments, videos, or images on social media - racial, homophobic, transphobic or sexist comments, taunts or gestures - sexual comments, suggestions or behaviour - unwanted physical contact

### **Our club or organisation will:**

- Recognise its duty of care and responsibility to safeguard all players from harm
- Promote and implement this anti-bullying policy in addition to our safeguarding policy and procedures
- Ensure that bullying behaviour is not tolerated or condoned
- Require all members of the club/organisation to sign up this policy
- Take action to investigate and respond to any reports of bullying from children and young people
- Encourage and facilitate children and young people to play an active part in developing and adopting a code of conduct for behaviour
- Ensure that coaches are given access to information, guidance and training on bullying

### **Each participant, coach, volunteer or official will:**

- Encourage individuals to speak out about bullying behaviour
- Respect every child's need for, and right to, a play environment where safety, security, praise, recognition and opportunity for taking responsibility are available
- Respect the feelings and views of others
- Recognise that everyone is important and equal, and that our differences make each of us special and worthy of being valued
- Show appreciation of others by acknowledging individual qualities, contributions and progress
- Ensure safety by having rules and practices carefully explained and displayed for all to see
- Report incidents of bullying behaviour they see – by doing nothing you are condoning the behaviour

## **Player Equipment**

In order to partake in basic non-contact training drills, you must attend training with the following equipment as a minimum:

Football Boots/cleats (Moulded or rubber studs, no metal studs)

Gum Shield

Gloves (Optional but recommended)

In order to take part in Contact drills you will need the following equipment:

**Helmet** – Players can choose to buy their own helmet or to use one that has been provided by the club. As a club we are aware of how expensive of a hobby American football can be and as such like to try and keep the costs down for players, so all players are able to rent this item from us and the cost incorporated in to the yearly subs.

**Shoulder Pads** - Players can choose to buy their own Shoulder pads or to use a pair that has been provided by the club. As a club we are aware of how expensive of a hobby American football can be and as such like to try and keep the costs down for players so all players are able to rent this item from us and the cost incorporated in to the yearly subs.

**Lower Leg pads and Pants** – Due to Hygiene reason relating to the recent pandemic of COVID-19 these cannot be provided by the club and each player must buy their own. There are multiple options for Lower pads.

Option 1 – Game day pants and Insertable leg pads. Click the links below for an example

<https://www.epsports.co.uk/full-dazzle-football-pants.html>

<https://www.epsports.co.uk/warrior-gauntlet-7-piece-leg-pad-set.html>

Option 2 – Fully integrated Pants, Game pants with the pads already stitched in. Click link to see example.

<https://www.epsports.co.uk/apparel/uniforms/integrated-pants.html>

Option 3 – Game pants with a Padded girdle undershorts/pant. Click link to see example.

<https://www.epsports.co.uk/player-equipment/protective/padded-girdles/champro-bull-rush-7-pad-girdle.html>



Please note that the Links provided are just examples, you are not required to buy these particular ones. You may be able to find different ones and a smaller cost on different websites. Game pants are recommended to be black as this is the club's primary colour for uniform.

Other examples of equipment you may want to have but are not required to have to take part in the sport are:

Rib protectors – These come in many different forms the most popular is an undershirt with protective pads in.

Padded American football gloves

Helmet visor – Be aware you cannot wear a blacked-out visor in a game.

Skull wrap – helps with helmet fitting and sweat collection during training.

Jockstrap or cup

If players opt to rent a helmet and shoulder pads from the club, these item/s must be returned at the end of the season if you decide to leave the club and/or you decide to purchase your own equipment.

For large purchases such as helmets and shoulder pads the club receive a 10% discount from EP sports so can order the item for you as a member of the club. Helmets are advised to be black as this is the primary colour of the uniform.

Helmet decals will be provided for you of our logo.