



## Coaching With Conn Junior Sports Camp Health & Safety Policy

Updated 29/01/2025

### **Half Term & Holiday Camps**

- **Time, Location & Suitability:**

The camps run throughout the half terms and holidays, on a predetermined date. Parents are notified of these dates via social media and the website. The camps operate from 10am-3pm, with an early drop-off time of 9am available. They are held at Moreton Rangers Football Club on the front field and makes use of the 200m running track, as well as the inner pitch and the two large football goals. The camps are suitable for any child over the age of 4.

- **Equipment:**

Each camp utilises a selection of cones, alongside a number of footballs, an agility ladder and occasionally some extras (these could include parachutes, ropes, hoops and hurdles, bags, gloves, games and activity sheets). Equipment varies depending on the time of year.

A gazebo is erected and secured prior to the camp start, and is available for the duration of the camp as a secure bag drop and rest point.

- **Camp Aims:**

Each camp follows a detailed session plan containing the timings to follow for all activities and breaks. This plan is readily available to view and mark on the MacBook and iPad.

- **Camp Timings:**

Each camp is divided into a number of games and activities. There are two 15 minute breaks (one in the morning, one in the afternoon). A 45 minute lunch break is also planned in. Timings for the games and activities can vary.

- **First Aid:**

Within the camps there will always be a minimum of one qualified first aider. A large first aid kit is located in the gazebo at all times. An additional first aid kit is located further along the field as an immediate use kit. A defibrillator is also located on site, by the kit store. Should a serious incident occur, emergency services will be contacted.

- **Injuries:**

Should any injury or accident occur during the camp, participants are advised to stop participating straight away. Any injuries that occur are immediately assessed by a qualified first aider. Parents are informed of any incidents in a swift manner and all details, including treatment, are provided. The coach will check up on the participants involved after a few days. After the camp, a comprehensive report is completed and stored.



- **Attire:**

Sensible running kit should be worn at all times. This includes shorts/trousers, t-shirts/ vests/long sleeves, thermal layers (if required) and appropriate trainers or football boots.

- **Payment:**

Each camp has a fee of £10 per child per day and is required before the session. Participants booked onto the early drop-off pay an additional £3 per child per day. All bookings are completed via the CWC website or through the coach.

- **Food & Drink:**

All participants are required to bring a bottled drink and a packed lunch. CWC also provides additional water bottles, fruit, squash, fruit shoots, and a small bag of sweets for the end of the session. When participants are signed up, allergy details are provided, these are followed when purchasing additional supplies.

- **Behaviour:**

All participants' behaviour is closely monitored by all CWC coaches throughout the session. Bad language, hate speech (examples include racial remarks, homophobia, threats), foul play, physical contact (with the exception of hugs, high fives and supportive or gameplay contact) and bullying are not allowed under any circumstances and are dealt with immediately. Participants are notified of this prior to the camp during the introductory talk. Should any incidents occur, participants are removed from the current activity and parents are notified at the end of the camp.

- **Site Usage & Waste:**

The location used for all camps is not owned by CWC. All participants are advised to leave the site in a clean and tidy manner, this includes leaving no litter or equipment behind. An in depth litter pick is carried out after the camp, including a check for any left over equipment or personal belongings. Any items of lost property that are found are stored until claimed.

Bin bags are situated on site for use throughout the camp. Participants are advised to use one specifically for plastic bottles so that they can be emptied and recycled.

The grounds (including the onsite toilets) are checked after the camp for damages. Any damages are covered and replaced by CWC.

## **Medical Details**

- **Declaration:**

Medical details and declarations are facilitated through the CWC website. Parents list their children on their account and are required to update their profiles should any changes occur.

- **Updates:**

Any alterations in health status or injuries affecting safe participation must be promptly communicated to the coach prior to the session.



**COACHING**  
WITH **conn**

- ***Injuries:***

Participants are urged to inform the coach of any injuries sustained before, during, or after any session, ensuring appropriate support.

## **Health & Safety**

- ***Risk Assessment:***

A comprehensive risk assessment is conducted, and is subject to biannual review.

- ***Ratio:***

For each camp, there are two coaches on site. Both act under the license guidelines set out by EA, the FA and CWC as a company.

- ***Child Safety:***

An up to date register with names, contact numbers, emergency contact details and medical notes is completed prior to each camp. This is kept readily available on the MacBook located on the table in the gazebo. An iPad also remains in the hands of one of the coaches, this contains the same register along with the session plan and any notes made.

Should any child need to make use of the onsite toilets, they are required to notify the coach and will be instructed to go in pairs. Only one pair can go at a time to ensure numbers are safely monitored.

The head coach is fully trained in first aid, safeguarding and child mental health. Both coaches carry a whistle and a lanyard containing an ID badge.

Parents are required to drop their children off so that they can be signed in on the register. Parents are also required to pick up their children at the end of each camp, again so that they can be signed out. Should any parents allow their child to leave on their own afterwards, this must be communicated to the head coach prior to the camp.