

## Policy on Physical Contact at Powerhouse Elite Australia

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### Purpose

This policy aims to establish clear guidelines for appropriate physical contact within our Club to ensure the safety, comfort, and wellbeing of all athletes, staff, and volunteers. It reflects our commitment to maintaining a respectful and professional environment and complies with child safety regulations in New South Wales, Australia.

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### Scope

This policy applies to all staff, coaches, volunteers, athletes, and visitors involved in any activities at Powerhouse Elite Australia. It aligns with the Child Safe Standards set by the NSW Office of the Children's Guardian and relevant legislation, including the Children and Young Persons (Care and Protection) Act 1998 (NSW).

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### Policy Statement

- Physical Contact is sometimes necessary in Cheerleading (including tumbling) and Dance for teaching technique, ensuring safety, and supporting athletes in their physical development. However, all Physical Contact must:
    - Be professional and appropriate to the situation.
    - Be clearly explained to the athlete beforehand.
    - Seek consent from the athlete when possible.
    - Be conducted in the presence of others when feasible.
    - Comply with NSW laws and child safety principles.
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### Guidelines for Physical Contact

#### *When Physical Contact May Be Necessary:*

1. **Skill Demonstration:** Adjusting body positions or providing hands-on guidance to teach proper technique or form.
2. **Spotting:** Ensuring the safety of athletes during stunts, tumbling, or other potentially hazardous activities.

3. **Injury Support:** Providing assistance when an athlete is injured or in distress, such as bracing a fall or providing first aid.

*Best Practices:*

- Always explain why the touch is necessary before making contact.
- Use verbal cues and demonstrations whenever possible as an alternative to physical adjustments.
- Ensure any touch is limited to areas relevant to the activity (e.g., shoulders, arms, legs) and avoid sensitive areas.
- Respect personal boundaries and immediately cease contact if the athlete expresses discomfort.
- Document any touch-related incidents or concerns, as per Powerhouse Elite reporting procedures.

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## Prohibited Conduct

- Any touch that is unnecessary, excessive, or could be perceived as inappropriate.
- Touching sensitive areas, including but not limited to the chest, groin, or buttocks, unless medically necessary and with consent.
- Any form of touch intended to intimidate, harass, or demean an individual.

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## Reporting Concerns

If an athlete, parent, or staff member has concerns about inappropriate touch, they should report it immediately to the Designated Safeguarding Officer (Justin Dobson) or the Senior Coach on duty (where possible). Reports will be handled promptly and in line with Powerhouse Elite's Child Safety Policy and Reporting Procedures and NSW child protection legislation.

Concerns can also be raised with external agencies such as the NSW Office of the Children's Guardian or the NSW Department of Communities and Justice if necessary.

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## Training and Education

All staff and volunteers will receive regular training on this policy and appropriate practices regarding Physical Contact. This includes:



Date: 07/01/2025

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- Understanding professional boundaries.
- Recognizing inappropriate conduct.
- Complying with NSW child safety laws and standards.
- Handling complaints or concerns effectively.

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## Review and Compliance

This policy will be reviewed annually or as required to ensure it remains relevant and effective. Non-compliance with this policy may result in disciplinary action, including suspension or termination of employment or volunteer roles.

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**Date of Implementation:** 07/01/2025

**Reviewed By:** Justin Dobson [Director]

**Next Review Date:** 07/01/2025