

## Child Safety in Sport & Minimising Risk

Due to safe practice, monitored measures, and correct ability progress building (Stunting and Tumbling), accidents within our sessions and classes are extremely rare.

Due to the contact and physical nature of the sport, there is a risk element to the sport, which all parents, carers, and 18+ joiners are made aware of upon enrolment by accepting Terms and Conditions on the Classforkids online portal.

Our aim at the Cheer London Allstarz LTD is for your child's safety to be our top priority and therefore minimise risk.

Below you will find our risk-reducing protocols we currently have in place.

### **Coach to Athlete Ratio**

Within our CLA Teams, we operate on a 2 Coach per Team rule for our CLA Club team (this will differ for Schools teams based on the size of the class due to lower level skills and stunting within our Schools Program). Coaches are fully qualified, trained, insured, and DBS checked. This will consist of one Lead coach and an additional coach (assistant or junior coach). All coaches have received their BCQ qualification alongside training with us annually and are monitored throughout the season.

### **Working at an individual's ability level**

All teams work within their Cheer division "Level." This ensures safe practice and progressions. The Team coach will only action and build level-appropriate skills, therefore eliminating excessive risk-taking. Coaches will work only at a safe ability level for the individual.

### **Learning & Building new skills**

All teams During Team training sessions, stunts and lifts will be demonstrated and coached with a demo group as the visual. This group will be hands-on coached by the Team Coach explaining holds and safe dismounts. The stunt will be kept safe with hands-on coaching until the skill is fully secure. This group will also be extra spotted by the team members.

Groups will build up through safe progressions, with coaches monitoring stunt groups throughout to ensure minimised risk.





## **Dismount and catch technique and importance**

Within our classes and training sessions, athletes are made aware of how to safely and securely catch during stunting. All athletes are aware the head, neck, and shoulders are the most important body parts to be kept safe and to protect these at all times. The group will be aware of how to safely dismount (come down from a stunt) prior to the stunt training commencing.

## **Cheer Safety Mats**

Cheer will be carried out on safety mats at all times. We ensure ample room is available for mat to stunt group ratio to protect in case of any risk. Mats minimize impact and are a soft and safe surface to practice the sport.

## **Staff during an emergency**

At the Cheer London Allstarz, we always have ample staff on site if needed. We also have session assistants who liaise with parents and remain at the front desk/first aid station to help with any accidents or incidents. We have a full protocol in place for emergencies and staff procedure (available upon request).

## **Staff during an emergency: First Aiders**

All CLA Staff are first aid trained. There will be a designated first aider at every session although all of our staff are first aid trained and compliant.

## **Extreme Emergencies**

In the unlikely event of an extreme emergency, a senior CLA staff member will take charge to administer first aid and delegate to other staff the next steps of our emergency plan. We also understand keeping other children safe during this time as it can be distressing to witness any accident or incident, therefore staff are aware of our emergency procedure to keep all children safe with the casualty being our first priority.

## **Parent contact**

With any accidents and emergencies, parents will be contacted immediately after the casualty is in a safe and stable state, as the casualty is our first priority. Staff will contact emergency contact immediately to inform/update.

Please contact me directly for any clarification on the points outlined above.

**Sophie Bastock**

DSL & Head of Safe Practice | Cheer London Allstarz LTD

Phone: 07702010043 | Website: [www.cheerlondonallstarz.com](http://www.cheerlondonallstarz.com)

