**ABERDEEN GRAMMAR RUGBY SAFEGUARDING QUICK GUIDE**

**SEPTEMBER 2020**

Aberdeen Grammar Rugby promotes a range of core values - teamwork, discipline, confidence and fun. Key to this is our commitment to safeguarding children and young people. Our Safeguarding Policy and Recruitment Policy outline this commitment and are available on the Club website.

In response to **Covid19** the Club has adapted training and matches however safeguarding still remains a priority that is taken very seriously.

This practical guide provides coaches with advice on how to respond to a concern about a child or young person.

# Recognise: things to look out for

* A change in the child’s behaviour e.g. becoming disruptive or unreasonable during sessions.
* Becoming anxious, lack confidence or are withdrawn and stop communicating Begin bullying other children
* Displaying sexual behaviour or language inappropriate for their age
* Have inadequate clothing, are dirty, poor personal hygiene
* Have unexplained injuries such as cuts and bruises or bite marks
* Reluctance to change clothes for sport/activity
* Seem anxious around parents or carers
* Are reluctant to say what’s wrong

# Respond: how to respond

* Repond calmly
* Listen to what they say
* Reassure them they are not to blame
* Avoid asking too many questions, just gather basic questions, who, where, when
* Don’t give personal viewpoints
* Don’t promise to keep it a secret, be clear that this is important and you have to tell someone else
* Reassure them they are not to blame

# Report: share your concerns

If you consider a child or young person is at immediate risk of harm, contact Police Scotland on 999. In all other cases, contact the Child Protection Officer (contact details below).

Record: make a record of your concerns

Record your concerns even if it is only a rough note. This can help you recall what happened.

**If you require advice, information or guidance on safeguarding matters, please contact the Club Child Protection Officer who will be happy to assist. Contact details are below.**

**Contacts**

**Audrey Nicoll, Child Protection Officer, email audreynicoll@icloud.com**

**Police Scotland non-emergency no 101 or dial 999 in an emergency**

# **Aberdeen City Social Work Joint Child Protection Unit 01224 306877**

[**https://www.aberdeencity.gov.uk/services/social-care-andhealth/contact-us-childrens-social-work**](https://www.aberdeencity.gov.uk/services/social-care-and-health/contact-us-childrens-social-work)

# **Aberdeen City Out of Hours Social Work Service tel 0800 7315 520 Monday to Thursday 1630 to midnight Weekends and public holidays 0830 to midnight**

[**https://www.aberdeencity.gov.uk/services/social-care-andhealth/contact-us-social-work#2399**](https://www.aberdeencity.gov.uk/services/social-care-and-health/contact-us-social-work#2399)