



Appropriate conduct: coaches & instructors

Coaches and riding instructors can become important figures in your child's life. It is crucial to know their qualifications and be aware of poor conduct.

GOOD PRACTICE

Checks & qualifications

- ✓ Up-to-date DBS or police checks
- ✓ Safeguarding trained & attends refresher training
- ✓ Holds recognised coaching qualifications & insurance

Supervision

- ✓ A parent, guardian, or other adult present during all coaching or training sessions
- ✓ Sessions should take place in open areas, visible to others
- ✓ 1-on-1 interactions between adults and children should be observable and interruptible

Communication

- ✓ Coaches and instructors should not follow your child on social media
- ✓ They should not message your child directly but in a group chat with you copied in

RED FLAGS

Checks & qualifications

- ✗ Outdated checks or qualifications
- ✗ Unwillingness to provide evidence of DBS or police clearance
- ✗ Poor understanding of safeguarding and child safety procedures

Supervision

- ✗ Prevents or discourages parents and guardians from attending sessions
- ✗ Invites children or young people to travel or stay with them at events and competitions unsupervised
- ✗ Brings children or young people into closed, non-visible environments
- ✗ Locks doors when talking to riders

Communication

- ✗ Sends social media requests or private messages to children or young people
- ✗ Fails to copy you into online communications



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GOOD PRACTICE

Physical contact

- ✓ They have a clear physical contact policy which is clearly communicated to riders and their parents/guardians
- ✓ Only makes hands-on corrections when appropriate or necessary in an emergency
- ✓ Hands-on corrections are explained to the rider first
- ✓ They create an environment where your child can refuse non-emergency corrections

Approach & mindset

- ✓ Sessions are developmentally appropriate and progressive
- ✓ They are fair, honest, and considerate to all participants
- ✓ They work within the rules of their sporting discipline
- ✓ They care about the health and wellbeing of your child

RED FLAGS

Physical contact

- ✗ Their physical contact policy is unclear or not communicated
- ✗ They unexpectedly change rules about physical contact or have different rules for different riders
- ✗ Makes inappropriate or unnecessary hands-on corrections
- ✗ Failing or refusing to explain hands-on corrections
- ✗ Your child feels unable to refuse non-emergency corrections

Approach & mindset

- ✗ Places excessive pressure on sporting performance through criticism or punishment
- ✗ Demonstrates intimidating or unprofessional behaviours
- ✗ Encourages rule-breaking in sport
- ✗ Pressures participants to ride or compete whilst unwell or injured