



## SAFEGUARDING POLICY

1. FHSRA acknowledges its responsibility to safeguard the welfare of every child. Young person and adult who has been entrusted to its care and is committed to working to provide a safe environment for all its members. A child or young person is anyone under the age of 18 engaged in any activity.

FHSRA believes that:

- The child's welfare is, and must always be, the paramount consideration.
  - All children and young people have a right to be protected from abuse regardless of their age, gender, culture, language, racial origin, religious beliefs or sexual orientation.
  - All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
  - Working in partnership with other organisations, children and young people and their parents or carers is essential.
2. We acknowledge that every child or young person who plays or participates in sport should be able to take part in an enjoyable and safe environment and be protected from poor practice and abuse. Total Sports Coaching recognizes that this is the responsibility of every adult involved in our organisation.
  3. FHSRA has a role to play in safeguarding the welfare of all children and young people by protecting them from physical, sexual, or emotional harm and from neglect or bullying. It is noted and accepted that the child protection regulations apply to everyone involved in sport whether in a paid or voluntary capacity. This includes those who are a volunteer, match official, helper on club tours, coach, club officer or medical staff.
  4. We endorse and adopt the following practice for recruiting volunteers/paid staff and will:
    - a. Develop a role profile.
    - b. Request identification documents
    - c. As a minimum meet and chat with the applicant and where possible conduct interviews before the appointment
    - d. Request and follow up with two references before appointing.
    - e. Require an Enhanced background check for all staff.
  5. All current FHSRA Coaching members with direct access to children and young people will be required to complete Enhanced Disclosure. If there are concerns regarding the



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appropriateness of an individual who is already involved or who has approached us to become part of FHSRA, guidance will be sought from the National Child Protection Authority (NCPA).

6. Any adult or young person with concerns about a colleague or person working with FHSRA can go direct to the police, social services, or the NCPA. Total Sports Coaching encourages everyone to know about these measures and utilise them if necessary.
7. Bullying of any kind is not acceptable in our Academy or at any of our sessions. If bullying does occur, all players, parents or guardians should be able to tell and know that incidents will be dealt with promptly. Incidents need to be reported to the Director/Admin Officer of FHSRA whose contact details are provided below, a member of the management or, in cases of serious bullying contact the NCPA of Sri Lanka
8. Codes of conduct for players, parents or spectators, officials and coaches have been implemented by FHSRA Coaching. All prospective members will be informed of these codes.
9. Video taking and Photographs – All staff should be vigilant when it comes to photos and video being taken. We do not intend to ban the use of cameras and video in order to analyse coaching and to promote the club. However, there is evidence that some people have used sporting events as an opportunity to take inappropriate photographs or film footage. It is therefore required that parents seek permission from FHSRA before taking such photographs or video. For more detailed information please see our Photo and Video Policy.  
  
In order to avoid 'grooming' photographs used by FHSRA will never be assisted by full names that will assist a third party in identifying the child.
10. Further advice on child protection matters can be obtained from: National Child Protection Authority of Sri Lanka <https://childprotection.gov.lk/index.php/en/> or you may contact them on 1929-call-centre-helpline.



## Injuries

Rugby union is a full contact sport with a relatively high overall risk of injury and a small specific risk of fatal and catastrophic spinal injury. Despite this, significant concerns have been raised regarding the sport's safety, particularly in youth players. Given this, a review of injury rates, risk factors and prevention strategies are required across different youth age groups as well as in males and females.

Some of the common rugby related injuries are as follows: (especially for students above the age of 12 years)

- Fractures and dislocations Broken bones and dislocated fingers and elbows may occur when a player is tackled or knocked to the ground.
- Overuse injuries may result from constant running. Rugby players often sustain strains, soreness, tendinitis, and bursitis.
- Concussions may result from blows to the head by other players or falls to the ground. Players showing concussion symptoms —headaches, dizziness, nausea — should be removed from the game immediately and they should not resume play until cleared by a medical professional.
- Facial injuries may occur in rugby as players are not required to wear protective masks. Cuts, bruises, and facial fractures are possible.

### **The measures FHSRA will adopt to prevent above rugby injuries:**

- Conditioning is critical to withstanding the demands of rugby, hence coaches will emphasize position-specific conditioning programs
- Practice proper technique when tackling, rucking, and scrumming.
- Encourage you to wear the right equipment, including a fitted, high-quality mouth guard.
- Teach the correct rules. Foul play hurts your team and may increase the risk of injuries.
- If a player is hurt, get him/her off the field immediately.
- Plan training that focuses on strengthening the neck, shoulder, hip, and core muscles.
- Ensure adequate rest is provided to recover from any injury.
- To have appropriate level of first aid cover at training session
- To report and inform the parents/guardian of any injury immediately.



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**Contact person to notify any complaints are:**

Nishantha Chanaka Admin Manager FHSRA: 077 8627167

Thusitha Peiris– Director: 077 1940519

Email: info@flyhiacademy.com

Name of the Student:.....

Name of the Parent/guardian:.....

Contact Nos: Mobile..... Land.....

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Signature

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Date