

Club Guidance on physical contact with Children, Young People and Adults

April 2024

Within our Judo Community, we have physical contact with both junior and adult members. This is integral to coaching and competition.

This guidance gives some good practice that keeps everyone safe.

Physical contact and young people in sport

The CPSU briefing provides guidance on the appropriate use of physical contact between adults and young people in sports activities.

Author: NSPCC Child Protection in Sport Unit

Published: 2021

Contents:

- introduction
- when is physical contact appropriate in sport?
- physical contact best practices



[Physical contact and young people in sport | CPSU \(the cpsu.org.uk\)](https://the cpsu.org.uk)

The briefing states:

There may be many circumstances in a sports context when it is appropriate, necessary, and beneficial for an adult to make physical contact with a child, to aid with their safety and development. This briefing is designed to, ensure all parties are confident about making safe, appropriate contact with children and young people.

Children should be frequently reminded that they have the right to say what level of contact they are comfortable with, and should feel that this is always listened to and respected.

Note: Sport can offer an opportunity to reaffirm children's right to decide how or if their body is touched, and say no to touch that is uncomfortable.

This applies to our contact with adults as well as children and young people. Please reflect on any concerns you have with the Club Welfare Officer and/or BJA Safeguarding Team. Consult our Threshold Guidance [SAFEGAURDING FLOWCHART BOOKLET \(britishjudo.org.uk\)](https://britishjudo.org.uk)