



Child Safety & Child-Friendly Policy

Trilogy Gymnastics

1. Policy Statement

Trilogy Gymnastics is committed to providing a safe, supportive, and child-friendly environment where all children and young people can participate in gymnastics free from harm, abuse, neglect, bullying, or exploitation. The welfare and best interests of the child are always our highest priority.

2. Purpose

This policy aims to:

Protect children and young people from all forms of harm

Promote a positive, inclusive, and respectful gymnastics environment

Clearly outline expected behavior of adults and children

Provide procedures for reporting and responding to child safety concerns

3. Scope

This policy applies to:

All gymnasts under 18 years of age

Coaches, assistant coaches, staff, volunteers, and officials

Parents, guardians, and visitors

It covers all club-related activities including training, competitions, events, travel, and online communication.

4. Child-Friendly Environment

Trilogy Gymnastics is committed to ensuring gymnastics is:

Fun, positive, and age-appropriate

Inclusive of all abilities, backgrounds, and identities

Focused on skill development, confidence, and well-being

Free from fear, intimidation, humiliation, or excessive pressure

Children are encouraged to:

Express their feelings and opinions

Ask questions and seek help

Be treated with respect and fairness

5. Children's Rights

All children involved in our program have the right to:

Feel safe and supported

Be listened to and taken seriously

Be treated with dignity and respect

Participate without discrimination

Train in an environment that prioritizes physical and emotional safety

6. Code of Conduct – Adults Working With Children

All adults must:

Act as positive role models at all times

Treat all children fairly and respectfully

Use positive coaching techniques and appropriate language

Maintain professional boundaries

Obtain consent before physical contact and ensure it is appropriate and necessary for coaching

Avoid favoritism or singling out children

Never engage in abusive, intimidating, or humiliating behavior

Adults must not:

Use physical punishment or threatening behavior

Engage in inappropriate physical contact

Communicate privately with children online without parental knowledge

Make inappropriate comments about a child's body, appearance, or ability

7. Code of Conduct – Children and Young People

Children are expected to:

Treat coaches and teammates with respect

Follow gym rules and safety instructions

Use appropriate language and behavior

Speak up if they feel unsafe or uncomfortable

8. Recognizing and Preventing Harm

Harm may include:

Physical abuse

Emotional or psychological abuse

Sexual abuse

Neglect

Bullying or harassment (including cyberbullying)

Trilogy Gymnastics takes proactive steps to reduce risk, including:

Staff screening and background checks where required

Clear supervision procedures

Safe training practices

Education on child safety and respectful behavior

9. Reporting Child Safety Concerns

Any concern about a child's safety must be taken seriously.

Concerns can be reported to:

A coach

The head coach or program director

The club's Child Safety or Safeguarding Officer

The club's Owner

Reports will be handled confidentially and promptly. If a child is in immediate danger, appropriate authorities will be contacted.

No person will be penalized for making a report in good faith.

10. Responding to Concerns

All child safety concerns will be:

Recorded accurately

Investigated promptly and fairly

Managed in line with legal and regulatory requirements

Parents or guardians will be informed where appropriate.

11. Confidentiality

Information relating to child safety will be treated sensitively and shared only with those who need to know to protect the child.

12. Policy Review

This policy will be reviewed regularly to ensure it remains current, effective, and aligned with child safeguarding best practices.