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**Cambridge Junior Triathlon Club Online Coaching and Activity Policy – Draft –**

* Training will be provided by appropriately qualified coaches, who are DBS checked in line with British Triathlon policy.
* Prior to attending a session, parental permission must be given.
* By taking part in online sessions, you or your guardian (for under 18) agree that you are doing so entirely at your own risk.
* By taking part in online sessions, all attendees’ parents/carers confirm that you are fit and well enough to take part in such training. Any injuries or existing conditions must be reported to the session Coach before the session starts. However, it remains the responsibility of the parent/carer to ensure that their child is not training injured and is well enough to take part.
* All attendees’ parents/carers must ensure they have sufficient space to safely perform all activities.
* The club/coach will provide some simple guidelines for setting up a safe physical environment, covering things like obstructions, stability of turbo trainers, the risk of siblings or pets being injured and the need for parental/carer supervision. However, it remains the responsibility of the parent/carer to ensure that the home training area is safe and that all equipment is safe to use.
  + Is your turbo trainer stable and safe and properly set up?
  + Is your bike in a suitable condition for training?
  + Are there other participants and is there enough space?
  + Are there any pets and are they safely out of the way?
  + What is the floor like? Is it safe?
  + Is the area well ventilated?
  + Do you have a mat?
  + Are there any trip hazards? Are there any obstacles or rugs in the way?
  + Is there furniture you may bump into—can it be moved?
  + How high is the ceiling? Could you hit a ceiling light if jumping up?
  + Are you wearing suitable clothing and footwear?
  + Are there any risks from jewellery?
* A parent/carer must be on-hand to assist in case of injury or concerns
* All attendees should be adequately hydrated at the beginning of the session and have drinks available for the duration of the session.
* All attendees must behave in line with club policy, but it remains the responsibility of the parent /carer to ensure the behaviour of their child is acceptable and in line with our junior code of conduct and other policies.
* It remains the responsibility of the parent to ensure that their child’s privacy settings are suitable and that the child does not divulge personally identifying information or allow individuals not known to them and to their parents to make contact.
* On Zwift sessions we ask all children to set their accounts to private – this remains the responsibility of the parent/career.
* Zoom sessions will be set up so that only participants can join.
* Login details should never be shared further by any member or published on a public form.
* Login details for all accounts used by coaches for communicating directly with the children will be shared with the welfare officer, the junior coordinator and the chairperson.
* No coach will be communicating one-to-one with a child online, unless it is an emergency situation. We will avoid ever being in one-to-one communication with a child online.
* Attendees’ camera use is optional and under 18 members must have permission from their supervising Adult.
* The children will be encouraged to have video ON so that the coach can see what they are doing. Parents will be advised of this and encouraged to think about what else will be visible in their homes.
* Participants should NOT record, screenshot or photograph the sessions, and we won’t record them either.
* Participants should never:
  + Never go to a meeting that doesn’t have a password
  + Never go to a meeting on Zoom without a waiting room
  + Never give control of your screen to a third party
* In parallel with Zwift meetups, we’ll set up a Discord channel for the children to interact with each other. This will be set up in such a way that only invited participants with a link and password can access it, and the link expires after the session.