

## WORKSTREAM 5 – Minimum operating standards

### Action 4: define safeguarding procedures regarding staff-to-participant ratios and supervision

Adequate supervision during activities with young athletes helps reducing the risk of interpersonal violence. Below is an overview of key topics that club committees should discuss and formalize in advance to ensure that all club activities, such as training, competitions, training camps and team-building events, take place in a safe and responsible manner.

These agreements should be included in the club’s internal regulations for easy access. Additionally, ensure that all staff, athletes, and their parents are regularly informed about these rules through multiple communication channels.

#### Possible guidelines

Risk	Possible guidelines	Advice
<b>Not enough coaches during training sessions</b>	Agreements on maximum group size per coach.	<p>An ideal number of athletes per coach varies by sport and depends on the coach’s experience, the group’s level and the athletes’ age. Avoid placing very young or inexperienced coaches in charge of large groups alone. It’s best to pair them with experienced coaches who can guide and support them. As a general guideline:</p> <p>Age 4-6: 1 coach for 6-8 children            Age 7-12: 1 coach for 8-10 children            Ages 13-18: 1 coach for 10-12 athletes.</p> <p>This ensures that each athlete receives sufficient attention and support.</p>

	Agreements on what action the club takes if insufficient coaches can attend due to e.g. illness.	Plan ahead for coaches' absences. For example, offer alternative activities such as injury prevention exercises that youth can do independently at home.
<b>Not enough supervisors for training camps, competitions</b>	Agreements on number of supervisors needed for a training camp to proceed.	It is advisable to apply the four-eye principle during training camps, sports camps and competitions by ensuring at least two adults are present as chaperones. Parents may also assist in this role.
<b>No night surveillance during multi-day training camps, multi-day competitions</b>	Agreements on night supervision during training camps and competitions with overnight stay with children or adolescents.	Provide two contact people per night along with a designated night watch. For mixed camps, ideally assign one male and one female contact person.