



# Guidance for Online Training

We are all keen to embrace the opportunities presented by technology and social media platforms to keep members engaged and involved with rowing. Please remember, if you are considering online training activities for your club, make sure you are doing so safely. Our advice for clubs is to follow the same good coaching practice as you would for any other session. Scottish Rowing's insurers are accepting training via online coaching sessions, however, in all cases a risk assessment continues to be key for the activity planned. The Scottish Rowing insurance only covers individuals/coaches with a Scottish Rowing membership so you may need to check in with your insurer regarding any online activity you are running.

## Participant Safety

- The coach/instructor should be suitably qualified to instruct on the activity being delivered.
- The activity should be suitable to be undertaken in someone's home or garden.
- The coach must remind participants to check their surroundings are clear, the surface is suitable for the activity and to keep any pets or other distractions away during exercise.
- The coach should remind participants to check that any equipment used is in good working order.
- The coach should specify at the start of any video that this is general guidance and anyone doing the exercise should be aware of their own capabilities and only do what they are comfortable to do or seek medical advice if they are in any doubt.
- The coach should remind participants to stay hydrated.

## Safeguarding

If you are coaching vulnerable adults or anyone under 18 please be aware that safeguarding is as important as ever. Here are some useful safeguarding points to consider:

### Digital apps and social media

- Be mindful of the age of young athletes and social media access. Children under the age of 13 should not be accessing certain platforms (a full list is detailed below).
- Written permission from parents/carers should be sought before communicating by social media with children and young people who are under 16. Parents/carers of children and young people who are over 16 should be informed that your organisation will be communicating with their child in this way.
- If you are an adult, do not add children and young people to your personal social media pages. If a child or young person adds you, you should decline and direct them to your sport specific pages.
- All concerns about the inappropriate use of social media should be managed in line with the Scottish Rowing Responding to Concerns Guidelines: [link here](#)



## Age restrictions for social media:

<b>Platform</b>	<b>Age</b>
Twitter	13
Facebook and Messenger	13
Instagram	13
Pinterest	13
Google +	13
Tumblr	13
Reddit	13
Snapchat	13
Skype	13
TikTok	13
WhatsApp	16
Tinder	18
YouTube	18
Flickr and Kik	18

## Guidance for Coaching Children and Young People online

- Parental consent should be sought, as noted above, prior to on-line coaching commencing. In addition conversations should take place amongst all parties involved to discuss expectations around behaviour and boundaries. This includes parents, children and young people, coaches and any others involved in the activity.
- The parents email address or phone number should be used for any communications regarding the on-line coaching schedule. There should be no direct communication between the child and coach outside of this.
- In the same way that coaches should avoid delivering to children and young people away from others at clubs or training grounds this principle should also apply on-line. Where it is feasible, more than one coach should deliver sessions. Settings to allow coaches and children and young people to be on screen at the same time should be used.
- Where ever feasible children and young people should participate in their coaching session in an open environment where supervision by parents/carers is possible.
- Where age appropriate parents should be present during sessions.
- Children and young people should participate in sessions in suitable clothing. One pieces etc. should be avoided.
- Be mindful that instances of bullying can still take place online and should be dealt with through the anti-bullying policies in place with Scottish Rowing.



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- It is important to remind coaches that they continue to have a duty of care to children and young people to whom they are providing on-line coaching sessions. They are entering people's homes virtually which means that they may potentially witness behaviour which places a child or young person at risk of harm. In this situation coaches should follow responding to concerns procedures as normal; [link here](#)
- It is important that everyone, including parents/carers and children, understand what to do if they have a concern and who to speak to. Raising awareness about how to go about this might include communications from the club or the Clubs Child Wellbeing and Protection Officer dialling in to on-line coaching sessions on occasion.
- If a concern is raised to the club that a child or young person is being harmed, all normal procedures should be followed in line with Scottish Rowing's policy. If a child is at immediate risk of harm, statutory agencies should be immediately alerted.

### Use of Music

Finally, if using music, the coach/instructor should be careful not to use copyrighted music/material without the appropriate licence or permission.