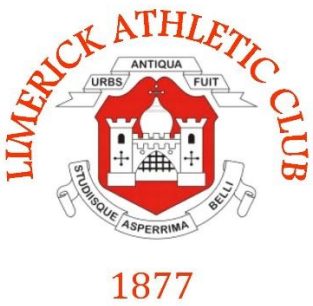
Limerick Athletic Club Child Supervision Policy



Purpose

The purpose of this policy is to outline Limerick AC's approach to the supervision of juvenile athletes while training with the club or an a club organized trip.

Document Control

Version Number	Date	Changes
Draft	6th November 2025	Creation of document
Revised Draft	14th September 2026	Various updates
1.0	18th November 2026	Approval by Committee

1. Introduction

Limerick AC always prioritises the safety of our young athletes and will adhere to the following supervision and travel standards.

2. Supervision at Training

Limerick AC will maintain a safe environment by following recommended coach-to-athlete ratios and ensuring no child is left unsupervised.

a) Ratios: We aim for 2:16 for athletes under 10, and 2:20 for older groups.
b) The "Rule of Two": There must always be at least two adults present at every session. We aspire to have at least one adult of each gender present at all times.
c) Attendance: Coaches maintain a list of registered athletes; children must remain within their assigned groups and under visual contact of the coach. Athletes will be assigned to a particular Coaching Group. The Coaching group is set up in a way to ensure the Coach Athlete ratio is adhered to and there is an
d) Bathroom Breaks: Children must never go to the bathroom alone. They must be accompanied by a parent or a "buddy" (friend) with the coach's knowledge.
e) Athletes must signed in by notifying a coach or volunteer of their presence.
f) Where a child becomes isolated during a training run the coach on duty will maintain visual contact with the child until the child has returned safely.
g) A child will not be allowed to leave the Clubs training area without the prior agreement from the coach.
h) Where there are children sharing dressing room facilities with adults there should always be a coach present to supervise behaviour.

3. Parental Responsibilities

As the University of Limerick are public group and generally an unenclosed space, parental cooperation is essential for safety.

a) **Under 10s:** A parent or responsible adult **must** remain at the training session or competition.
b) **Drop-off & Collection:** Parents must be familiar with start/finish times. Coaches cannot be left alone with a child at the end of a session; if a parent is late, two coaches will remain until collection.
c) **Injury Reporting:** In the event of an accident or injury, parents will be informed immediately.

4. Travel & Away Trips

While Limerick AC does not currently arrange overnight stays, the following rules apply to any competition or away event:

a) **Transport:** Coaches/volunteers must have valid insurance, follow all rules of the road, and never carry more than the permitted number of passengers.
b) **Safety in Pairs:** Volunteers should avoid being alone with a single passenger. Central drop-off points should be used where possible.
c) **Permission:** Explicit parental permission is required for a coach or volunteer to transport a child.

d) **Overnight Protocol:** Should an overnight trip be planned in the future, we will strictly follow the *Athletics Ireland Child Safeguarding Checklist*.

4. Athlete Code of Conduct (Away Events)

Athletes representing Limerick AC are expected to uphold the club's values:

a. **Preparation:** Arrive on time, wear your club singlet, and bring your spikes.
b. **Check-in:** Meet your coach at the designated point and keep your competition number pinned until finished.
c. **Communication:** Never leave the group or the venue without informing your coach.
d. **Sportsmanship:** Support your teammates and enjoy the challenge!