

THE COLLEGE OF ST. MARK & ST. JOHN

A case study into the effectiveness of Child-Safe
as a child protection scheme in a junior sports
club in Bath and North East Somerset.

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Honours (Exon)

Statement of Originality

I confirm that I have fully acknowledged all sources of information and help received and that where such acknowledgement is not made the work is my own.

Signed:

Date:

Acknowledgements

The researcher would like to thank:

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Abstract

Child abuse can be defined as a child suffering harm because of physical or emotional cruelty, sexual abuse, or neglect (NSPCC, 2002). Sport provides a unique arena in which this abuse can take place. Child-Safe is a child protection initiative set up by Avon and Somerset Police in 2001, which aims to provide advice and promote safety to ensure that all those involved in children sport are made aware of the potential risks for children and young people. The aim of this study was to establish the effectiveness of Child-Safe as a child protection scheme in a junior sports club in Bath and North East Somerset. A case study was created on one club that has used the scheme in order to provide a detailed insight into the opinions of Child-Safe. Interviews and questionnaires were used with coaches, parents, and Child-Safe personnel. The questions related to the personal opinion of the Child-Safe scheme, how it operates and the service it provides to the local coaching community. Results indicated that the coaches at the club thought very highly of the scheme and it was considered a valuable resource for voluntary level coaching. Three main themes were identified from the data collected; these were training, awareness, and putting theory into practice. The data collected suggests that the Child-Safe scheme is beneficial in child protection training and raising awareness, however there is evidence to suggest that the clubs do not put the theory into practice once they have used the Child-Safe service. It is concluded that the Child-Safe scheme is an effective child protection initiative, however more work needs to be done to ensure that the clubs fully utilise the information and resources the scheme provides.

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1.0 Chapter One – Introduction

1.1 Introduction

Child abuse can be defined as a child suffering harm or even death because of physical cruelty, emotional cruelty, sexual abuse, or neglect by an adult (National Society for the Prevention of Cruelty to Children (NSPCC), 2002). According to Lester (2004) the 2001 government figures indicated that over 34,000 children were officially registered as being in need of protection from abuse. This figure was only an indication, however, and Lester (2004:1) continued to state that ‘as yet, no figures relating specifically to sport are available’. Sport provides an opportunity for children and young people to enjoy achieve and develop valuable qualities, however it can also provide an arena in which child abuse can take place. Brackenridge (2004) has suggested that sport can be a site of abuse and harassment while also being a mechanism for protection and prevention through the health benefits that sport provides. Brackenridge et. al. (2005) has explained how child protection has risen up the British sport policy agenda in recent years, as a response to a number of high profile cases of child abuse. Brackenridge et. al. (2005) further explained that the development of child protection in English sport has been given a major boost in the past decade. This is supported by Coachwise Solutions (2001) who state that much positive work is in progress to ensure that coaches create a safer sports environment for all young children.

Child-Safe is a scheme set up by Avon and Somerset Police in 2001, that aims to provide practical advice, promote safety, and ensure that parents and organisations are made aware of the potential risks for children and young people (Child-Safe, 2001a). Child-Safe, as a child protection scheme, is evidence of the work that is in progress to ensure a safe sports environment for all.

A case study approach was chosen for this study due to the nature of the research. ‘The case study is particularly appropriate for individual researchers because it gives an opportunity for one aspect to be studied in some depth within a limited time scale’ (Bell, 1999:6). By creating a case study on a sports club that has used the Child-Safe scheme, the research questions can be addressed. According to Yin (1994) a case study investigates a contemporary phenomenon within a real life context. Child-Safe is a unique initiative that will be analysed within a real context by creating a case study on a sports club that has used the scheme.

1.2 Aim

The aim of this study was:

- To establish the effectiveness of Child-Safe as a child protection scheme in a junior sports club in Bath and North East Somerset.

1.3 Research Questions

In order to fulfil the aim of the study the following research questions were addressed:

- 1) How effective is Child-Safe as a child protection scheme at implementing its services at a local level?
- 2) How effective are the child protection policies and procedures of a local sports club that has utilised the Child-Safe scheme?

1.4 Delimitations

- The club used for the case study was one randomly selected by Child-Safe administration as a club that has used the scheme
- The research was made very specific by employing a case study approach

1.5 Limitations

- The questionnaires distributed were returned by the subjects – this meant a slow and poor return rate.
- The size of the club is fairly small and had only established the junior section 3 years ago. This therefore influenced the number of coaches, parents and members of authority within the club to be involved in the study
- All of the staff and coaches at the club are voluntary. This meant that there was a reluctance to prioritise the research being conducted and accessibility was a problem.

1.6 Definition of Terms

- Child Abuse – any form of physical, emotional, or sexual mistreatment or lack of care that leads to injury or harm.
- Child Protection – the safeguarding of a child’s welfare against any form of child abuse or harm.
- Child Protection in Sport Unit (CPSU) – a partnership set up in 2001 between the NSPCC, Sport England, Sport Scotland, Sports Council for Northern Ireland, and the Sports Council for Wales. The CPSU’s mission is to safeguard the welfare of children and young people in sport and promote well-being.
- Child Protection Policy – a statement that all organisations and clubs should hold, of the duty of care to safeguard all children from harm in any organisation/club.
- Child-Safe – a child protection initiative set up in 2001 by Avon and Somerset Police, in order to provide advice, promote safety, and ensure that all those involved in children’s sport are made aware of the potential risks to children and young people.
- National Governing Body – an individual organisation for each sport that has the responsibility of supporting local clubs, organising competitions, establishing the rules of the sport, and organising education programmes for teachers, coaches, and officials.

2.0 Chapter Two – Literature Review

Child protection has become an important issue in society, not only in a family and social setting but it has become more and more apparent as an issue within children's sport. The aim of the literature review was to consider the area of child protection as an individual aspect but also look closely at the issue of child protection in sports coaching. Lynch and Browne (1999) have explained that child protection today is diverse and complex and constitutes a number of very different perspectives. When looking at child protection in any setting it is important to remember that it is a hugely diverse topic that can incorporate a number of views and ideas.

2.1 Child Protection

Tomison (2001), in a study of the history of child protection, explained that cruelty to children has always occurred throughout the ages and across societies, and there have been attempts to improve aspects of child welfare at various times. It is further explained however that it is only in the last 50 years that the mistreatment of children has created ongoing widespread public concern. It was suggested that it is from this increase in public concern that the development of government agencies designed to protect children from harm occurred.

There is much literature concerning what constitutes child abuse or child harm. Brown (1999) suggests that the abuse of a child can occur in the form of neglect, emotional abuse, physical abuse, or sexual abuse. These forms of abuse are widely recognised as the major methods in which child abuse can take place and are documented in much other literature (CPSU, 2005., Whitney, 2004., Barker and Hodes, 2004., NSPCC, 2002., and Childline, 2006). According to Tomison (2001) the definition of what constitutes child protection or child abuse has greatly expanded and these definitions have now become a primary target for the government. Wright (2004) has suggested that the definitions of child abuse can be socially constructed and these

definitions are not static. While the definitions of child abuse have become a primary target for the government (Tomison, 2001) many statistics have been documented as reasons underlying the protection of children. According to Goldthorpe (2004) there are 11 million children in the country, of whom 3.66 million are deemed to be vulnerable, 376,000 in need, and 25,700 are on the child protection register. Lester (2004) has suggested that in 2001 government figures indicated that it is estimated that 34,000 children were officially in need of protection from abuse. The figure by Lester (2004) is vastly different to that of Goldthorpe (2004). It is, however, evident that these are only estimated figures and that the actual unofficial number of those in need of protection could in fact be many thousands more. Regardless of factual figures, it is fair to suggest that children have the right to be protected from abuse, and even if only one child were in need of protection it would stand as reason enough for child protection policies and procedures to be implemented nationwide. This is supported by Harran (2002) who has suggested that it is of paramount importance in all child protection procedures that the rights of the child are considered appropriately, and Stanley (2003) has also suggested that child protection should be a part of overall policies to improve children's lives in all respects.

Hearn et. al. (2004) have explained that in response to the public concern surrounding child protection, significant research by the Department of Health has occurred. The results of this research identified the need to improve professional practice in child protection across all areas. A study by Wattam (1997) highlighted the reasons behind studying and researching child protection. In this study it was argued that children do not just need a child protection system. A range of flexible and responsive services that provide help and support is required. This was supported by Lynch and Browne (1999) who suggested that the well-being of children and protection from harm must be shared across all agencies and professional groups. Goldthorpe (2004) alludes to the shared responsibility of child protection, however has further

suggested that it should be the general duty of the local authority to safeguard and promote the welfare of children within the area. These ideas are supported by Bell (2004) in a study of a community development approach. It was suggested that effective child protection must look beyond statutory agencies set up to protect children from abuse and look also at the broader social structures where child abuse may begin. This, it was suggested, can involve raising public awareness and developing links with professional agencies and organisations, while actively engaging communities in promoting children's welfare and developing policies and practice within child protection (Bell, 2004). The study by Bell (2004) concluded that community development prevention programmes are a relatively new idea. Mondy and Mondy (2004) allude to this and have suggested that child protection programmes are a valuable source for communities. However, it is the successful implementation of these programmes as presented by Bell (2004) and Mondy and Mondy (2004) that can demonstrate the positive effects of local policy making from a community approach.

2.2 Child Protection in Sports Coaching

Research within child protection in sport is fairly limited due to it being a relatively new topic within sport, with no professional education until the mid 1990's (Malkin et. al. 2000). Brackenridge is a leading researcher in the area of child protection in sport with a particular focus on sexual exploitation in sport. Research work in the area of child protection in sport has developed over the last 12 years although it is acknowledged that there is no single complete picture of the state of child protection in British sport today (Brackenridge, 1998). Almost all research on abuse has been conducted in the work or home environment and very little is known of the causes or characteristics of abuse in sport (Brackenridge, 2001a). Brackenridge (2001b) has however explained that there has been research and funding in the area of child protection in sport nationally and internationally, and very few National Governing Body's of sport have undertaken any systematic research in child protection and

welfare with the exception of swimming and football. Brackenridge et. al. (2004) have explained that except in a few countries, child protection has not yet been widely recognised as an issue for sport. However it is further explained that the UK has led international efforts in the field of child protection and is the only country to have established a dedicated national office and resource centre of child protection in sport (Brackenridge et. al. 2004). It has also been stated that no research has previously investigated child protective services in voluntary sports clubs (Brackenridge, 2001b), thus highlighting the relevance and requirement for research in this area.

The main sources of information regarding guidelines in child protection in the sporting environment come from the CPSU and Sport England. Although the information provided by these bodies is generic to all sports and should be utilised in all sporting organisations that involve children and young people, the information available is not exclusively limited to that provided by the CPSU and Sport England. All National Governing Body's should have individual child protection policies and procedures, which are specific to the relevant sport.

The CPSU together with the NSPCC has produced a document of standards for safeguarding and protecting children in sport. The document, published in 2003, outlined good practice and guidance in order to safeguard and protect children in sport. According to the CPSU (2003) the standards provide a national benchmark of good practice to work towards. The need for these standards in sport was identified in the child protection in sport Action Plan, in order to benefit children, young people, parents, and carers, those working in children's sport and the organisations themselves (CPSU, 2003).

The purposes of the standards are outlined below:

- To help create a safe sporting environment for children and young people and protect them from harm
- To provide a benchmark to assist those involved in children's sport
- To promote good practice and challenge practice that is harmful to children

(Adapted from CPSU, 2003)

Sport England's Funding Support Pack (2004) provided a number of child protection guidelines for organisations to follow. It is now a statutory requirement that any organisation that receives funding from Sport England must have an active child protection policy. It is necessary to suggest that this should be a standard requirement for all organisations involving children and young people in sport, regardless of funding from Sport England. The guidelines put forward by Sport England (2004) suggested that all organisations should adopt and follow the National Governing Body code of conduct and encourage adults to set high standards and act as role models. It was further stated that all adults who have contact with juniors should be aware of the basic procedures they should follow (Sport England, 2004). The basic principles of the Sport England guidelines are illustrated below:

To support the production of your own child protection policy and guidelines:

- Seek expert advice on the screening procedures your organisation should follow
- Adopt, promote and implement the National Governing Body code of conduct throughout the organisation
- Do not put any adult in a situation where they spend time with young people alone

Encourage adults to set high standards and act as role models by

- Dressing appropriately
- Being aware of the language used
- Avoiding any physical contact with children
- Demonstrating principles and practice of fair play and equity
- Challenging behaviour that undermines these principles and practice

(Adapted from Sport England, 2004)

The relevance of these guidelines by the CPSU and Sport England lies in the need to protect children and young people from harm in sport. Sport provides a unique arena in which child abuse can take place and it is for this reason that child protection should be considered in all organisations regardless of level of performance. According to Sport England (2004), each week more than eight million children take part in sport in the UK, and whilst most enjoy sport in a safe and enjoyable environment, a small number are at risk of abuse from individuals who use sport to gain access to children. According to Brackenridge et. al (2005) the pace of policy development in child protection in sport varies widely from some nations, which fail to acknowledge it as an issue, to those which have put in place comprehensive systems to protect children and young people in sport. Child protection in sport has become a major issue in today's society with literature and policy increasing gradually, as academics realise its importance (Brackenridge et. al. 2005). While the implementation of child protection policies and procedures is becoming mandatory in sports organisations it is important to note whether those policies implemented are in fact effective. There is much literature supporting the underlying reasons why children should be protected in sport and why all organisations should have child protection policies. However the benefits of continual evaluation, in order to ensure those policies are working effectively, is much less documented

but is just as important. This is supported by Gillham and Thomson (1996) who suggested that evaluation has seldom received high priority in research, and that it is essential that programmes aimed at increasing child safety should be evaluated with respect to effectiveness.

2.3 Child-Safe

Child-Safe is a crime reduction initiative that was developed by Avon and Somerset Constabulary in 2001. The scheme works closely with the Bath and North East Somerset (BANES) Area Child Protection Committee (ACPC) and ACHE (Action on Child Exploitation), and has developed a Child-Safe partnership with social services, the primary care trust, sports development, youth and community services and Barnardos (Child-Safe, 2001b). The Child-Safe scheme offers a ‘modern, practical and proactive approach to child protection with very clear objectives’ (Child-Safe, 2001b). These objectives include offering all clubs and organisations support, information and advice to help understand and deal with child protection issues, to support parents, volunteers, staff, children and young people, and to prevent offenders having the opportunity to gain access to children in sport (Child-Safe, 2001b). The scheme is a registered charity and has stated that the main objectives are:

To promote, enable, support and develop the protection of children and young people from all or any forms of crime, abuse or ill treatment including but not limited to neglect, emotional abuse, sexual and physical abuse, exploitation or mistreatment.

(Adapted from Child-Safe, 2001a)

The Child-Safe scheme, as a child protection initiative, is relevant to sports coaching as it provides information to increase awareness on child protection that is required when coaching

children and young people at a local level. Malkin et. al. (2000) has explained that greater child protection knowledge is required by all involved in the sport system, those in paid employment as well as volunteers. The study conducted by Malkin et. al. (2000) found that although child protection has received increased attention in recent years, the overall level of knowledge and awareness in sports organisations remains low. The initiative run by Child-Safe aims to provide advice and ensure that organisations are made aware of the potential risks to children (Child-Safe, 2001a), thus increasing the knowledge and awareness in organisations at a local level. The scheme is currently operated by providing sports clubs with the necessary information to put in place practical child protection procedures and reduce the opportunities for child abuse to take place in sports clubs. The information is presented by regularly run seminars in which clubs can receive instruction and guidance in setting up child protection procedures and methods in publicising them. All attendees receive a Child-Safe resource pack, which contains material that supports the seminar to help implement effective child protection procedures and policies specific to the individual local club. The seminars run by Child-Safe are available to all those involved in children's sport, parents, coaches or volunteers. This approach is supported by Malkin et. al. (2000) who has suggested that child protection education should be aimed at all employees, regardless of position within the club. Barker (1998) alludes to this and has suggested that all staff can influence the well being of a child and all should therefore be aware of ones child protection responsibilities.

The Child-Safe scheme operates at a local level with many of the clubs targeted being part of the voluntary sector. The relevance of researching Child-Safe in relation to child protection in sport lies in the effectiveness of the scheme at implementing its services. Research by Brackenridge (2001b) has suggested that it is unclear whether National Governing Body policies are being effectively implemented at the local coaching level. The aims of the Child-Safe scheme are to target and help voluntary organisations and clubs to effectively implement

child protection policies and procedures. With research suggesting that National Governing Bodies are not reaching clubs at a local level, the effective implementation of a scheme such as Child-Safe could have multiple benefits for the coaching community at a local level. The research by Brackenridge (2001b) presented evidence of a knowledge gap in child protection, suggesting the need to provide local level organisations with assistance and resources for child protection work in the voluntary sector. It is important to note however, that some of the research conducted by Brackenridge was conducted prior to the establishment of the CPSU, thus the extent of this evidence may have less impact today. It is argued by Warden (2000) however, that although knowledge gains can ensue, it is not clear whether training packages, such as the Child-Safe scheme, are the most appropriate method of protecting children from abuse.

The Child-Safe scheme is operated in Bath and North East Somerset (Child-Safe, 2001a) although it is explained that Child-Safe is now adopted by many other forces throughout the country including Bristol, North Somerset, South Gloucestershire and Somerset. It is hoped that the evident successful implementation of the scheme may encourage the replication of schemes such as Child-Safe at a local level throughout the country to help safeguard children and young people within sport. As yet there are no known methods that Child-Safe uses to evaluate the effectiveness of the scheme and it is the process of evaluation as highlighted by Gillham and Thomson (1996) that is of utmost importance in effectively implementing a child safety scheme. The idea of evaluating theory is supported by Barton and Welbourne (2005) who have suggested that it is sensible to properly evaluate how well something works before implementing the ideas nationwide.

2.4 Summary

There is much literature on child protection documenting the causes, characteristics, and effects of child abuse. These have been recognised as neglect, emotional abuse, physical abuse, and sexual abuse (Brown, 1999., CPSU, 2005., Whitney, 2004., Barker and Hodes, 2004., NSPCC, 2002., and Childline, 2006). There appears to be generic definitions of what constitutes child abuse and child protection in general; however the specificity of child protection when considered in relation to sport is less documented. Child protection is relevant to sports coaching due to the unique opportunity that sport presents for child abuse to take place. Research within the field of child protection in sport has increased within the last 12 years, however much research has suggested the low level of child protection knowledge and awareness among voluntary sports organisations at a local level (Brackenridge, 2001b., Malkin et. al., 2000). Local level child protection initiatives have been documented as beneficial to voluntary coaching groups, and it is initiatives such as Child-Safe that it is hoped will bridge the knowledge gap as presented by Brackenridge (2001b) between National Governing Body's and local level voluntary sports clubs. How well schemes such as Child-Safe help to bridge the knowledge gap will help to establish the effectiveness of the scheme, although an evaluative process is imperative if policies and procedures are to be continually effective and implemented.

3.0 Chapter Three - Method

3.1 Pilot Study

A pilot study was carried out prior to the study taking place. A questionnaire was sent to the Child Protection Officer or the main secretary of a sample of sports clubs within Bath and North East Somerset, concerning the child protection policies and procedures of each sports club. A sample of the questionnaire can be found as appendix one. The questions were orientated around what policies were already in place and the opinions of the club concerning Child-Safe as a child protection initiative. The pilot study reflected a sample of clubs that had used the Child-Safe scheme. The pilot study found that 25% of the clubs sampled had used Child-Safe. The returned questionnaires were then used to influence the protocol of data collection in the main study. The questionnaire distributed for the pilot study appeared to be too vague and did not produce enough varied or detailed responses in order to adequately evaluate the Child-Safe scheme. The questionnaire distributed in the main study consisted of clearer and more precise questions concerning the services that Child-Safe provides. For example the question ‘have you heard of Child-Safe and if yes please comment on your opinions of the scheme?’ was replaced by a number of questions such as ‘what did you think of the seminar?’, ‘what did you think of the resource pack?’, and ‘how would you rate the service Child-Safe provides?’. Fewer questions were asked concerning the policies of the club itself compared to the pilot study, as this information was sought through interviews with club personnel instead. A copy of the questionnaire used in the main study can be found as appendix two.

The interview procedure was not piloted prior to the study taking place, due to the fact that questionnaires were originally going to be the main method of data collection. The pilot study did however influence the creation of the case study. The piloted questionnaire returned a

wide range of results and opinions concerning Child-Safe. In order to get an accurate detailed view of Child-Safe, how it works, and how successful it is, it was decided that creating a case study of one club that has used the scheme would illicit the best and most detailed view of Child-Safe. This method is supported by Bell (1999) who has suggested that the case study approach is particularly appropriate for individual researchers as it gives the opportunity for one aspect to be studied in some depth.

3.2 Main Study

3.2.1 Questionnaire Rationale and Procedure

Questionnaires were distributed to the coaches within the junior section and also administration staff at Child-Safe. The questionnaire was chosen as a method of data collection in order to obtain information anonymously. Bell (1999) has highlighted the benefits of using questionnaires and states ‘questionnaires are a good way of collecting certain types of information quickly and relatively cheaply’. The questionnaires distributed to Child-Safe staff were conducted due to accessibility of the staff. It was planned that interviews would have been conducted however due to accessibility and time constraints questionnaires were distributed instead. A copy of the questionnaire given to Child-Safe personnel can be found as appendix three. This was also the case with the Child Protection Officer within the junior section. A copy of the questionnaire given to the Child Protection Officer can be found as appendix four. Limited access to interviewee’s meant that interviews could not be conducted therefore questionnaires were sent to these subjects with questions orientated around the planned interview schedule. The strength of the questionnaire in this case study was that it allowed information to be drawn anonymously concerning the opinions held of Child-Safe from a number of sources.

The club used in this study has a substantial junior section and therefore a number of coaches in the junior section. The sample size for the questionnaire was the number of coaches in the junior section. The questionnaires were distributed to each coach by the Child Protection Officer within the club, and then returned to the researcher via stamped addressed envelopes provided. The response rate of the questionnaires was 33%. A better response rate would have provided more accurate and valid responses, however, with interviews also being conducted with a number of the coaches, more in depth opinions of Child-Safe were sought. The questionnaires distributed to the Child Protection Officer within the club allowed more in depth responses to be obtained concerning the role of the club and the reasons behind using the Child-Safe scheme. These questionnaires were also returned using stamped addressed envelopes.

The questionnaires completed by members of staff at Child-Safe were also returned by post. These questions were orientated around the way Child-Safe operates, its aims, and why the scheme was set up. All of the questionnaires obtained from all subjects together with the interview data, were analysed qualitatively. This allowed opinions to be drawn and an accurate picture of Child-Safe created in order to effectively evaluate the scheme and the service it provides.

3.2.2 Interview Rationale and Procedure

Interviews were conducted with five coaches that work within the junior section and with parents of children that attend the club. Yin (1994) has proposed that one of the most important sources of information in a case study is the interview. The interviews conducted with coaches were recorded by audiotape, and to ensure anonymity in transcription, each interviewee was allocated a letter. This method is supported by Keats (2000) who has stated that 'records of research interviews can be kept confidential by allocating a number to each

respondent'. The interviews conducted with coaches were not structured, although the researcher had planned a number of specific areas to cover. The transcribed interviews can be found as appendix five. The interviews conducted with parents were fully structured; the researcher had set questions and tallied the responses given by each parent asked. A copy of the questions asked to parents can be found as appendix six. This method was chosen as the main way of interviewing parents as the researcher wanted to interview as many parents as possible and was hoping for specific responses. Parents were chosen as subjects for interviews in order to get an outside perspective of how the club operates and whether Child-Safe resources have been implemented effectively within the club. Group interviews were originally planned to be conducted amongst coaches and members of authority within the club. Cohen and Manion (1992) have highlighted the advantages of group interviewing in that there is potential for discussions to develop thus yielding a wide range of responses. Due to practicalities and access to the interviewee's, a group interview could not be conducted and for this reason the individual interviews were carried out.

The researcher was only given access to five of the coaches volunteering in the junior section. Ideally the researcher had planned for a larger sample of subjects, however due to constraints five satisfactory interviews were conducted. Contact with the interviewee's was conducted at the sports club on a day when coaching was taking place. This was the most convenient time for both the interviewee's and the researcher. The topic area covered within each interview was mainly based around the opinions of each interviewee on the Child-Safe scheme. The responses sought were qualitative in nature and as many of the questions as possible allowed for each respondent to express opinion. The questions were also orientated around each interviewee's personal coaching conduct and whether this changed once the Child-Safe training had been undertaken. Before each interview took place, each interviewee was assured of anonymity. This was to encourage more open and honest views and opinions concerning

child protection procedures and Child-Safe services. Keats (2000) supports this method and has suggested that the use of anonymity gives more valid and reliable information than if the person's identity is revealed. Each interview was recorded then transcribed. The interviews conducted with parents at the club were not recorded by audiotape; however the responses from each parent were recorded on a data sheet. The responses from all of the interviews conducted were then analysed from a qualitative perspective. Aspects of the Child-Safe scheme such as training, theory, and resources were evaluated using the opinions expressed within the interviews.

3.3 Ethical Considerations

Child protection in children's sport is a very sensitive area of research. In this study the researcher ensured that all ethical issues were considered appropriately before any data collection took place. The club used in the study was approached by Child-Safe first, as due to data protection regulations, the researcher could not be provided with contact details for the club. Once permission had been given by the club for the research to take place, full written consent was sought from Child-Safe to state that the researcher had permission to carry out research on the sports club and Child-Safe as a scheme. Prior to this no data collection took place. A copy of the letter of consent can be found as appendix seven. This method is supported by Evans (1973) who has suggested that permission to carry out research must always be obtained in advance of starting a project. The British Association of Sport and Exercise Science (BASES, 2000) have also suggested that no work may be undertaken without first having consent from all of the participating clients. Confidentiality and anonymity were also assured in all of the questionnaires and interviews. No names were disclosed on any of the data collected and interview respondents were distinguished using letters. The researcher ensured that all of the data collected was retained securely and all subjects were assured that the data would solely be used for the purposes of the study. The

ethical considerations followed in this study are consistent with those outlined in the BASES code of conduct (2000).

3.4 Data Analysis

According to Yin (1994) a major strength of the case study is the opportunity to use many sources of evidence. There were originally three main methods of data collection planned to be conducted throughout the study. These were questionnaires, interviews, and discussion groups. While the data was being collected, due to the nature of the sports club used, discussion groups were not carried out. This was due to time constraints and availability of the subjects. The triangulation of data was important to establish as wide a perspective on the club as possible. This is supported by Cohen and Manion (1992) who have suggested that a case study needs to represent fairly the differing and sometimes conflicting viewpoints. In this study a range of interviews and questionnaires were conducted in order to gain as wide a perspective on the club and Child-Safe as possible without triangulation.

The data collected in the study was analysed from a qualitative perspective. In order to do this effectively and in line with the ethical considerations outlined by the BASES code of conduct (2000), all of the subjects used in the study were allocated a letter. Therefore all questionnaire and interview responses discussed in the study are distinguished by the subject letter.

4.0 Chapter Four – Discussion of Results

4.1 Introduction

The research methods within this study proved successful at providing a varied and detailed range of responses in order to evaluate how effective the Child-Safe scheme is as a child protection initiative. The data collected from the sports club and the Child-Safe staff, helped to identify a number of themes that appear central to the study. Training and awareness are themes that underpin the Child-Safe scheme and were very evident throughout the study and all of the data collected. The idea of putting theory into practice was also apparent as an important issue in the running of a sports club that has used the Child-Safe scheme.

These themes will be discussed in detail, considering the data collected throughout the study. Conclusions will be drawn in order to satisfy the aim and research questions of the study as presented in the introduction.

4.2 Training

It is widely recognised that training on child protection in sport is a necessary requirement for coaches of children and young people. The CPSU (2001) have suggested that in order for an organisation to safeguard the interest of children, the organisation must have in place a staff training plan. It is suggested that there should be regular opportunities for those in contact with children to learn about child protection and be made aware of the signs of child abuse. The club used in this study does not have a staff training plan but has provided all coaches within the club the opportunity to attend the Child-Safe seminar. At present there are no national standards for how coaches should be trained in child protection. However, all coaching qualifications in all sports incorporate information and guidance on child protection. Gervis and Dunn (2004) have explained that despite there being greater awareness on the

incidence of abuse in sport, and National Governing Body's are introducing child protection documents and courses, sports coaching in the UK is largely unregulated with many people continuing to work closely with children with limited training. The questionnaires returned from the coaches at the club illustrated this. All of the subjects that completed a questionnaire, or were interviewed, have undertaken some coaching qualifications, which would have incorporated some guidance on child protection. However none of the subjects have undertaken any other child protection training apart from this. According to Brackenridge (2001b) there is a knowledge gap in child protection, and it is unclear whether National Governing Body policies are being implemented effectively at the local community and voluntary level. This was supported in the evidence gathered in this case study. Subject F when interviewed stated that 'I think we get information from the RFU but it is with so much other information you don't always spot it', while subject G stated 'the club gets information [from the RFU] and they pass some stuff on to us but not much really'. This data gathered through interviews with the subjects emphasises the knowledge gap as presented by Brackenridge (2001b). It is hoped that an initiative such as Child-Safe could help to bridge this gap and provide the information and guidance that the National Governing Body's are failing to get to the voluntary level clubs. Subject I, when interviewed, stated 'I actually think [the information from] Child-Safe is better than the information we get from the RFU because it was more practical to what actually goes on'. This highlights the significance of the Child-Safe initiative, as the information provided is practical and effective.

Sports Coach UK (2005) working in partnership with other organisations has developed information, guidance, training, and implementation support for people involved in coaching children's sport. Although there are no standardised requirements for how coaches should be trained in child protection, the CPSU (2005) have provided the following guidelines for sport organisations:

- Coaching staff should attend a recognised 3 hour good practice and child protection awareness training workshop
- Non coaching staff and volunteers should attend recognised awareness training on child protection
- Attend update training where necessary

(Adapted from CPSU, 2005)

There is no underlying rule of how much training a coach should undertake or how much is sufficient to ensure the safety of children and young people in sport. The Children's Act (Home Office, 1989) emphasises that people in direct contact with children should receive adequate training to raise awareness and knowledge of child protection. Although not directly linked to children's sport, the principles apply in all situations. This is supported by Myers and Cooper (1996) who have suggested that the provision of training as recommended by the Department of Health is only an indication, hence why there is a wide variation in the provision of training throughout the country. A study by Malkin et. al. (2000) has illustrated the need for training in child protection in UK sport. The study involved the implementation of child protection workshops such as Child-Safe. The results indicated that 40% of delegates claimed to have had no training at all on child protection. The study concluded that child protection training needs to be directed at all those involved in sport as child protection knowledge and training levels are low among sports organisations. A study by Edwards (2000) illustrated the use of a training pack in order to help workers provide safer care for children. Although not directly linked to children in sport, the report suggested how a training and resource pack could increase confidence and awareness of child abuse and protection. It has also been argued by Stanley (2005) that there is a need for well developed programmes of induction and refresher child protection training to be offered at the local level. Reports such

as those presented by Edwards (2000) and Stanley (2005) provide scope and support for a locally operated child protection initiative such as Child-Safe.

The Child-Safe initiatives attempts to raise awareness on the issues concerning child protection, and show leaders how to implement policies, and maintain them, by targeting coaches and all those involved in children's sport, and implementing a resource pack and explanatory seminar. In a report by Howse (2003) it is suggested that the Child-Safe strategy of a resource pack in conjunction with an explanatory seminar is more effective in raising child abuse knowledge, and increasing child protective behaviours, within a sports organisation than information provided without explanation. The data collected in this study supports the suggestions put forward by Howse (2003). According to Child-Safe the scheme was set up through the police identification of a lack of child protection awareness and support for volunteers running sports clubs for children and young people (Subject M). This is in line with the guidelines as suggested by the CPSU (2005) of volunteers attending recognised awareness training on child protection. Although Child-Safe may not be nationally recognised, locally the scheme is operated effectively for the local coaching community. In terms of the information Child-Safe provides, it is orientated around an informative seminar and a resource pack with material to assist a club in setting up child protection policies and procedures. The seminars are run 'free of charge' and are open to 'any club involved in activities involving children under 18 years' (Subject L). The club used in this study had hosted a Child-Safe seminar and 'all of the coaches within the club' attended the seminar (Subject J). The interviews and questionnaires conducted with the coaches in the club drew some opinions regarding the Child-Safe seminar. Some of the opinions expressed were 'Brilliant' (Subject G), 'Very good' (Subject F), 'Excellent' (Subject D), and 'Understandable' (Subject H). Some other views expressed were that it was well constructed ,

it was practical, and was an eye opener. Subject K in fact stated that ‘it should be mandatory attendance as part of a CRB check for those working with children’.

The following table summarises the opinions of Child-Safe obtained through the questionnaires and interviews conducted with coaches.

Table 1: Questionnaire and Interview Responses from Coaches

Opinion of Seminar	Opinion of Information Covered	Opinion of Resource Pack
Common sense	Very practical	Well laid out
Very good	Understandable	User friendly
Reassuring	Constructive	Useful
Brilliant	Good	Useful but only with seminar
Informative	Excellent	Brilliant
Eye opener	Should be sport specific	Clarified seminar
Well constructed	Realistic	Ok
Understandable	Reassuring	Provides the information needed
Realistic		

The subjects used in this study clearly thought highly of the Child-Safe seminar and information provided on child protection. When asked if there was anything Child-Safe could do to improve the seminars, Subject F suggests ‘they should keep re-running the seminars every year as a minimum’ and Subject K suggests ‘the seminars are not sport specific and it would perhaps be good to make it more specific to the audience’. These are opinions that

could be considered to further benefit the Child-Safe scheme. At present the Child-Safe initiative evaluates its services by asking 'every attendee at the seminar to complete a questionnaire' (Subject L). It is further suggested by Subject L that 'if resources permitted it would be useful to visit each and every club regularly to check that they are operating in accordance with Child-Safe procedures'. The data collected from the club illustrated practical suggestions for the Child-Safe initiative. However it is also evident that Child-Safe is aware of these needs and as yet has no resources to implement these ideas. Subject M also states that 'we will be setting up a Child-Safe community member only site which will enable communication and follow ups with groups using the Child-Safe pack'. It is also then further explained that the Child-Safe services could be improved with more follow up work with more funding (Subject M).

The resource pack provided in conjunction with the seminar was given to all attendees and included leaflets, a video, posters and templates in order for voluntary sports clubs to implement child protection procedures. It is explained that 'the pack has been designed to be simple and easy to use, and vibrant so therefore not easily ignored' (Subject L). The content 'can be adapted to the needs of the organisation and are ready to use' (Subject L). The data collected from the interviews highlighted the opinions held of the resource pack. Some of these included 'OK' (Subject A), 'useful' (Subject C), and 'a really informative pack' (Subject D). There was however a negative response regarding the resource packs. This included 'it was useful but only in conjunction with attendance at the seminar' (Subject K) and 'I looked at it after the seminar but couldn't tell you where it is now' (Subject F). Despite efforts by Child-Safe to make the resource pack as useful and user friendly as possible, evidence collected in this study perhaps suggests that the material is not put into practice once the seminar has taken place.

4.3 Awareness

The relevance of awareness as a key theme in child protection in sport lies closely with the increased need for training in child protection as documented by Malkin et. al. (2000) and Brackenridge (2002). An increased awareness and understanding of the nature of child protection within sport should provide a basis for policy making within all sport organisations. A study by Malkin et. al. (2000) has highlighted the need for greater child protection awareness by all those involved in the sport system. It is further explained that until all involved are adequately educated and aware of child protection, no progress towards effective child protection in sport can be made.

A study by MacIntyre et. al. (2000) illustrated the development of the Stay Safe programme in the Republic of Ireland. The programme is a multi-systems approach that aims to educate and increase the awareness of teachers, parents, and children on child abuse and protection. The study was not based around the sporting arena, however it highlighted the benefits of increasing awareness of child protection with results showing success at increasing the knowledge and awareness of all parents, teachers and children. The programme in this study illustrated the capabilities of an initiative such as this at increasing the awareness of child protection and abuse prevention.

The Child-Safe initiative is concerned with raising awareness and increasing knowledge of child protection of those involved in children's sport. A report conducted by Howse (2003) on the Child-Safe initiative concluded that the written forms of information provided in the resource pack combined with the explanatory seminar was effective in increasing knowledge and awareness within organisations. Sports Coach UK (2005) has highlighted the need to increase the awareness of child protection of people involved in children's sport. Brackenridge (2002) considered the approach of voluntary sports clubs to child protection.

The results of this study specifically highlighted that awareness of child protection needed to increase through the use of posters, leaflets, and videos. This report by Brackenridge (2002) fully supports the methods of the Child-Safe initiative. The resource pack provided by Child-Safe contains posters, leaflets, and a video to increase knowledge and awareness in voluntary run sports clubs. The data collected in this study is evidence of the Child-Safe initiative increasing awareness. Eighty percent of the subjects stated that the Child-Safe seminar and resource pack had increased the individual's knowledge and awareness of child protection policies and procedures thus influencing the coaching practice employed with children. This undoubtedly highlights the success of the scheme at increasing awareness of such an issue in children's sport.

It would be hoped that the increased awareness of those involved in children's sport (together with increased training) would lead to increase prevention and decreased occurrence of child abuse within sport. Murphy et. al. (2003) have suggested that child protection systems in Britain have been criticised for the low level priority that is given to prevention strategies. It is further suggested that preventative interventions have low priority, so therefore, so too does training around prevention. An initiative such as Child-Safe is focussed on raising awareness in order to increase prevention. A report by Howse (2003) entitled Child-Safe – Promoting Prevention, puts forward the benefits of the Child-Safe scheme at helping to prevent child abuse taking place. The scheme combats the low priority training and prevention and creates opportunities for raising awareness throughout the local, voluntary coaching community.

4.4 Child-Safe Theory into Practice

The information and guidance that Child-Safe provides for sports organisations on child protection covers a wide range of issues, consisting of child abuse and preventative methods that could be employed by sports clubs. A huge factor in the implementation of Child-Safe as

an initiative is whether the clubs that use the scheme actually put the Child-Safe theory into practice once the information and guidance has been provided. The theory provided gives good information and help to run a club with a safe environment, and gives a framework in which clubs could work safely with young children (Howse, 2003). However, although there is evidence that the theory Child-Safe provides is useful and relevant, there is less evidence to suggest that clubs are putting this theory into practice. The report by Howse (2003) has suggested that the seminars and resource packs increased club knowledge and behaviours concerning child protection, however in order to maintain the protection levels it is suggested that the seminars need to be repeated on a regular basis. This is a theme that became evident in the data collected for this study (Subject, F., Subject, K.), and one that Child-Safe has already considered (Subject L., Subject M).

At present there are no known methods to monitor the progress of clubs that have used Child-Safe. Subject L does however state that ‘several clubs have been re-contacted and asked about Child-Safe – whether they have implemented, how effective etc’. Previous studies and research has suggested that the information and guidance provided by Child-Safe is relevant and invaluable to increasing knowledge of child protection. However, with no accurate methods in place to monitor the progress of these clubs once the information has been provided, there is no guarantee that any club will implement the ideas and procedures presented. This is supported by Brackenridge (2001a) who has stated that ‘ideas have little value if there is no capability to implement them’. It is further suggested that the effective implementation of a policy is key, and although clubs that attend Child-Safe seminars clearly have the commitment to improving child protection policies and procedures for the safeguarding of children, without implementation, monitoring, and evaluation, policy and ideas are of little value. This is supported by the CPSU (2001) who have suggested that all clubs that implement child protection policies and procedures should have methods to ensure

that those safeguards that have been put in place are working and practical. It is further suggested that this can be done through regular monitoring and reviewing of an individual clubs' policies, and policies and procedures should be updated accordingly (MandBf, 2005). This would appear to be the case with the club used in this case study. Clearly the commitment to improving child protection policies and procedures is evident throughout the coaches within the club; however it is the implementation of theory that is key to the success of the club in terms of child protection.

Stanley and Gough (2004) have suggested that some studies have exposed how little is known about putting guidance into practice and that many factors can arise which may impede implementation. While the researcher was attending the club and collecting data, a number of observations were made concerning whether the club was effectively putting Child-Safe theory into practice. There were no posters, leaflets, or information regarding child protection or Child-Safe within the club grounds. The resource pack provided in the seminar 'is a user friendly guide that's easily accessible and practical... with templates which can be adapted for each club' (Subject M). The pack contains posters that can easily be displayed around the club to advertise the fact that the club has used Child-Safe. Although there was a code of conduct for the club sport displayed on one of the notice boards, there was nothing else to advertise child protection policies or procedures within the club.

The observations made by the researchers were illustrated by the results the researcher collected from the parent interviews.

The following table illustrates some of the responses given by parents in the interviews.

Table 2: Parent Interview Responses

Question	Yes	No
Do you know who the Child Protection Officer is?	4	17
Have you seen or read the Child Protection Policy?	6	15
Do you know where to get the Child Protection Policy from?	7	14
Have you seen any posters or leaflets on Child Protection in the club?	2	19
Have you heard of Child-Safe?	5	16

Ninety percent of the parents asked had not seen any posters or leaflets concerning child protection on the club grounds, 81% did not know who the Child Protection Officer was and 71% had not seen the child protection policy of the club. With the guidance from Child-Safe these are factors that could be displayed easily with the templates provided in the resource pack. Seventy six percent of the parents asked had also not heard of Child-Safe. With the material provided in the resource pack, posters and leaflets could be displayed to ensure that parents are made aware of the child protection methods employed in the club. When the researcher interviewed the parents and asked how effectively the club considers child protection, 28% responded very effectively, 38% responded averagely while 33% responded not applicable. With such a large proportion of parents being unconcerned as to how the club considers and deals with child protection, it could perhaps be suggested that the club is not

doing enough to ensure that child protection policies and procedures are well documented and advertised throughout the club. The researcher also found that subjectivity could have caused inaccurate results when interviewing the parents. It seemed apparent that the parents were giving the answers that one thought was appropriate rather than the actual truth. For example, the researcher did not find any advertisements concerning child protection or Child-Safe on the club premises, whereas according to the results, 10% of the parents asked claimed to have seen some posters or leaflets. The method of enquiry used to interview parents unfortunately allowed subjectivity to be an issue. However despite this the statistics suggest that perhaps the club is not putting Child-Safe theory into practice as effectively as possible.

One of the factors that may influence the implementation of Child-Safe theory is that many of the clubs attending the seminars are voluntary run organisations. A study by Brackenridge (2002) in a report on the attitude of the voluntary sector to child protection in sport, suggested that coaches and instructors (employed) are twice as likely to be given child protection training information and material, and were better trained and informed when compared to voluntary club coaches. With large numbers of voluntary members attending the Child-Safe seminars, this proposition by Brackenridge (2002) may not be true in the localised area where Child-safe operates. However Brackenridge (2001a) has further suggested that a barrier to effective implementation is resources, in terms of time, money, and skills. In a voluntary run organisation such as the club used in this study, it is likely that resources are a major barrier to effective implementation of Child-Safe theory. This may be an important area for Child-Safe to address. Another observation made by the researcher was that the club was voluntarily run. This caused problems for the researcher in terms of accessibility and time. As the coaches were voluntary, there was little time available for the researcher to access the club and coaches for interviews. Also, because it was voluntarily run, the coaches and club personnel were slightly reluctant to give up time, particularly when the time was taken out of coaching

time. The coaches voluntarily give up time to coach the children so therefore had little other time for the research. However it is important to note that all those involved in the study were very accommodating. The fact that the club is voluntarily run may also be a reason for not putting into practice the Child-Safe theory. It could be suggested that time is a factor and that volunteers are reluctant to spend time utilising the resources provided by Child-Safe when coaching children in the sport is the main priority. This issue of voluntary work may be a factor for Child-Safe to consider, to stand as reason to implement some sort of follow up scheme that would aid any club in utilising the resources provided.

4.5 Summary

The research methods used in this case study were successful at obtaining data in order to assess the effectiveness of the Child-Safe scheme. The results found that the scheme was a great success and all subjects held a high opinion of the guidance and resources provided by Child-Safe. There were however, suggestions of how the club and Child-Safe could improve the services being provided. There were three main themes that were apparent from the results collected. These were training, awareness, and putting theory into practice. There is much literature surrounding these areas, and although not all is related to child protection in sport, there is however evidence to suggest that there is a lack of training, awareness, and knowledge of child protection issues in voluntary local level sport. Child-Safe as a child protection initiative is presented in a practical and realistic way that could help bridge this knowledge gap. This is supported by Brackenridge et. al. (2004) who have suggested that through extensive education and training, good practice measures that challenge abuse are gradually becoming more accepted in British sport. Lynch and Gough (2001) allude to the idea of education and have suggested that there is a need for training and awareness about the identification of abuse in order to protect children from harm. Research gathered in this study helps to emphasise the benefits of an initiative such as Child-Safe and also highlights the need

of such a scheme at a local coaching level. Horwath and Glennie (1999) have suggested that child protection training cannot take place in isolation, and it is the design, delivery, and evaluation of the training that can establish its effectiveness. Child protection in sport is evidently becoming a huge focus areas within sports clubs and authorities, and it is the successful implementation of initiatives such as Child-Safe that will help to ensure that child protection policies and procedures are being implemented, monitored and evaluated effectively in sport at all levels.

5.0 Chapter Five – Conclusions and Recommendations

5.1 Conclusion

The research conducted in this study was successful at fulfilling the aim of the study. A case study was constructed on a sports club within Bath and North East Somerset that had used the Child-Safe scheme, and an accurate account was drawn of Child-Safe as a child protection scheme. The effectiveness of the scheme was analysed by the results obtained from questionnaires and interviews conducted with coaches, parents and Child-Safe personnel. The research found that Child-Safe is successful at implementing its services at a local level. The results indicate in this case study that all participants that attended the seminar felt that the information Child-Safe provided was useful and invaluable to coaching children and the vast majority of subjects felt that the seminar had impacted in some way on each individuals coaching practice. The general opinion held of Child-Safe by the club used in the case study was that it was an excellent service for the local coaching community.

The opinion of the resource pack provided drew more varied results as many found that it was only useful when received in conjunction with the seminar, and that most subjects had not looked at it since. The club used in this case study clearly has commitment to improving child protection policies and procedures within the club, however evidence collected suggests that much work is needed in terms of putting theory into practice to make the policies and procedures the club employs more effective.

In order to fulfil the aim of the study two research questions were addressed as presented in the introduction. In collecting the data in this study through observation, questionnaires, and interviews these research questions were successfully addressed, and the effectiveness of Child-Safe and the child protection policies and procedures of a sports club that has used

Child-Safe were successfully analysed. In conclusion, the effectiveness of Child-Safe as a child protection scheme in a junior sports club in Bath and North East Somerset has been successfully established, thus fulfilling the aim of the study.

5.2 Recommendations for further study

The research conducted was based around a case study on one club that has used the Child-Safe scheme. This method gave a detailed insight into the opinions of Child-Safe and how the Child-Safe service is implemented throughout a local sports club. It could be suggested that Child-Safe may like to extend research such as this to a wider range of clubs that have used the scheme. The results in this study give an indication of how the schemes' resources are utilised, and perhaps areas that need to be improved, however this may not be the case in all clubs that use the scheme.

The research conducted with coaches at the club drew suggestions such as making the seminars sport specific and repeating the seminars on a more regular basis. It may be useful for Child-Safe to conduct further research to consider whether this opinion is held in other clubs that have attended the seminars. From the evidence gathered in this study it is clear that Child-Safe have already considered more regular seminars and the idea of a follow up initiative. The club used in this case study suggests that these ideas would be of benefit to a club that has used Child-Safe, and therefore it is likely that this would be the general opinion among a wide range of clubs that have used the scheme.

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APPENDICES

Appendix One

Sample of Pilot Questionnaire

Pilot Study Questionnaire – Child Protection

1. **What is the main sport coached within your club?**

2. **What age groups does your club coach? (Please tick all that apply)**
0-5 5-10 10-15 15-18 18+

3. **Does your club have a child protection officer?**
Yes No

4. **Does your club have a current and up to date child protection policy?**
Yes No

5. **Are all of the coaches within your club CRB checked?**
Yes No

6. **Does your club provide a CRB check for new coaches who do not already have one?**
Yes No

7. **Do you charge for the CRB check?**
Yes No

8. **Where does your club and coaches receive child protection information from?**

9. **Does your club display posters/information regarding child protection policies to ensure the awareness of parents and visitors?**
Yes No

10. **Is your club governed by any national sporting body?**
Yes No
If yes please specify

11. **If your club is governed by a national sporting body, does the club and its coaches receive information from this body on child protection policies and issues?**
Yes No

12. Do you feel that sports clubs receive enough help and advice on child protection issues?

Yes No

If no are there any ways in which you think this could be rectified?

.....
.....
.....
.....

13. Have you heard of Child-Safe a scheme run by Avon and Somerset Police aimed to help set up and implement child protection policies within sports clubs?

Yes No

If yes please explain in what context and explain your opinions of the scheme

.....
.....
.....
.....

Many thanks for your help and time in completing this questionnaire. Please return completed questionnaires in the stamped addressed envelope included

Thank you very much

Helen Eke

Appendix Two

Sample of Main study Questionnaire

Main Study Questionnaire

1. How long have you coached children for?

.....

2. Have you previously coached at other clubs?

Yes No

3. What qualifications in the field of coaching do you currently hold? E.g. National Governing Body awards.

.....
.....
.....

4. What age and gender children do you coach?

.....

5. Do you hold a current and up to date Criminal Records Bureau Check?

Yes No

6. Are you aware of the child protection policy for this club and have you read it?

Yes No

7. Do you consider child protection an important issue in your coaching?

Yes No

8. Have you attended a Child-Safe seminar while coaching at this club?

Yes No

If yes:

- What did you think of the seminar?

.....
.....
.....

- What did you think of the information covered during the seminar?

.....
.....
.....

- What did you think of the resource pack provided?

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.....
.....

- How would you rate the service that Child-Safe provides?

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.....
.....

9. Have you undertaken any other/extra child protection training while coaching at this club?

Yes No

If yes please explain the content and length of the training undertaken

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.....
.....
.....

10. Has your coaching practice been affected by the child protection training you have undertaken?

Yes No

If yes please explain how you think the training has affected your coaching

.....
.....
.....
.....

Thank you for taking the time to complete this questionnaire. Your contribution is very valuable to the study. If you could return the questionnaire in the envelope provided it would be greatly appreciated

Thank you

Helen Eke

Appendix Three

Sample of Child-Safe Questionnaire

Child-Safe Administrator Questionnaire

1. Can you explain what Child-Safe is and what the scheme aims to do?

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2. Can you explain your roles and responsibilities within Child-Safe?

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.....
.....

3. How does Child-Safe implement its services?

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4. Why was Child-Safe set up?

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5. Where does Child-Safe operate?

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6. Who is the target audience of Child-Safe? Why?

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.....
.....

7. What have you tried to achieve with the resource pack? I.e. content.

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.....

8. Do you currently have any methods to evaluate your services/ seminars?

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.....

9. How do you assess the effectiveness of your services?

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.....

10. Are there any ways in which the Child-Safe service could be improved?

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.....
.....

11. Why do you think there is such a need for a service such as Child-Safe in children's sport? At a local level?

.....
.....
.....

12. Other comments?

.....
.....
.....

Thank you very much for your time it is greatly appreciated

Helen Eke

Appendix Four

Sample of Child Protection Officer Questionnaire

Child Protection Officer Questionnaire.

1. How long have you been the Child Protection Officer for?

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2. Can you explain you roles and responsibilities within the club?

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3. Before the club used Child-Safe, what child protection policies and procedures did the club have in place?

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4. Why did the club decide to use the Child-Safe scheme?

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5. Who within the club attended the seminar?

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6. Do all of the coaches within the club have current and up to date CRB checks and coaching qualifications?

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7. What did you think of the information provided in the Child-Safe seminar?

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8. Are there any ways in which you think the seminars could be improved? Any issue you think were not covered?

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.....

9. What did you think of the resource pack provided?

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.....

10. How have you used the information provided in the resource pack?

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.....

11. Do you think the clubs child protection procedures have improved or moved forwards since using Child-Safe?

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.....
.....

12. Is there anything Child-Safe could do to improve its services? E.g. is there anything that you now require from Child-Safe following the seminar?

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.....
.....

13. Would you rate the service Child-Safe provided? Would you recommend the service to other clubs? If yes why?

.....
.....
.....

Thank you very much for your time it is greatly appreciated. Helen Eke

Appendix Five

Interview Transcripts

Interview One – Subject E

Researcher (R)

Interviewee (I)

R: Do you know anything about why this club used Child-Safe?

I: I've been coaching since the juniors started so I've been a member of the club for quite a few years. It's always been a family orientated club that wants kids to enjoy rugby

R: Are you CRB checked?

I: Yes

R: You attended the Child-Safe seminar – what was your general opinion of the seminar?

I: Well it was a while ago now but it just seems like common sense to me

R: Did it bring up anything that perhaps you hadn't thought about in terms of Child Protection?

I: Not really no

R: Was there anything you thought Child-Safe could have included that wasn't covered?

I: No I can't think of anything – it all seemed fairly simple

R: Ok did you see the resource pack that Child-Safe provided?

I: Yes I had a quick look through it at the time but I haven't looked at it since

R: What did you think of the information Child-Safe provided you with? Do you think it is a valuable resource?

I: Yes it's obviously something to look at if you need to but I haven't needed to luckily

R: Have you been in any situations where you thought maybe you needed more information on Child Protection?

I: No not really

R: Did the seminar clarify anything for you in terms of Child Protection?

I: No it was all fairly set in stone beforehand. We didn't have the seminar until last season before that we still all had the checks and information provided for us anyway

R: How would you rate the Child-Safe service?

I: I don't think it is unnecessary but obviously it is more necessary in some clubs than others.

R: Do you get any Child Protection information from the RFU or anywhere else?

I: We don't get it directly to us the coaches but we do now and again get information that is distributed around the club

R: Do you think your coaching practice has changed since attending the seminar?

I: Yes I think it has made me more aware of Child Protection. There are things that I've noticed that other coaches do that I know I wouldn't do because I know what is appropriate now. The way you say things and the way you act around children also is a factor. I don't know if I would have thought about that before the seminar or not – I think probably I would have done but I guess it has made me more aware

R: Thank you very much for your time it is greatly appreciated.

Interview Two – Subject F

Researcher (R)

Interviewee (I)

R: Are you fully CRB checked?

I: I believe so yes

R: Was that organised through the club?

I: Yes it was

R: You attended the Child-Safe seminar – what did you think of the seminar in general?

I: I thought it was very good because I was bit nervous about touching kids when they fell over or whatever and because of what was discussed in the seminar I felt reassured that we can touch them, pick them up, pat them on the back etc without feeling that you were doing something wrong. Before that I wasn't sure of what I could or couldn't do.

R: Do you think Child-Safe is relevant to the coaching community?

I: Yes definitely

R: Do you get any information on Child Protection from the RFU or other sources?

I: I think we get information from the RFU but it's with so much other information as well you don't always spot it

R: Did you receive a resource pack at the seminar?

I: Yes I did yes

R: Have you had a look at the content?

I: I did at the time but if you asked me where it is now I probably couldn't tell you

R: Well if you could think back to when you looked at it what did you think of it? Is it relevant to you as a coach?

I: There's nothing quite as good as being here and hearing it live. I think at the time I thought it was useful but it was because I had picked up a few things from the session – I think it was the session that counted really.

R: Have you used any information from the resource pack or is it from what you heard at the seminar?

I: It was most effectively from the seminar

R: Do you think your coaching practice has changed since attending the seminar?

I: It's definitely reassured me in many ways that I can touch kids without being embarrassed. At the time I was nervous of what to do if someone falls over, is crying and you're not quite sure what to do. Now I know I can pick them up, check they are ok

R: Do you think the club in general has changed its policies/procedures since its coaches have attended the seminar?

I: I just think that there has been a lot of emphasis placed on it since the junior section first started and it's just been building up like building blocks almost, so now everyone is very aware and I think we do ok now. It's not one individual thing it's a whole raft of things and our approach to Child Protection.

R: Do you think Child-Safe could do anything to improve their services or any issues that they didn't cover?

I: It's a while ago now so I can't remember anything specifically. I think the thing they should do is keep repeating it and coming here certainly every year as a minimum.

R: Did you find it comfortable to ask questions and clarify any problems you had?

I: Yes I did

R: Do you think Child Protection generally is an important issue?

I: Of course yes how can you answer no to that question – it certainly is.

R: Thank you very much for your time it is greatly appreciated.

Interview Three – Subject G

Researcher (R)

Interviewee (I)

R: Are you CRB checked?

I: I am yes

R: Is that through this club or were you already covered elsewhere?

I: I am CRB checked through Somerset RFU and through Bathampton School and for this club as well

R: You attended the Child-Safe seminar – what did you think overall of the seminar?

I: Absolutely brilliant, really really good – really informative and it really opens your eyes to the sorts of things that you should be doing or shouldn't be doing – really good

R: Did you receive a resource pack at the seminar?

I: I did yes

R: What did you think of the information provided?

I: Very good – it went over everything covered in the seminar – brilliant

R: Have you used it at all or is it just a point of contact for you?

I: It's just a point of information I've had no reason to look at it for anything else?

R: Do you think your coaching practice has changed since attending the seminar?

I: Not really I don't suppose so – I suppose it's opened my eyes to problems that could occur or thing we should be doing

R: Has it made you more aware of anything?

I: Not really it just reassured us of our actions

R: How would you rate the scheme – do you think it is relevant?

I: Yes it is very relevant

R: Do you receive any information at all from the RFU or other bodies on Child Protection?

I: The club gets information and they pass some stuff on to us but not much really

R: Is there anything you think Child-Safe could do to improve the service? Any issues that you think they did not cover?

I: No everything was covered that we needed to know about

R: Do you think this club generally has moved forward in Child Protection after using Child-Safe?

I: Definitely definitely

R: Anything the club does now that they didn't before?

I: Mainly making the parents aware of what we're doing, who the Child Protection officer is and putting letters up around the club, just providing them with this information really- its going really well, really well.

R: Do you think Child Protection is an important issue in children's sport?

I: Very very important

R: And you think this club approaches that effectively and sensibly?

I: Yes it does – we are well tuned in

R: Thank you for your time it is greatly appreciated

Interview Four – Subject H

Researcher (R)

Interviewee (I)

R: Are you CRB checked?

I: Yes I think so

R: Is it through this club that you are checked?

I: Yes

R: You attended the Child-Safe seminar – what did you think of the seminar generally?

I: It was constructed quite well, it was understandable and obviously we've got to be careful and they told us how to be safe so it was good in that respect

R: Did you receive a resource pack?

I: Yes we did but we had 2 or 3 given to the club

R: Did you look through the information at all?

I: I looked through it after the seminar but I haven't seen it since to be honest

R: What did you think of the sort of information included?

I: It clarified what we did in the seminar. With the coaching courses you get a 2-hour lecture on Child Protection a lot of it is quite related to the course are on. The Child-Safe seminar covered a lot similar to that of the coaching courses.

R: Do you think there were any issues that weren't covered in the seminar?

I: I don't think so as again it was related to stuff we had previously done. There was some stuff where my way of doing it – it should be fun. But when you have negativity because of Child Protection pressures it's not fun anymore and when there's no fun involved most coaches won't bother doing it

R: Do you think it's improved your knowledge on Child Protection?

I: Yes it has and I've changed how I am around kids. I don't like shouting at them because you do get some unruly ones, but I am much calmer now and have a smoother way of doing things. So I guess I am calmer and know how to deal with things now I have attended the seminar and other courses.

R: Do you think you are more aware of Child Protection issues now?

I: Yes especially when you get an injury or something. Luckily we know the kids and the parents as we have been coaching for 3 years so it gives me confidence in myself to know that I can deal with things.

R: Do you think the Child-Safe seminar and what it does is relevant to coaching?

I: I would say it's a great service it builds the safety side of things and clarifies what you can and can't do. If you break things down and think back to what we covered it makes events easier to deal with

TAPE STOPPED WORKING

Interview Five – Subject I

Researcher (R)

Interviewee (I)

R: Are you CRB checked?

I: Yes

R: Is that through this club or elsewhere?

I: Through the club – I also did a coaching course and they CRB checked me as well

R: You have attended the Child-Safe seminar – what was your overall opinion of the scheme?

I: I thought it was very good the way they came across and the information they provided was very realistic what they talked about. It certainly opened your eyes to what to do and what's working

R: Did you receive the resource pack?

I: Yes

R: Did you look through the content? What did you think of the information?

I: To be honest I glance through it – a few aspects I read some I didn't. From my perspective it was just topping myself up on knowledge. That was quite a while back now.

R: Do you think it has improved your knowledge of Child Protection or was it going over something you already knew?

I: Most of it I already knew

R: Has it changed you coaching practice at all? Has it made you more aware?

I: No I think I was aware of those aspects originally. What the seminar has in fact done is made me even more aware. I feel as though I was always very conscious about those aspects within my coaching anyway. I don't necessarily feel that it changed anything dramatically

R: Do you think this club considers Child Protection effectively?

I: We are all very aware of the importance of Child Protection so I guess so yes

R: Do you think Child-Safe is a relevant scheme to the coaching community? Do you get any similar information from the RFU similar to that of Child-Safe?

I: I actually think Child-Safe is better than the information we get from the RFU because it was more practical to what was actually going on whereas the RFU was more trying to protect the coach and was much more severe. When you are coaching sometimes you do have to touch a child so the practicalities of Child-Safe was much much better and much clearer on that

R: Do you think there is anything Child-Safe could do to improve the service they are providing?

I: No I think it covered everything. One of the things that came across from my perspective compared to the RFU information was that basically the RFU tell us that if a child is distressed we've got to stand away and not touch them whereas Child-Safe tells us that leaving them can make it work as long as how you are touching them for example a hug, it's appropriate and in the right circumstances then that is fine

R: So did it clarify things in that sense?

I: Yes I mean from the RFU's point of view you could come away terrified and making sure you keep a 2metre distance away from the children whereas the Child-Safe seminar was much more practical and more realistic to what is sensible and allowable.

R: Is there anything that you do now that you didn't do before in terms of coaching?

I: I was already aware of what I was doing and I already understood the Child Protection situation and the sensibility of it

R: Ok thank you very much for your time it is greatly appreciated.

Appendix Six

Sample of questions asked to parents

Parent Interviews

Parents asked

1. What is the age and gender of your child?

- Male
- Female.....
- U 5
- U 7
- U 8
- U 9
- U 10

2. How long has your child attended the club?

- 1-2 seasons.....
- 2-3 seasons.....
- 3-4 seasons.....

3. Do you know who the Child Protection Officer is in the club?

- Yes
- No

4. Have you seen or read the Child Protection policy of the club?

- Yes
- No

5. Do you know where to the Child Protection Policy from?

- Yes
- No

6. Have you seen any posters/leaflets on Child Protection in the club?

- Yes
- No

7. When you child joined the club did you check the Child Protection Policy or check if the coaches held CRB checks?

- Yes
- No

8. Have you heard of Child-Safe?

- Yes
- No

If yes have you attended any of their seminars?

Yes
No

9. How effectively do you think this club considers Child Protection?

Very effectively
Averagely
Not effectively enough

10. Do you consider Child Protection an important issue in children's sport?

Yes
No

Thank you very much for taking the time to talk to me today. It is greatly appreciated.

Appendix Seven

Letter of Consent



Bath Police Station, Manvers Street, Bath BA1 1JN
Telephone No (01225) 842473 Facsimile No (01225) 842491

20th January 2006

Dear Helen

Child-Safe Evaluation

Please accept this letter as written authority for you to undertake an evaluation of the Child-Safe in Sport initiative as part of your Degree.

In order for you to successfully undertake your study, it will be necessary for you to contact:

- **Rugby Club**
Mr [redacted] a Child-Safe representative at the Club, has been contacted by myself and has given verbal permission for you to contact both members and parents of the Club. He is also most happy for you to visit [redacted] on youth match days and to undertake a survey.

- **Members of the Child-Safe Team**
The Child-Safe Team at Police Headquarters and myself are extremely happy to assist you in your investigations and, where necessary, provide the relevant paperwork in order that you can complete your work.

As you know, Child-Safe is organised for those who are involved in young people's sport and group activities. Its principal aim is to provide information about child abuse and to aid clubs and organisations to set up Child-Safe procedures. It is critical to the continued success of our work to receive feedback from those organisations we serve, in order that the initiative can grow and offer continued support.

I wish you every success with your study and should you require any help or assistance, please do not hesitate to contact me.

Yours sincerely

**Child-Safe Administrator
BANES District**

To: Helen Eke

Working with you – Working for you.

