



No Touching Policy

(Including Guidance on Necessary Contact and Reasonable Force)**

At Just Play Sports, we operate a **‘no touching’ policy** to protect both children and staff. This helps maintain clear professional boundaries and reduces the risk of misunderstandings or unjust accusations.

However, we recognise that when working with children in a sporting environment, **some physical contact may be necessary and appropriate**. We also do not expect staff to be cold, distant, or uncomfortable around children. The following guidance sets out when and how contact is permitted, and how to ensure it is always safe, respectful, and appropriate.

1. General Guidance on Physical Contact

- **First Aid:**
 - If a child requires first aid, it is acceptable to touch them in order to treat the injury.
 - If first aid must be administered to a more private area of the body, ensure a **second adult/witness** is present wherever possible.
- **Hugging:**
 - If a child gives you a hug, it is okay to accept it.
 - Staff **must not** initiate hugs.
- **Sitting on Laps:**
 - If a child tries to sit on your lap, gently ask them to sit **next to you instead**.
- **Lifting or Carrying:**
 - Staff must **never pick children up**, including piggyback rides or lifting during playful games.
- **Hand-Holding:**
 - If a child holds your hand, this is acceptable, but avoid prolonged contact.
 - Encourage them to resume play or rejoin their activity.

- **Distressed Children:**
 - If a child is upset, it is acceptable to offer a brief, appropriate gesture of comfort such as an arm around their shoulder.
 - This should be short, supportive, and not prolonged.
- **Rough Play:**
 - If a child begins playing roughly with you, calmly remind them that this behaviour is **not appropriate** with an adult.

2. Reasonable Force for Safeguarding Purposes

While our club maintains a no-touching approach, there may be **rare situations** where physical intervention is required to keep children safe.

Reasonable force may be used only when absolutely necessary, for example to:

- Prevent a child from injuring themselves or another person.
- Break up a fight or physically dangerous altercation.
- Stop behaviour that poses an immediate risk.

Any use of force must be:

- **Minimal** – only the amount needed to keep everyone safe.
- **Proportionate** – appropriate to the seriousness of the situation.
- **Controlled and brief** – stopped as soon as the danger has passed.

All incidents requiring reasonable force must be:

- Reported immediately to the safeguarding lead.
- Recorded factually and promptly.
- Communicated to parents/carers where appropriate.

3. Professional Boundaries and Child Welfare

Children must always be treated with dignity and respect. Staff should always:

- Keep interactions open, observable, and transparent.
- Use verbal and visual instruction as the primary method of coaching.
- Maintain professional boundaries at all times.

- Seek guidance if unsure about any situation involving physical contact.

4. Safeguarding Contacts

If you have any concerns or questions about any part of this policy, please contact:
Jack Dillon or **Jake Meade** (Safeguarding Leads).

Policy Written: 19th August 2026

Reviewed: 19th August 2027

Name: Jack Dillon

Position: Director

Signed: *Jack Dillon*