



POLICY NAME: K43 Training Centre Supervision Policy for Centre
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CONTROLLING BODY: K43 Training Centre – Managing Director

Introduction

Regular participation in physical activity by children and young adolescents is essential for their optimum growth, development and ongoing health and well being.

Physical activity provides multiple health benefits to children and young adolescents, including psychological well being, reduced symptoms of depression and anxiety and enhanced self-esteem.

Risk management plan

All community fitness and leisure centres (hereafter called centres) should have a risk management plan in place that encompasses the safe provision of programs involving children and young adolescents. In adopting these guidelines, those centres that currently have risk management plans should review and update them.

All members of staff should be aware of the centre's risk management plan and the procedures for implementing the plan. All staff must have read and signed a statement to show that they understand the risk management plan. This statement should then be kept in their personnel folder.

In addition to what is contained in the k43 Training Centre risk management plan, a centre's risk management plan for children and young adolescents should include additional sections related to:

Duty of care
the Working with Children Check, the centre's facility environment fitness equipment and children.

Fitness equipment and children

Most resistance training equipment used in centres is designed for adults. Because children's limbs and bodies are substantially shorter than those of adults, the lever systems of such equipment often do not suit children. In addition, machines designed for adults, while offering some level of adjustment, simply do not offer the level of adjustment required to accommodate a child or an adolescent. Children and young adolescents should not use equipment that cannot be suitably adjusted for them, as this could lead to injury.

The use of free weights may also lead to injury in children and young adolescents through improper lifting techniques and lack of adult supervision. Close adult supervision by appropriately qualified staff (see Role of the fitness professional, page 13) is therefore essential when free weights are used by children and/or young adolescents.

Some resistance training equipment specifically designed for use by children may be recommended. Centres that offer physical activity classes for children and young adolescents using resistance weight training or electronic cardiovascular equipment should ensure that all equipment can accommodate the physiological and biomechanical differences between children, adolescents and adults.

SCHOOL PE Program Supervision

Recommended staff/child ratios for structured or supervised programs conducted in centres

Staff/child ratio 1:25*† Conducting structured or supervised group fitness classes

(non weight based and weight based group fitness classes and circuit weight training classes.)

1:8* Conduction supervised or structured resistance training

*For school groups, a teacher must be present at all times in addition to the instructor.

†Ratio may exceed 1:25 on proviso that for each increment of between 1 and 25 students, there must be one (1) additional class teacher present.

Structured/supervised programs

Conducting structured or supervised group fitness classes (including non-weights-based and weights-based group fitness classes and circuit weight training classes).

Conducting supervised or structured resistance training.

The guidelines recommend that supervised or structured group fitness classes for children and or adolescents, including weights-based group fitness classes and circuit weight training, is appropriate on the proviso that there is at least one qualified staff member to 25 students. Where a school group is involved, there also must be in attendance in the class at least one teacher for each 25 students. So, if there were 24 year five and six children in the class, there should be one qualified staff member from the centre and one teacher from the school. supervision ratio).

Outsourced contractor organisations

Outsourced contractor organisations that conduct physical activity programs for children and young adolescents in centres should conform to all aspects of these guidelines, particularly in relation to:

insurance
pre-exercise screening and consent procedures
staff supervision
staff qualifications
the National Privacy Act
their duty of care, including child protection legislation knowledge of the centre's risk management policy and plan.

Working with Children Check requirements

(Commission for Children and Young People 2004)

All centres and child-related employees (paid, unpaid and volunteers) must meet the relevant requirements of the Working with Children Check. The Working with Children Check Guidelines for Employers are available on the Commission for Children and Young People's website at www.kids.nsw.gov.au/check or on NSW Department of Tourism, Sport and Recreation's website at www.dsr.nsw.gov.au.

The following is a brief summary of the requirements of the Working with Children Check. Centres are encouraged to read the guidelines when establishing their responsibilities.

1. It is an offence under the Child Protection (Prohibited Employment) Act 1998 for a person who has been convicted of a serious sex offence or a registrable offence under the Child Protection (Offenders Registration) Act 2000, to apply for, undertake or remain in child-related employment. It is also an offence for a centre or employer to employ a person without first asking him or her to declare whether or not they are a prohibited person. Making a false declaration is also an offence.

All existing employees and preferred applicants for paid and unpaid employment (including volunteers) who are working in or seeking child-related employment must sign a prohibited employment declaration to declare their status. This requirement includes employees and volunteers from interstate while they are involved in child-related employment in New South Wales. Centres must securely file declarations.

If an applicant discloses that he or she is a prohibited person, that person cannot be employed in child-related employment. If an existing employee discloses that she or he is a prohibited person, that person must be removed from child-related employment. Centres are encouraged to find alternative employment for these people where possible.

2. It is mandatory for preferred applicants for paid child-related employment to have background checks conducted on them before they commence employment. These background checks, or employment screening, include checking of relevant criminal records, relevant apprehended violence orders and relevant employment proceedings. The Working with Children Check process involves:

Staff supervision ratio

Staff to child/adolescent ratios will depend on the type of classes or programs available at each centre and whether centres provide structured programs for outside groups. In such cases, staff supervision is categorised as either - Supervised or structured group fitness classes or supervised or structured resistance training programs.

NO STAFF Member should be grouped together whilst Supervising a Group of Children in a Centre. ALL STAFF must stay with their allocated group and be responsible for this group and stay with them in their Zone. Talking with other staff is for organising the flow of the activities and other relevant matters. NO use of Mobile phones to check the time or message people whilst working at ALL TIMES. NO sitting on boxes chatting with children unless being occupied with them in an activity or game.

Supervised or structured group fitness classes

For supervised or structured group fitness classes, including weights-based group fitness classes (including body weight, bands and free weight equipment) and circuit weight training classes (including hydraulic, pneumatic or appropriate pin-loaded equipment), it is recommended that the staff to child/adolescent ratio be at least one centre staff member to 25 students (1:25).

Where supervised or structured group fitness classes are conducted for school-aged groups, a teacher from the school must also be present at all times during the class. The staff to child/adolescent ratio may exceed 1:25 on the proviso that, for each increment of between 1 and 25 school students over the initial class size of 25 students, there is an additional supervising teacher present.

Parent Supervision

Coaching supervision is provided during scheduled class times and other events. It is the responsibility of parents/guardians to provide appropriate supervision of their child whilst attending Toddler Warrior classes, a Parent assisted class and at Birthday Parties when choosing to place your child on any Ninja or Gymnastics equipment in the Centre.

K43 Training Centre is not responsible when a Parent/Guardian Supervising a child is using the equipment or doing any skills the Parent/Guardian has approved their child to do. The responsibility for the safety of the child is solely with the Parent/Guardian.

Casual use of facilities by children and young adolescents

No children or adolescents under the age of 14 years should be admitted into a centre unless they are part of a scheduled program or are participants in:

- a sporting team
- a junior athletic squad
- a school group
- a special physical activity program conducted by the centre a water-based or swim class
- other supervised or structured activities.

Reference: https://www.schn.health.nsw.gov.au/files/attachments/kids_in_gyms_guidelines.pdf
https://bp-fitnessaustralia-production.s3.amazonaws.com/uploads/uploaded_file/file/134086/FAUS858-Childrens_Fitness_Guidelines-2017-SCREEN-FC.pdf