

NESTA - SAFE IN CARE

Practical guidance for keeping under-18s safe in NESTA Activity

Document owner	North East Scottish Touch Association (NESTA)
Approved by	Iain MacKenzie – President
Approval date	8 th October 2026
Effective date	8 th October 2026
Next review	8 th October 2027 or any legislation change
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1. Purpose and scope

Safe in Care is NESTA's practical "what do I do?" beneath the applicable STA safeguarding policy. It is intended for coaches, session leads, officials, volunteers, team managers, parents/carers, young people, clubs and NESTA activity organisers. It applies wherever a person under 18 takes part in NESTA-organised or NESTA-delivered activity, including dedicated youth activity, mixed-age training, adult training or competition involving U18s, camps, tours and representative activity.

Core principle

A person under 18 remains an under-18 participant for safeguarding purposes when taking part with adults. Parental consent supports participation but does not remove safeguarding responsibilities or require a session lead to permit participation that they consider unsuitable.

This guide complements, and does not replace, the approved STA Safeguarding Policy, STA Responding to Concerns & Case Management Procedure, STA Digital Communications Policy, STA Data Protection Policy, STA risk assessment process and applicable competition/venue rules.

2. The five things everyone should know

- Who is the named person responsible for this activity?
 - Session Lead – the person identified by the organiser as having the operational responsibility
- How do I raise a welfare or safeguarding concern?
- Which adults are authorised to coach or supervise U18s?
- What arrangements apply to U18 arrival, participation, changing, communication and collection?
- What should I do if the planned arrangements change or something unexpected happens?

3. Roles at an activity

Role	Practical responsibility	Before activity
Session lead	Overall safe delivery; knows who the U18s and authorised adults are; acts when arrangements change.	Named; risk assessment/check complete; reporting route known.
Youth coach/volunteer	Works within authorised role, professional boundaries and agreed supervision.	Role confirmed; regulated-role/PVG and training requirements checked where applicable.
Parent/carer	Provides accurate consent/emergency information and material updates; understands arrangements.	Consent/registration complete where required.
Young person	Has a voice in decisions; follows conduct/safety arrangements; can raise concerns.	Knows who to speak to and what the session involves.
Other adult participant/helper	Participates or assists only within the role authorised by the organiser.	Does not assume independent responsibility for U18s.

4. Before any activity involving U18s

- Name the session lead and identify any authorised youth coaches or volunteers.
- Know which U18s are expected and have an attendance/sign-in arrangement.
- For dedicated NESTA youth provision, follow the NESTA good-practice staffing arrangement in Section 7
 - Where reasonably practicable, at least one authorised adult should hold an appropriate current first-aid qualification. First-aid and emergency arrangements must be considered as part of session planning
- Ensure necessary parent/carers, emergency and relevant medical information is available to those who genuinely need it.
- Check whether any adult role is a regulated role and ensure the organisation responsible for that role has completed the required assessment/PVG process before the role begins.
- Confirm changing/toilet, first-aid, collection/independent departure, transport and digital-communication arrangements appropriate to the activity.
- Consider the participant profile and any reasonable adjustments or additional support required.
- Ensure the safeguarding/reporting route is known and accessible.

5. Raising a concern - what do I do?

If someone is in immediate danger

Call 999. Where suspected criminal conduct or immediate risk requires police involvement, contact Police Scotland. Do not delay emergency action while trying to reach NESTA or the STA safeguarding contact.

1. Listen and take the concern seriously.
2. Reassure the child/person that they were right to speak up. Do not promise secrecy.
3. Do not investigate, interrogate witnesses or confront the person complained about.
4. Record what was seen, heard or disclosed as soon as practicable, using the person's own words where important and keeping fact separate from opinion.
5. Report promptly using the NESTA reporting route or directly to the STA safeguarding contact, as appropriate
6. Follow the STA alternative route if the normal safeguarding contact is implicated/unavailable.

NESTA Incident / concern form or reporting page: : <https://touch.scot/nesta/nesta-policies/>

- As good practice, the reporting route/form should be readily accessible to the Session Lead.

Primary Scottish Touch safeguarding contact: **Viv Mathieson** | safeguarding@touch.scot | 07814 468071

For parents and young people

You do not need to decide whether something is "serious enough" before raising it. If something about a child's welfare, safety or treatment concerns you, use the reporting route.

This may be done using the NESTA Report an Incident, Complaint or Safeguarding Concern form or by contacting the STA safeguarding contact directly where appropriate

NESTA will make sure the concern is considered and directed through the appropriate safeguarding, welfare, conduct or disciplinary route. Where the matter requires referral or escalation to the Scottish Touch Association (STA), this will be done in accordance with the applicable STA procedure.

6. U18s in adult or mixed-age Touch

An U18 remains a child for safeguarding purposes when participating in adult or mixed-age Touch. Participation alongside adults does not remove or reduce the safeguarding arrangements applicable to that young person.

NESTA activity may include sessions where U18s and adults train at the same venue or within the same overall session. Participants may also be divided into different coaching groups according to experience, ability, development need or the nature of the activity.

Splitting U18s by ability, experience or development need is a coaching decision. It does not change their status as U18 participants or remove the safeguarding responsibilities applying to their activity.

6.1 Before an U18 joins an adult or mixed-age coaching group

1. The young person is registered for the activity, and the appropriate parent/carer consent is in place.
2. The young person agrees and is comfortable participating in that environment.
3. An appropriately authorised session lead has considered whether participation is suitable, taking account of age, maturity, experience, ability, confidence, physical and emotional welfare and the nature of the activity.
4. The participation decision must be recorded using the NESTA Parental / Guardian Consent & U18 Participation Form. Completed forms must be stored securely by NESTA and retained in accordance with the applicable STA data-protection and records-retention requirements
5. Relevant medical, emergency and additional-support information is available to those who need it.
6. The coaches responsible for the group know which participants are under 18.
7. Appropriate safeguarding arrangements remain in place, including supervision, changing/toilet arrangements, communication and reporting routes.
8. Any activity-specific or competition requirements have been satisfied.

Three-way participation model

Parent/carer consent + young person's agreement + authorised session-lead suitability assessment + appropriate safeguards = participation in the adult environment may proceed.

6.2 Where U18s are divided between coaching groups

Where an organised activity divides participants into separate coaching groups, every group containing an U18 remains subject to the applicable U18 safeguarding arrangements, whether the other participants in that group are adults, children or a mixture of both.

The session lead should ensure that:

- Responsibility for each coaching group is clearly allocated.
- Each coach knows which participants in their group are under 18.
- Coaches/helpers taking responsibility for U18s have been appropriately authorised for the role, including regulated - role/PVG and safeguarding-training requirements where applicable.
- U18 consent, suitability and relevant medical/additional-support information are available on a need-to-know basis.
- Coaches know what to do and who to contact if a welfare or safeguarding concern arises.

This applies whether U18s form the majority or minority of a group

For example, a session may appropriately place more experienced U18s with experienced adult players while less-experienced U18s train in a separate development group. Adults may also participate in that development group. Both groups remain mixed-age/U18 safeguarding environments where they contain U18 participants.

6.3 Adult participants and adults helping to coach

An adult does not become a coach or helper merely because they train or participate in the same group as U18s.

Adults participating alongside U18s should follow the applicable codes of conduct and Safe in Care expectations, but their presence in the group does not by itself mean that they occupy a youth coaching or regulated role.

Where an adult is asked or permitted to take responsibility for instructing, coaching, supervising or managing U18 participants, however, the nature of that role must be considered under the STA Safer Recruitment & Regulated Roles Procedure.

Occasional supervised assistance does not automatically constitute appointment as a youth coach. Where assistance becomes regular, planned or involves independent responsibility for U18s, the role should be formally assessed and authorised before continuing.

Do not use the presence of other adults in a training group as a substitute for identifying who is actually responsible for coaching and safeguarding the U18 participants.

6.4 What if parent, player and coach disagree?

Adult or mixed-age participation should only proceed where the required consent is in place, the young person wishes to participate, and the authorised session lead is satisfied that the environment is suitable.

- **Parent/carer agrees but session lead does not:** participation in that adult/mixed-age group does not proceed. The reasons should be explained and an alternative or later review offered where appropriate.
- **Session lead and parent/carer agree but the young person does not:** participation does not proceed.
- **Young person and session lead agree but required parent/carer consent has not been provided:** participation does not proceed.

A decision not to permit participation in a particular adult or mixed-age group should be based on welfare, safety, suitability and the nature of the activity rather than being treated as a judgement on the young person's overall ability or potential. Where appropriate, the decision can be reviewed if circumstances materially change.

6.5 Route for a parent/player to ask for review of a continuing suitability decision

If there is disagreement about whether an U18 should take part in a particular activity, participation should not proceed until the matter has been resolved. The reasons for the decision should be explained clearly to the young person and parent/carer.

Where the decision remains disputed, it may be referred to the NESTA Regional President, or another appropriately authorised NESTA representative who was not directly involved in the original decision, for review. The purpose of the review is to consider whether the participation process has been applied appropriately; it does not create an entitlement for the U18 to participate.

If the disagreement raises a concern about the young person's welfare, safety, treatment or the conduct of an adult towards them, it should no longer be treated simply as a participation review.

The concern should be reported using the NESTA Report an Incident, Complaint or Safeguarding Concern form, or raised directly with the STA safeguarding contact where appropriate. NESTA will ensure that any safeguarding matter is referred or escalated in accordance with the STA Responding to Concerns & Case Management Procedure.

7. Dedicated youth activity within a mixed venue

This section applies where the U18 activity remains a distinct youth activity, even though adult activity is taking place at the same venue or as part of the same overall session. Where U18s and adults are deliberately training or participating together within the same coaching group, Section 6 applies.

Where younger/newer U18s are coached separately within a mixed adult/youth venue, that part of the activity is dedicated youth provision. The organiser should identify the adults authorised to lead it and should not rely on other adult participants simply being present.

- Only authorised adults should take independent responsibility for coaching or supervising the youth group.
- Adults/parents may join or assist under the direction of the authorised coach where appropriate, but participation or occasional help does not itself make them a youth coach.
- If assistance becomes planned, regular or involves independent responsibility, the organiser should formally assess and authorise the role before it continues.
- Adult participants elsewhere in the venue are not automatically youth supervisors.
- Minimum staffing arrangement for organised NESTA youth provision:
 - As NESTA good practice, dedicated youth activity covered by this section should normally have at least two authorised adults present: one designated Session Lead and at least one Supporting Coach. Where reasonably practicable, at least one of these authorised adults should hold an appropriate current first-aid qualification. This is a NESTA good-practice arrangement for organised youth provision and is not intended to state or imply a wider STA minimum staffing requirement.

8. Parents, helpers, visiting coaches and role boundaries

Situation	Safe in Care approach
Parent watches/helps own child	Parent role; does not create authority over other children.
Adult demonstrates or helps briefly at coach request	May be incidental assistance if supervised and without independent responsibility.
Adult regularly leads drills or supervises children	Treat as an actual role: organiser must assess/authorise it and apply requirements appropriate to the role.
Visiting coach works with U18s	Hosting organiser must know and authorise the arrangement; do not assume another club's checks automatically settle the host's responsibilities.
Adult participant joins youth drill	May participate under the authorised coach's direction; does not become a youth coach merely by participating.

9. Young leaders, U18 coaches and officials

NESTA encourages and supports young people who are interested in developing their skills and experience as coaches, referees, officials or other young leaders. However, a young leader remains a child themselves. Leadership opportunities should be age-appropriate, supervised and developmental; a young person should not simply be treated as the responsible adult for younger participants.

- Opportunities should be appropriate to the young person's age, experience, confidence and stage of development.
- Young leaders should receive appropriate support and supervision for the role or activity they are undertaking.
- A young person undertaking a leadership, coaching or officiating role remains an U18 for safeguarding purposes.
- Their involvement should be developmental and should not place them in a position of inappropriate responsibility for other young people.
- Young leaders should not be used in place of an authorised adult where this guidance requires an adult to lead, coach or supervise youth activity.
- Where a young person is given increasing or more formal responsibility, NESTA should consider what additional training, supervision and role assurance is appropriate before that responsibility is undertaken.
- Where an applicable STA pathway, qualification or role requirement exists, this should also be followed.

10. One-to-one situations and professional boundaries

Avoid unnecessary isolated one-to-one situations. Some one-to-one contact may nevertheless arise through first aid, skills coaching, welfare conversations, travel or late collection. The response should be proportionate rather than relying on an absolute prohibition.

- Use an open/observable location where practicable.
- Tell another authorised adult what is happening and keep the interaction no longer than necessary.
- For planned individual coaching or welfare meetings, agree the arrangement in advance and include a parent/carer or another authorised adult where appropriate.
- Do not create secrecy, dependency, favouritism or blurred personal boundaries.
- Record and report any unusual or concerning one-to-one situation.

11. Physical contact, coaching and first aid

Touch Rugby naturally involves appropriate sporting contact. Coaching contact should be necessary, proportionate, explained and connected to the activity. Where possible, demonstrate rather than manually position a child; ask before physical guidance and stop if the child is uncomfortable.

- Never use physical contact as punishment or to humiliate.
- NESTA considers it good practice for at least one appropriately first-aid-qualified adult to be present at each organised youth session, where reasonably practicable.
- The identity of the first-aid-qualified person should be known to the Session Lead and other coaches at the start of the session.
- Appropriate first-aid provision and access to emergency assistance should be considered as part of planning the activity.
- This is a NESTA good-practice arrangement and is not intended to state or imply a wider STA minimum first-aid requirement.
- Use medical information only on a need-to-know basis and record significant treatment/incidents.
- Emergency treatment should not be delayed because a parent cannot immediately be reached.
- Any arrangements concerning medication or a young person's medical needs must follow the applicable STA policy and procedures. Relevant medical information provided by the parent/carer should be considered when planning the activity.

12. Changing rooms, showers and toilets

Arrangements should reflect the age of participants, venue layout, privacy, mixed -age participation and the ability to supervise safely without unnecessary intrusion.

- Plan the arrangement before the session and tell participants/parents where necessary.
- Where facilities such as toilets are shared with adult participants or other venue users, U18s should be made aware of the arrangements and appropriate privacy and safeguarding considerations should be taken into account. Shared facilities do not, by themselves, prevent a venue from being used for U18 activity.
- Avoid unrelated adults and U18s changing or showering together where practicable; use separate facilities, staggered use or arriving changed where appropriate.
- Adults should not routinely enter U18 changing areas. If entry is necessary for an immediate welfare/safety reason, announce the reason and use the least intrusive arrangement practicable.
- No photography or video in changing, shower or toilet areas.
- Parents/carers supporting a child with additional needs should have arrangements agreed in advance where possible.

13. Arrival, attendance, collection and independent departure

- Keep an accurate attendance record for U18 activity.
- Agree whether a child is collected, leaves independently or travels with another authorised arrangement.
- Do not assume an older U18 may leave independently merely because they attend adult training; record the parent/carer arrangement where required.
- If plans change, the session lead should know before the child leaves.

13.1 Late collection

- Keep the young person in a safe, supervised place.
- Attempt to contact the parent/carer and then the nominated emergency contact.
- Avoid leaving one adult alone with the young person where a safer practical alternative is available.
- Do not take the young person home or elsewhere unless this is permitted by the agreed transport or emergency arrangements.
- If contact is made, agree and record the revised collection arrangement where appropriate.
- If nobody can be contacted, or the delay gives rise to a concern about the young person's welfare or safety, the Session Lead should seek safeguarding advice and, where necessary, contact the appropriate statutory service.
- Significant or repeated late collection should be recorded and, where appropriate, discussed with the parent/carer before the young person attends a future session.
- NESTA will follow any applicable STA safeguarding policy or procedure in responding to an uncollected young person or any associated welfare or safeguarding concern.

14. Transport and lifts

Parents/carers are normally responsible for transport unless NESTA/the organiser has expressly arranged it. Where transport is organised, responsibility, drivers, consent, insurance and collection/drop-off arrangements should be clear.

- Avoid unnecessary one-adult/one-child car journeys.
- Where an exceptional lift is necessary, make it transparent: parent/carer agreement, another responsible adult informed, direct route and no unplanned detours.
- Drivers must be appropriately licensed, insured and fit to drive; seatbelts and vehicle capacity requirements apply.
- Do not use transport arrangements to create private or social contact outside the sporting purpose.
- Where transport is arranged as part of NESTA activity, any requirements relating to volunteer drivers, driver checks, insurance or evidence of insurance will follow the applicable STA policy and procedures. NESTA will not operate a separate regional standard.

15. Digital communication, SportMember and social media

Use approved organisational or group channels wherever possible. Digital contact with U18s must be open, transparent and connected to legitimate Scottish Touch or NESTA activity.

- SportMember is NESTA's normal platform for routine youth administration and logistics.
- For a specific competition, tournament or team event, a temporary WhatsApp group may be used where this is necessary for practical event communication; then closed when no longer required.
- Avoid unnecessary private messaging between an adult in a position of trust and an U18. If contact is necessary, keep it brief, factual and transparent and include a parent/carer or another authorised adult where practicable.
- Do not conduct sensitive welfare, safeguarding, disciplinary or selection conversations through informal direct messages or group chat.
- Limit access to youth data to people who need it for an authorised purpose; remove access when the role ends or changes.
- Do not use access to youth records for an unrelated club or personal purpose without appropriate authority.

16. Photography and video

- Check the applicable media consent before publishing identifiable U18 images/video.
- Do not take images in changing, shower or toilet areas.
- Follow the approved photography/media policy and reporting arrangements if a concern arises.
- If a parent/young person raises a concern about photography, address it promptly and use the safeguarding/reporting route where appropriate.
- Photography and video at NESTA activity will be managed in accordance with the applicable STA policy, procedures and privacy/imagery requirements. Any required participant or parent/carer information, consent or opt-out arrangements should be confirmed before images or recordings are taken or used.

17. Child-on-child behaviour, bullying and harmful conduct

Bullying, discrimination, harassment, sexualised behaviour, harmful online conduct and physical aggression can involve children on both sides. Do not dismiss behaviour simply as "banter" or assume that safeguarding only concerns adult-to-child conduct.

- Make the immediate situation safe and support all children affected.
- Listen, record and report according to the nature and seriousness of the concern.
- Do not conduct an informal investigation into suspected abuse.
- Use safeguarding, anti-bullying, conduct or disciplinary processes as appropriate; these may overlap.
- Consider whether temporary adjustments to participation/contact are needed while the matter is assessed.

18. Away events and Tournaments

Where NESTA supports U18 participation at a one-day tournament or other away event:

- Name the Session/Team Lead and identify the authorised adults responsible for supporting the U18 participants.
- Make clear to parents/carers when NESTA's responsibility for the young person begins and ends, including whether parents/carers remain responsible for travel to and from the event.
- Parents/carers should be provided with the relevant event arrangements, timings and contact information.
- Appropriate arrangements should be in place for supervision, medical/emergency information and arrival/collection.
- Any applicable STA safeguarding and event requirements should be followed.
- Maintain appropriate boundaries between U18 participants and adult social activity, including where alcohol is available at the event or venue.
- NESTA does not organise overnight stays for U18 participants. If participation in an event would require an overnight stay, this would fall outside these NESTA arrangements and would require separate consideration under the applicable STA requirements before NESTA assumed any responsibility for it.

19. Missing child, serious incident or emergency

- Immediately establish what is known: who last saw the child, when and where.
- Keep the remaining group appropriately supervised; do not create additional risk by sending children to search unsupervised.
- Search the immediate safe area in line with the venue/emergency plan and contact the parent/carer.
- If the child cannot promptly be located, or there is reason to believe they are at risk, contact Police Scotland/emergency services without delay.
- Notify the appropriate NESTA lead and follow any applicable STA notification/escalation requirement.
- After the immediate situation, review what happened and whether controls need to change.
- Any requirement to notify or escalate a serious incident to STA will be determined by the applicable STA policy and procedures. NESTA will not apply a separate regional notification threshold.

20. Inclusion, disability and additional support needs

- Safeguarding and suitability decisions should be individual and child-centred.
- Disability, additional support needs, neurodivergence or behaviour should not be used as an automatic reason to exclude a child.
- Consider reasonable adjustments, communication needs, additional supervision and relevant information-sharing, while maintaining privacy and dignity.
- Any additional support or reasonable adjustments should be considered in discussion with the young person and, where appropriate, their parent/carer, taking account of the activity and the individual's needs. Any applicable STA policy or procedures relating to inclusion, additional support or reasonable adjustments should be followed. NESTA will not operate a separate regional approval process.

21. Venue and organiser responsibilities

A hired venue may control building safety, fire procedures and facilities, but the Touch organiser still needs to establish the safeguarding arrangements for the activity it provides.

Do not assume that venue staff are supervising NESTA/Scottish Touch participants unless this has been expressly agreed.

- Know emergency exits, first-aid/AED arrangements and how to summon venue assistance.
- Check changing/toilet access and any shared public areas.
- Clarify which organisation is responsible for participant supervision and incident reporting.
- Record any venue-specific safeguarding controls in the activity risk assessment.

22. Session lead - quick decision guide

If this happens...	Do this...
A parent wants to report something	Give the safeguarding route; listen, record and report. Do not investigate.
An U18 asks to join adult training	Check consent + young person agreement + suitability + safeguards before participation.
Parent says yes, coach says no	Adult participation does not proceed until the authorised suitability decision is satisfied; explain and offer review/alternative where appropriate.
A parent starts helping coach	Keep assistance supervised. If it becomes regular/planned/independent, stop and formally assess/authorise the role.
U18s are split between different coaching groups	U18 safeguards continue in every group containing U18s. Confirm each group has an appropriate authorised lead and that coaches know which participants are U18.
Only one authorised adult is unexpectedly available	Pause and reassess the activity against the NESTA good-practice staffing arrangement in Section 7. Do not simply continue by assumption; modify or postpone the youth element if it cannot be delivered safely
A child is not collected	Keep safe, contact parent/emergency contact, follow late-collection escalation, record if significant.
A safeguarding disclosure is made	Listen, reassure, record, report; do not investigate.
The plan changes materially	Pause and reassess safeguarding/risk controls before continuing.

23. One-page pre-activity safeguarding check – Also Separately Published



MIXED-AGE / U18 SESSION CHECKLIST

Pre-session assurance for NESTA activity involving participants under 18 and adults

Use: Complete before the session (or before the U18 joins the adult element). A tick confirms the control has been checked; it does not replace the underlying consent, suitability, role assurance or safeguarding record.

#	CHECK	WHAT MUST BE CONFIRMED	SOURCE / DEPENDENCY	✓
1	U18 PARTICIPANTS IDENTIFIED	Current attendance/register identifies every participant under 18.	Registration / attendance process	☐
2	PARENT / CARER CONSENT	Valid consent covers the activity and, where relevant, participation with players aged 18 or over.	NESTA Parent / Guardian Consent & U18 Participation Form	☐
3	YOUNG PERSON'S AGREEMENT	The young person wants to participate and knows they can say if they are uncomfortable or want to stop.	NESTA Parent / Guardian Consent & U18 Participation Form	☐
4	COACH / SESSION LEAD SUITABILITY	An authorised Coach / Session Lead has assessed suitability for this environment; review after a material change.	NESTA Parent / Guardian Consent & U18 Participation Form	☐
5	NAMED SESSION LEAD	A named adult is responsible for applying session safeguarding arrangements and knows which participants are U18.	NESTA Safe in Care	☐
6	COACHES / HELPERS / REGULATED ROLES	Appointed U18 roles have been assessed; required PVG membership, training and role assurance are confirmed before the role begins.	STA Safer Recruitment & Regulated Roles Procedure	☐
7	ADULT PLAYERS UNDERSTAND THE ENVIRONMENT	Adults know U18s are participating and appropriate conduct, language, boundaries and safeguarding expectations apply. Adult participation alone does not make someone a youth coach.	NESTA Safe in Care	☐
8	CHANGING / TOILETS / ONE-TO-ONE	Arrangements are suitable for U18s and avoid foreseeable inappropriate one-to-one or changing situations.	NESTA Safe in Care	☐
9	MEDICAL / EMERGENCY INFORMATION	Relevant emergency contact and need-to-know medical/welfare information is accessible to authorised people who may need it.	NESTA Consent form + STA Data Protection & Privacy Policy	☐
10	ARRIVAL / COLLECTION / TRANSPORT	Where relevant, arrival, collection, independent travel or transport arrangements are understood and proportionate.	NESTA Safe in Care	☐
11	COMMUNICATIONS	Approved NESTA/STA communication arrangements are used; sensitive welfare matters are handled appropriately.	STA Social Media & Digital Communications Policy NESTA Safe in Care	☐
12	PHOTOGRAPHY / VIDEO	Planned photography/video follows the current imagery arrangements and recorded permissions.	STA Photography Policy + consent record	☐
13	SAFE ACTIVITY / VENUE	Playing environment, equipment, conditions and foreseeable activity risks are checked; U18-specific issues are addressed.	NESTA Generic Activity Risk Assessment / activity-specific assessment	☐
14	REPORTING ROUTE READY	Session Lead knows how to receive, reassure, record and report/escalate a concern, including conflict and immediate safety routes.	STA Responding to Concerns & Case Management Procedure	☐
15	U18 KNOWS HOW TO GET HELP	The young person knows who they can speak to if worried, uncomfortable or wanting to stop.	NESTA Safe in Care + STA Responding to Concerns & Case Management Procedure	☐

SESSION SIGN-OFF

Session / activity	Date / venue	Session Lead	Signature / date
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STOP / MODIFY: If a required control is not in place, the U18 should not enter that adult/mixed-age element until the issue is resolved or the activity is modified so the safeguarding risk is appropriately controlled.

Document links and contacts

STA – Anti-Bullying Policy: <https://touch.scot/sta-policies/>

STA - Child Protection/Safeguarding Policy: <https://touch.scot/sta-policies/>

STA - Data Protection & Privacy Policy: <https://touch.scot/sta-policies/>

STA - Generic Activity Risk Assessment: <https://touch.scot/sta-policies/>

STA - Insurance: <https://portal.sports-insure.co.uk/scottish-touch/en/home>

STA – Photography Policy: <https://touch.scot/sta-policies/>

STA - Responding to Concerns & Case Management Procedure: Shared internally with Clubs/Regions

STA - Safer Recruitment & Regulated Roles Procedure: Shared internally with Clubs/Regions

STA - Social Media & Digital Communications Policy: <https://touch.scot/sta-policies/>

STA – Welfare and Safe Sport Strategy: <https://touch.scot/sta-policies/>

NESTA - Safe in Care – Practical Guidance for U18 Activity: <https://touch.scot/nesta/nesta-policies/>

NESTA – Parental / Guardian Consent & U18 Participation Form: <https://touch.scot/nesta/nesta-policies/>

NESTA – Mixed-Age / U18 Session Checklist: <https://touch.scot/nesta/nesta-policies/>

NESTA – Report an Incident, Complaint or Safeguarding Concern: <https://touch.scot/nesta/nesta-policies/>

NESTA – U18/Mixed-Age Touch Participation Guidance: <https://touch.scot/nesta/nesta-policies/>

NESTA - Youth Participation Guide: <https://touch.scot/nesta/nesta-policies/>