



WELCOME TO TOUCH

A SAFE, INCLUSIVE AND ENJOYABLE SPORT FOR EVERYONE

Touch is a great way to be active, make friends and develop new skills. This guide explains the opportunities for under-18s in touch in the North East of Scotland and what you can expect when taking part.

THE PARTICIPATION PATHWAY

There are many ways to enjoy touch and everyone's journey is different. You can take part at whatever level feels right for you, and there is no requirement to move to the next level.



1. TRY TOUCH INTRODUCTORY ACTIVITY

- ▶ Local club or regional sessions
- ▶ Learn the basics
- ▶ Have fun, get active and make friends



2. DEVELOP YOUTH ACTIVITY

- ▶ Regular training with other under-18s
- ▶ Local and national opportunities (STA Youth Academy)
- ▶ Build your skills and confidence



3. READY FOR MORE? OPPORTUNITIES WITH ADULTS

- ▶ Some under-18s may be invited to train or play with adults
- ▶ Based on experience, ability and readiness
- ▶ Always with the right safeguards in place



4. ADULT / MIXED-AGE TOUCH

TRAINING AND COMPETITION

- ▶ Play, learn and challenge yourself
- ▶ Continue to develop at your own pace
- ▶ You remain an under-18 for safeguarding purposes

YOUR JOURNEY. YOUR CHOICE.

You can stay at any level, move between different types of activity, or try new opportunities when you feel ready.



FOR AN UNDER-18 TO TAKE PART IN AN ADULT/MIXED-AGE ENVIRONMENT

We consider all of the following before participation:

Parent/carer consent



Young person's agreement



Coach/session-lead assessment of suitability



Appropriate safeguards in place



WHAT YOU CAN EXPECT FROM US

- ✓ A safe and inclusive environment where you can learn, develop and grow
- ✓ Coaches who understand their responsibilities towards under-18s
- ✓ Clear arrangements for changing, toilets, first aid, communication and collection
- ✓ Your personal information handled appropriately
- ✓ Opportunities to progress, including chances to represent Scotland at age-grade level
- ✓ Your views and feelings to be listened to
- ✓ You remain an under-18 for safeguarding purposes, even when training or playing with adults



WHAT WE NEED FROM YOU

- ✓ Provide accurate registration, contact and medical information
- ✓ Tell us about any relevant changes
- ✓ Follow the agreed arrangements for training, events, travel and collection
- ✓ Ask if anything is unclear
- ✓ Support a positive, respectful and inclusive environment



SOMETHING DOESN'T FEEL RIGHT?

- ✓ Tell your session lead or a trusted adult at your club or event
- ✓ You don't need to decide whether it's a safeguarding issue before speaking up
- ✓ You can also contact the Scottish Touch safeguarding contact (details below)
- ✓ In an emergency, or if someone is in immediate danger, call **999**



SCOTTISH TOUCH
SAFEGUARDING CONTACT



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For more information about youth opportunities, visit:
touch.scot/northeasttouch/