

## **Welfare**

We consider the welfare of every player on our camps as vitally important and we ask for your assistance to ensure the safety and security of your child throughout their time with us. Please ensure you provide us with all the relevant medical, emergency contact and travel information for your child at least 1 month prior to arrival.

All staff on our camps are dedicated to the safety and wellbeing of every child. The following highlights some key information on the physical aspects of the camp.

**Injuries during camp** - Injuries are unfortunately a part of contact and collision sports such as football. A fully qualified physiotherapist will be at pitch side during sessions to assess injuries and treat them accordingly. They will also be on-site all day to offer support and advice, both on and off the pitch. If anything urgent occurs the child is taken to hospital immediately. Our GNS Sports coaches help to minimise the number of injuries by ensuring that all children actively participate in an extended warm-up and cool-down before and after every session.

If a player has sustained an injury prior to the course, please inform a member of staff as soon as possible. The physiotherapist will assess the injury on arrival and offer advice. All staff will be notified of the injury so they can monitor any changes. We take great care when dealing with minor injuries, treating them thoroughly and effectively in order to reduce the chance of long term problems.

**Sickness during camp** - Minor problems are treated by our physiotherapist and a qualified member of our player welfare team. If a child is unwell, they will be taken to a doctor or hospital, accompanied by one of our members of staff.

**Equipment** - Shin-pads are an essential piece of equipment to remember. We do not let children participate without them. We also recommend bringing boots with both moulded and screw-in studs, so they are prepared for playing on all surfaces.

**Avoiding blisters** - New boots, particularly in the summer when the ground is hard, can cause blisters. If your child has new boots we advise to 'wear them in' before the camp starts, to avoid the risk of blisters. We can treat blisters, along with any other minor injuries – abrasions, strains and bruising.

**Diet, Nutrition and Hydration** - We monitor each player to ensure they are eating and drinking enough during the camp. Water is available pitch side and our coaches ensure players are constantly rehydrating. We also talk to the children about key food groups and the importance of a healthy diet.