Before leaving your child in a football environment, never be afraid to ask important questions like these, to protect them and their experience.

- Have you got an up-to-date DBS check?
- What safeguarding training have you done?
- What about coaching qualifications – are these up to date?
- Do you have any experience working with children of this age?
- How will you cater for my child's medical / additional needs?
- Who is responsible and accountable for my child's welfare at your sessions?
- Who are the other coaches working with you?
- What do you do to make sure your sessions are safe, fun and inclusive?
- What happens if you get bad weather?

There are plenty of other things you'll need to know about too, like:

Contact details:	How will they communicate with you? Do they have your number, do you have theirs?
Session structure:	What's the age range? Are there enough breaks for food and water?
Medical care:	Do they have first aid policies and kit?
Coaching aims:	Is it skills, improvement and competition, or fun and social?

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For even greater understanding about how to protect your children, take our free online **Safeguarding Awareness Course for Parents & Carers**, which can be completed in 30 minutes.

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Now it's time to ask yourself, how confident do I feel in leaving my child in this coach / football provider's care?

You should **not** expect to see or hear:

- A coach working with children with no other coach present
- Coaches inviting individuals for 1:1 coaching
- Coaches asking for your child's mobile number or social media details
- Coaches sharing their personal social media details with children
- Coaches offering lifts to individual children
- Coaches berating, excluding or singling out children
- Sexualised language, innuendos or horse play

The most important question of all is for your child: **Did they enjoy it?**

If you've asked all the right questions, there's no reason at all why their session won't be anything but fun!

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