



# **CHEERSPORT**

## I R E L A N D

### **SUPERVISION POLICY**

## **1. Introduction**

Cheer Sport Ireland (CSI) is committed to ensuring that all children participating in cheerleading activities are supervised appropriately. This policy establishes mandatory supervision standards for all CSI-affiliated clubs, coaches, volunteers, and event personnel.

## **2. Purpose**

This policy outlines the required supervision procedures to ensure the safety, wellbeing, and protection of children across all CSI activities.

## **3. Scope**

This policy applies to all CSI-affiliated clubs, coaches, volunteers, staff, junior leaders, contractors, and event personnel.

## **4. Principles of Safe Supervision**

- Children must be supervised at all times during CSI activities.
- Supervision must be active, engaged, and consistent.
- Supervision ratios must be followed as outlined in this policy.
- No adult should ever be alone with a child where they cannot be observed by another adult.
- All supervision practices must comply with the CSI Safeguarding Policy and Children First guidance.

## **5. Adult-to-Child Ratios**

Recommended minimum ratios for CSI activities:

**5a: Ages 4–7: 1 adult to 6 children**

**5b: Ages 8–12: 1 adult to 8 children**

**5c: Ages 13–18: 1 adult to 10 children**

**5d: Higher-risk activities (stunts, travel): additional supervision required**

## **6. Two-Adult Rule**

- All CSI activities must have at least two vetted adults present.
- No adult should work alone with a child.
- Private one-on-one meetings must be avoided unless unavoidable and approved by the Club DLP, and must occur in an open, visible space.

## **7. Supervision Before and After Sessions**

- Coaches must arrive at least 10 minutes before training begins.
- Children must not be left unattended before, during, or after training.
- Parents must collect children promptly.
- Staff must stay until all children are collected.
- A sign-in and sign-out system is recommended for all sessions.

## **8. Changing Areas and Dress Code Supervision**

- Adults must not change or shower with children.
- Supervision in changing rooms must be conducted with respect for privacy.
- Adults should remain at the doorway and only enter when necessary for safety.
- Phones or recording devices are prohibited in changing areas.

## **9. Warm-Up, Training, and Stunt Supervision**

- Stunt groups must be actively supervised by qualified coaches.
- Spotters must be appropriately trained.
- Training areas must remain accessible only to authorised personnel.
- Unsafe behaviour must be addressed immediately.

## **10. Supervision During Travel and Away Trips**

- Travel groups must include at least two vetted adults.
- Mixed-gender trips must include adults of both genders where possible.
- Room checks must be completed in pairs.
- Children must never be left unsupervised in hotels or public venues.

## **11. Event and Competition Supervision**

- Warm-up areas require controlled access and supervision.
- Event Welfare Teams must be present at all times.
- Backstage and performance areas must have designated supervisors.
- Children must be escorted to and from performance zones.

## **12. Online & Digital Activity Supervision**

- Communication with children must occur through approved platforms.
- Group messages must include at least two adults.
- Online training sessions must follow the same supervision principles as in-person coaching.

### **13. Junior Coaches / Helpers (Under 18)**

- Junior helpers must never be counted as 'adults' in supervision ratios.
- They must not supervise children alone.
- They must be supervised by an adult at all times.
- Junior helpers must complete age-appropriate safeguarding induction.

### **14. Managing Behaviour and Safety**

- Clear behaviour expectations must be communicated to athletes.
- Incidents must be recorded using CSI's incident forms.
- Bullying or unsafe behaviour must be addressed immediately.
- Chronic behaviour issues must be reported to the Club DLP.

### **15. Emergency Situations**

- At least one adult must hold up-to-date First Aid training.
- Emergency contacts must be accessible during all sessions.
- An emergency plan must be in place for each facility.
- Injured children must be supervised at all times until a parent arrives.

### **16. Record Keeping**

- Attendance records must be maintained for all sessions.
- Supervision logs should be kept for trips and events.
- Incident reports must be filed and submitted to the Club DLP.

### **17. Non-Compliance**

- Failure to implement adequate supervision may result in disciplinary action.
- Clubs may face sanctions for repeated breaches of supervision standards.

### **18. Review**

This policy will be reviewed every two years or sooner if legislation, guidance, or organisational needs change.

### **19. Approval**

This policy was approved by the Board of Cheer Sport Ireland on: 11/07/2026

FIONA COLLUMB, President/Chairperson

JOAN HEAPES, National Children's Officer