



5 questions

every parent should ask

competition organisers

1. What rules will the competition follow?

If your club is connected to a national governing body (NGB), they should be following NGB rules. But any competition organiser may use their own rules. Check, and make sure you're happy with them.

2. How safe will my child be?

The organisers should be able to explain how and who will keep your child safe, including who is first aid trained, what will happen in an emergency or if a child is injured, and who to speak to if you have a worry.

3. How are the officials and judges trained?

All staff and volunteers should understand the rules, be aware of head injury and concussion signs and symptoms, and confidently manage the competition.

4. Will they wear protective gear?

Confirm that protective gear must be worn and that there are rules to reduce the chances of injury.

5. How are children grouped for matches?

Ask how children are grouped by age, weight, and skill level to make sure matches are fair and safe.

NSPCC

Remember, if you are not happy with any answer, ask for more information or consider whether your child should enter the competition.

You can also contact your NGB or the NSPCC Helpline on 0808 800 5000 or by emailing help@NSPCC.org.uk

EVERY CHILDHOOD IS WORTH FIGHTING FOR

National Society for the Prevention of Cruelty to Children (NSPCC). Patron: HRH The Duchess of Edinburgh GCVO Founded in 1884. Incorporated by Royal Charter RC000374. Registered charity number 216401 (England and Wales), SC037717 (Scotland) and 384 (Jersey).



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