The player will agree to abide by the following conditions at all times while in accommodation:

* Abide by all rules in the Club’s Academy Accommodation Code of Conduct and all other policies and procedures.
* No alcohol, cigarettes or drugs are to be used or kept at the house by the player including vapes and snus.
* Player’s must adhere to ‘safe and sensible’ use of all television and social media sites. Adhering to the Club’s Social Media Policies and Procedures.
* The player should be in his room no later than 10.30pm each night. The curfew time is to protect the children and the hosts. They are professional athletes in training – during the week being back at 10.30pm is not unreasonable – we are not saying go to bed at 10.30pm.
* Where there is an exceptional need to be in later, like returning from the cinema, this must be communicated in advance with the host.
* The player must not allow any other person onto the premises without host say so.
* The player must not return to the accommodation when the host is away on holiday.
* The player must not spend a night at the accommodation without the host present.
* The player must not spend a night away from the accommodation without telling the host or Lead PDP Coach or DSO. The player must inform the host no later than 12 noon the day before.
* The player must provide their own toiletries.
* The player must leave the accommodation each morning in time to report to their workplace at appointed time.
* The player must notify the host of any meal he does not require, no later than 3pm.
* The player must keep their room in a clean and tidy condition.
* To protect the player no members of the host family (who are not adults) must enter the room unless accompanied by a family member. The player must report any such incidents to the DSO immediately.
* Any damage made by a player, including accidental, must be reported to the DSO or Lead PDP and host family immediately.
* The player must not use foul or abuse language at any time and behave appropriately at all times in the host house.
* The player must not engage in any social media activity with any member of the host family members, especially social media interaction with any host family children. WhatsApp maybe used for ‘group’ family communication purposes only, i.e. to communicate mealtimes etc.
* The player must notify any matters of concern in the Accommodation to the Lead PDP Coach or DSO immediately.

Failure to abide by the above rules will leave the Club with no alternative but to follow the Club’s Disciplinary Procedure.

Signed by………………………………………………………………………………………………….

Dated………………………………………

Player Name……………………………………………………………………………………………..

A copy of the rules was provided

Dated………………………………………

**Safeguarding contacts**

Remember that in an emergency or where there is risk to life you should contact the police immediately.

If you have concerns you wish to raise with the Club please contact:

* Senior Safeguarding Manager Nigel Clibbens [nigel.clibbens@carlisleunited.co.uk](mailto:nigel.clibbens@carlisleunited.co.uk)
* Designated Safeguarding Officer Scott Taylor [scott.taylor@carlisleunited.co.uk](mailto:scott.taylor@carlisleunited.co.uk)

07708959007

* Matchday Safeguarding Officer Sarah McKnight [sarah.mcknight@carlisleunited.co.uk](mailto:sarah.mcknight@carlisleunited.co.uk)

0330 094 5930

**Other Safeguarding contacts in football:**

Whilst any safeguarding concern should be raised with the Club Safeguarding contacts in the first instance. We recognise that this may not always be possible or appropriate. Below are the contact details for footballing partners with whom safeguarding concerns in relation to the Club can be discussed:

**The National League Safeguarding Team**

Tel: 0121 714 2207 Email: [safeguarding@thenationaleague.org.uk](mailto:safeguarding@thenationaleague.org.uk)

**The English Football League Safeguarding Team**

Tel: 01772 325940 Email: [safeguarding@efl.com](mailto:safeguarding@efl.com)

If they concern regards a person in employed in footballs conduct towards a child:

**The FA Safeguarding Team**

Tel: 0800 169 1863 Email: [Safeguarding@TheFA.com](mailto:Safeguarding@TheFA.com)

**Mental health**

Negative experiences and distressing life events, such as the current circumstances, can affect the mental health of us all. Players and staff who are struggling under the current circumstances should contact the Club safeguarding staff as outlined above. Support can also be accessed through a number of national organisations including:

* The Samaritans Tel: 116 123 <https://www.samaritans.org>
* ChildLine: Tel: 0800 1111 <https://www.childline.org.uk>
* NSPCC: Tel: 0808 800 5000 <https://www.nspcc.org.uk>
* Mind: Tel: 0300 123 3393 <https://www.mind.org.uk>
* PFA: Tel: 07500 000 777 <https://www.thepfa.com/wellbeing>

**Online safety**

It is important that both players and parents are aware of the help and support available should they be concerned about something they have seen or experienced online. These include

* UK Safer Internet Centre <https://reportharmfulcontent.com/>
* CEOP <https://www.ceop.police.uk/safety-centre/>
* Internet Matters <https://www.internetmatters.org/>
* ThinkuKnow <https://www.thinkuknow.co.uk/>

**Review**

This Policy will be kept up to date, particularly as the Club changes in nature and size and new requirements emerge.

To ensure this, the Policy, and the way it is implemented, will be reassessed and amended on an ongoing basis and reviewed annual basis will be as follows:

* Safeguarding issues will be considered as agenda items and discussed at the:
  + Safeguarding Working Group (SWG) meetings
  + Academy Management Team (AMT) meeting and Technical Board (TB) meetings
* The Policy will be reassessed and amended on an ongoing basis by the CEO in consultation with the SWG
* The 1921 Board will:
  + include Safeguarding as an agenda item and feature in the Board Report
  + conduct an annual review of the Policy as part of the annual review
  + publish the Policy on its website

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| Signed |  | Nigel Clibbens  Chief Executive |