Regulations for practising sport safely at the CST

Dear clients,

For the National Youth Sports Centre Tenero (CST), a branch of the Swiss Federal Office of Sport (FOSPO), safety has always been a very important consideration, given that respect for safety measures in every sporting discipline is an aspect of the quality of our teaching.

1. General principles

As we give priority to hosting courses of which Youth+ Sport (Y+S) has been notified, the CST refers principally to the regulations issued by Y+S. For disciplines not covered by Y+S, we take into account the directives and recommendations of the respective national sports federations.

2. High-risk disciplines for CST guests

The following sports activities are considered to be of high risk for CST guests:

- **in Group A**: golf, trampolining, road racing/cycling, mountain biking (MTB), BMX, martial arts ((judo, karate, wrestling, Swiss wrestling, etc.), fencing.
- **In Group B**: climbing (on artificial walls and on rock faces), archery, sports involving swimming (swimming, life-saving, synchronised swimming, water polo, diving), water sports (windsurfing, sailing [Laser, RS Zest, catamaran], canoeing [lake and river], rowing).
- **Non Y+S disciplines**: stand-up paddling (SUP), air sports, scuba diving.

The maximum number of participants and the recommended and minimum durations for each activity are specified in **Annex 1.**

Instructors may in any case change the number of participants, taking into account the specific aspects of the discipline, the level of the participants and the atmospheric conditions.

The CST assumes that a lesson will be conducted by the participants themselves.

3. Supervision in the swimming pool and on the lake

The CST cannot ensure supervision at all times for courses involving activities in the pool or on the lake. Course leaders are alone responsible for organising the supervision and safety of their own groups. The continuous presence of a person holding an SSS-Plus Pool (or higher) life-saving qualification with valid BLS/AED is obligatory. SSS-"Lake Module" certification is highly recommended. Equivalent international certificates are also regarded as valid. **Annex 2** "Safety arrangements at the CST water sports centre" is an important document for the instructors concerned.

4. Regulations for Y+S courses

- For all groups hosted by the CST whose courses have been notified to Y+S, the "Guide for conducting courses with children and young people (groups of 4 users), Y+S courses organised by cantons, local authorities and national sports federations" and the "Guide for conducting Y+S school sports (GU 5) courses", published by the FOSPO, are applicable. The above-mentioned guides and the content of the instructions for the prevention of accidents in the individual Y+S disciplines must be complied with.
- PE teachers recognised as monitors in school sports, but without further specialised training, are authorised to conduct lessons in the sports in Group A on their own. The teaching of golf is permitted for holders of the AP authorisation issued by Swiss Golf.
- The sports disciplines excluded in all cases during Y+S courses are (Art. 7 OPSpo):
    - all combat sports in which it is permitted to cause one's opponent to fall;
    - scuba diving

  This list is not definitive; further sports may be added to it.

5. Regulations for courses of which Y+S has NOT been notified

As a matter of principle, lessons in all the sports activities concerned must be conducted by a qualified person.

Schools which do not notify Y+S of their camps must provide a *list of instructors* together with an *attestation* signed by the school management certifying that they have engaged monitors with the qualifications required to perform the planned activities.

For all other courses of which Y+S has not been notified, the basic principle is that all instructors engaged must hold a qualification issued by a national sports federation (e.g. "Kanuguide" or "Capogita CAS"), a valid cantonal certification or a special licence (e.g. a sailing licence).

6. Checking the qualifications of monitors

When sending the definitive information, or at the latest 2 week before the course begins, the course leader must forward to the CST details of the instructors engaged for the at-risk disciplines (see point 2) and attestations of their qualifications (recognition as a Y+S monitor, certification, etc.) If it is found that a monitor does not have the necessary qualifications, the activities will be cancelled.

7. Practical matters

Publication of the sports programme

- Check in advance the instructions you must comply with for every Y+S discipline. You will find the specific instructions under the heading "Sports activities" on the www.cstenero.ch website.
- When the course is first publicised (15 September), let us know the qualifications of the person who will be leading the activity. The alternatives are "Y+S monitor - sporting discipline", "Y+S monitor - school sport", "Sisport instructor", "Person with valid training", "PE teacher" or "Recognised teacher".

Priority

In allocating equipment and installations, priority is accorded to organisations that are proposing at least 3 lessons for the same pupils in the same discipline.

Sisport instructors

Sisport Sagl (www.sisport.ch) can be contacted by all CST clients who do not have Y+S monitors or qualified instructors available to conduct high-risk activities. Sisport monitors have Y+S recognition and can therefore feature in the SPORTdb database.

Information

Further information can be obtained by contacting your CST sports coordinator on 058 468 61 11. More detailed information is available at www.gioventuesport.ch.

Thank you for assisting us in continually improving safety during sports activities with young people. Yours sincerely,

The Director

Bixio Caprara

The Sports Manager

Alan Matasci

Attachments:
- Annex 1: CST arrangements for practising sport safely
- Annex 2: Safety arrangements at the CST water sports centre

CST
6598 Tenero

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
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Federal Office of Sport FOSPO

Annex 1: CST regulations for practising sport safely

High-risk disciplines at CST			Max. number of participants per instructor	Duration		Y+S courses	Other courses	
				recommended	minimum		Schools (non Y+S)	Other organisations
G+S sports disciplines	Group A [2] All Group A disciplines, including:	**Golf** [3]	12	2h30	1h30	PE teacher	Recognised teacher [7]	Person with valid training [7]
		Trampoline	12	2h30	1h30			
		Mountain bike	12	2h30	*Depending on itinerary*	Y+S "school sport" monitor	Y+S "school sport" monitor	Y+S "school sport" monitor
		BMX	12	2h30	1h45			
		Combat sport/Martial arts *(judo, karate, wrestling, Swiss wrestling, etc.)*	12	2h30	1h30	Y+S "sports discipline" monitor	Y+S "sports discipline" monitor	Y+S "sports discipline" monitor
		Fencing	12	2h30	1h45	Sisport instructor	Sisport instructor	Sisport instructor
	Group B subject to special safety regulations	**Climbing** *on artificial wall*	12	2h30	1h45	Y+S "sports discipline" monitor Sisport instructor	Recognised teacher [7] Y+S "sports discipline" monitor Sisport instructor	Person with valid training [7] Y+S "sports discipline" monitor Sisport instructor
		on rock face	6	7h	4h			
		Archery	12	2h30	1h30			
		Swimming sports [4] *(swimming, life-saving, synchronised swimming, water polo, diving)*	16	*Depending on type of activity*				
		Water sports on the lake [5] *lake canoeing, windsurfing*	12	2h30	1h45			
		river canoeing	6	4h	-			
		sailing (Laser, RS Zest, catamaran)	8	3h	-			
		Sailing (Surprise)	5	2h30	-			
		rowing (recommended min. age: 12 years)	8	2h30	-	Y+S rowing monitor or Sisport instructor		
Non Y+S disciplines		**Stand up paddling (SUP)** [4]	12	2h30	1h30	Y+S canoeing, sailing, windsurfing, rowing instructor with "SUP" module SKV/SWAV SUP instructor Sisport instructor	Recognised teacher [4,7] Person with vallid training [4] Sisport instructor	Persona with valid training [4] Sisport instuctor
		CST airgame	12	1h30	-	Sisport instructor		
		Scuba diving *(in pool)*	10	-	-	Sporting discipline **not** covered by Y+S	Person with valid training [4] Sisport	

[1] For organisational reasons in the following disciplines there are rules regarding the maximum number of participants per instructor in optimal conditions.

[2] Annexo 1 OPPSpo and art. 1 O-G+S-UFSPO

[3] Obligatory in every case of "course authorisation" by Swiss Golf.

[4] Valid and up-to-date SSS "Plus-Pool" certificate with BLS/EAD obligatory, "Lake Module" strongly recommended.

[5] SSS "Plus-Pool" certificate and "Lake Module" strongly recommended.

[6] Only Y+S recognised monitors are provided by Sisport (they can be listed in the SPORTdb database).

[7] See "Regulations for practising sport safely at the CST", point 5.