**Advice note re additional “social media” and other apps such as Zwift, Whatsapp**

(this note is presented as additional information to, and should be read in conjunction with, the club code of conduct, privacy policy and child protection policy which can be found on the [club website](https://www.trilakelandjuniors.co.uk/club-information/))

From British Triathlon Federation the advice is;

*“any communication between Coaches and Participants (u18) is done with parent consent and is open and transparent and in full sight of other adults (not privately). If this cannot be achieved then avoid communicating on any platform which will not protect the coach or participant and if it is done then parental consent MUST be obtained and the parents should also be included and involved.”*

**Advice to coaches (and the committee)**

When organising a zwift ride, or other online event, and when communicating through the strava group, or whatsapp coaches must;

* Consider the purpose of the session – such as social ride, group ride or specific skill, stretching/flexibility class
* Obtain parental consent required for u 18 to take part
* Consider carefully whether all participants will be under 18 or mixed under 18 and adults
* Ensure 2 coaches or coach and registered parent helper (or welfare officer) will be present at a session
* Ensure the strava group, any whatsapp group or Instagram group includes parents too.
* Not communicate direct with any under 18 via social media without copying the parent in.
* Ensure Data from the session will not be stored by the club or if it will be used by the club ensure GDPR applied and obtain parental consent

**ADVICE TO PARENTS**

**Zwift**

A parent should get their own zwift account – it doesn’t need to be a paid one but just a free one and you can “follow” your child on zwift.

Make sure you have applied for an obtained a kids account from Zwift – these are accounts which are free and have limited chat functionality – which will better protect your kid.

Make sure you download the Zwift Companion app where you can easily change the privacy settings (see below)

For Zwift accounts for kids you must ensure the privacy setting are adjusted so that

1. Approve Follow Requests is set to “on” so that the child has to approve any user who wants to follow them – you should advise your child not to approve anyone they do not know – and check on their follow list every so often (the option should be greyed out and defaulted to “on” if your child is less than 13yrs old)
2. Private Messaging is set to “on” so that you only receive direct messages from people you follow (the option should be greyed out and defaulted to “on” if your child is less than 13yrs old)
3. Activity Privacy should be set to “Private” or “Followers” only
4. If you are automatically connecting your Zwift to another app such as Strava, Garmin, Training Peaks, fitbit etc then you need to consider the privacy settings in each of those apps too in order to protect your child.

NB there may be other settings which you may wish to adjust to make your Zwift experience better but the above are the key privacy settings required.

Zwift Privacy Policy for Children’s information

<https://support.zwift.com/en_us/zwift-children-s-privacy-policy-Byy1oGCgI>

Zwift Notice to parents <https://support.zwift.com/en_us/direct-notice-to-parents-rJd6U80xU>