

DERBY COUNTY
***HOST FAMILY
HANDBOOK***

2026 / 27



Contents

Introduction

The Process

Safeguarding

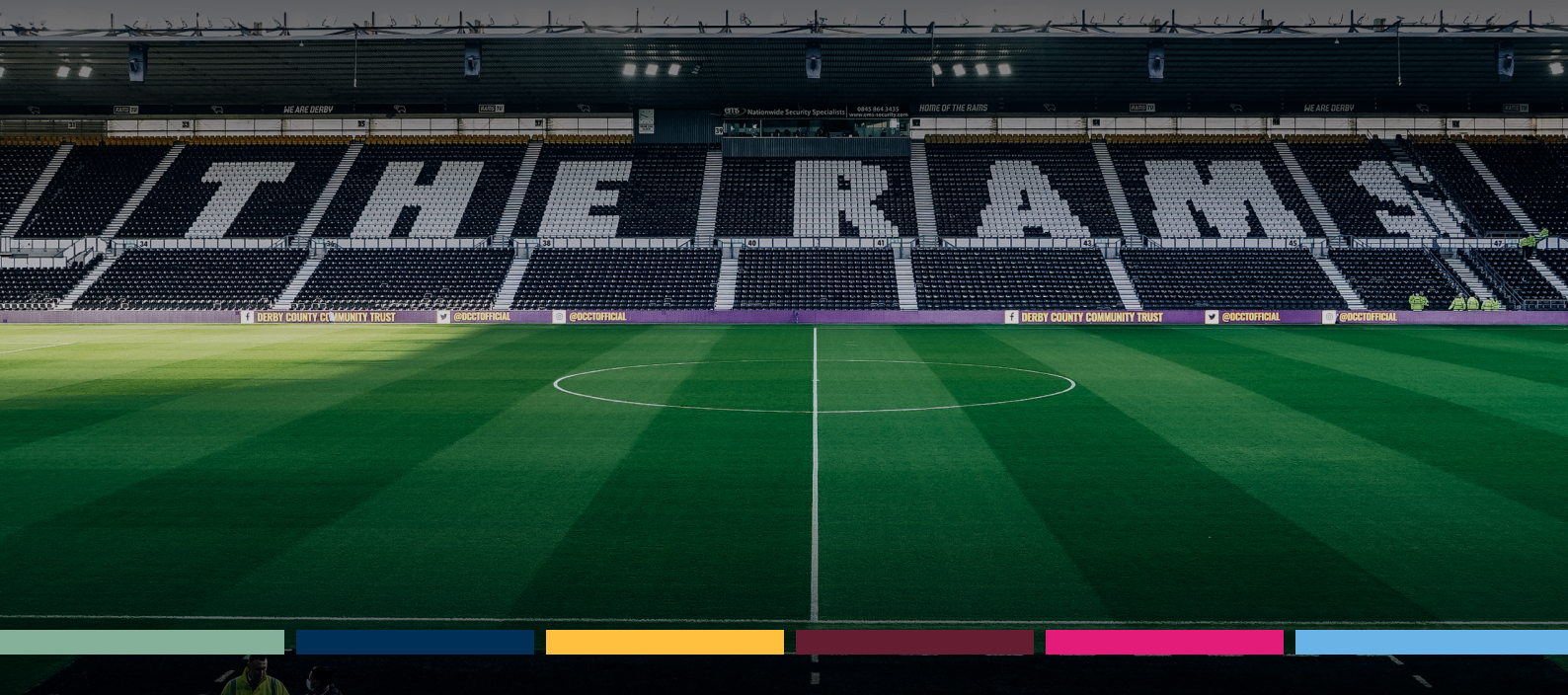
Health & Safety

Wellbeing

Education and Training

Guidance & Reporting

Schedule Examples



Introduction

A Derby County Host Family is a family that provides accommodation and care for Academy players and/or trialists. The Lead Host is the member of the household responsible for providing the accommodation and ensuring the appropriate standard of care. The Lead Host has the authority to offer these hosting services.

Designated members of the Host Family include the Lead Host's spouse or partner, as well as any immediate relatives (such as children, parents, or grandparents), or any other individual whose habitual residence is within the Host Family home where the accommodation and care are provided. All members of the Host Family are expected to adhere to the terms and conditions relating to the provision of a safe, stable and nurturing home environment.

The Lead Host must notify the Designated Safeguarding Officer, Graham Redfern, within 24 hours of any significant changes within the household. This includes changes relating to health, visitors, or any additional guests staying in the home.

OUR IDENTITY

WE ARE **PROUD**
OF WHO WE ARE AND WHAT WE DO

WE ARE POSITIVE
INSPIRED AND
PASSIONATE

WE ARE **AMBITIOUS**
AND **DRIVEN**

WE ARE **PREPARED**
HONEST AND HUMBLE

WE ARE THE CLUB OF
OPPORTUNITY

WE ARE THE **HEARTBEAT**
OF OUR **COMMUNITY**



The Process



Application Form



Home visit



2 Character references



Enhanced DBS



Safeguarding training



Fire safety check and PAT testing



Agreed moving date



Safeguarding

Derby County Football Club is committed to promoting and safeguarding the welfare of children, young people and vulnerable adults and Host Families are expected to share this commitment. A copy of the current Club Safeguarding Policy will be made available to the Lead Host

If any member of the Host Family witnesses conduct, comments or is any way alerted to concerns about the welfare, well-being and/or the safety of the Academy player, including but not limited to;

- Control or coercion
- The financial or sexual exploitation of an Academy player
- Any bullying or suspected bullying behaviour
- Harassment
- Child abuse, including; physical, sexual or psychological maltreatment or neglect
- Sexually harmful relationships
- Domestic abuse relationships
- Extremism/radicalisation

Derby County Football Club is committed to promoting and safeguarding the welfare of children, young people and vulnerable adults and Host Families are expected to share this commitment. A copy of the current Club Safeguarding Policy will be made available to the Lead Host. Then this should be raised immediately with the Designated Safeguarding Officer (**Graham Redfern**), or in his absence, the Head of Education and Player Services (**Emma Hornsby**) or Player Care Officer (**Zara Leppington**).

CLUB SAFEGUARDING OFFICER

GRAHAM REDFERN



The Board of Derby County Football Club (The Club) acknowledges and accepts it has a statutory obligation and responsibility for the wellbeing and safety of all Children and young people who are under the Club's care or utilising the Club's facilities. Everyone working at the Club has a "Duty of Care" to safeguard the welfare of children and young people by creating an environment that protects them from harm.

Derby County Football Club has a Safeguarding Policy which reflects the policies of the English Football League. Safeguarding is everyone's responsibility and Derby County Academy Staff have a duty to safeguard the welfare of young people.

Graham Redfern is the Club's Designated Safeguarding Officer who can be contacted on:

Mobile: 07856 925656 • **Email:** Graham.Redfern@dcfc.co.uk



Si Carnall is the Club's Senior Safeguarding Manager who can be contacted on:

Mobile: 07961625468 • **Email:** Simon.Carnall@dcfc.co.uk

WE'RE BACKING
PLAY SAFE



In partnership with
NSPCC

Mental Health and Wellbeing

The PFA Safety Net is an online educational platform that delivers key messages to young people in an accessible format. Created in conjunction with AIM, Safety Net uses videos and animations to teach young players what's expected of them, how to identify problems, ways to manage their feelings and where to seek support. Safety Net is tailored by age to ensure the appropriate level of information is reaching players at Foundation, Youth and Professional Development stages. This resource is also available to parents, guardians, carers and academy support staff so they can all support the player with:

- understanding their responsibilities on and off the pitch
- recognising behavioural addiction
- advice on panic attacks, anxiety and depression
- information on gambling and substance abuse
- how to manage insomnia or feeling homesick
- how to deal with bullying and grief



Professional
Footballers'
Association



NSPCC

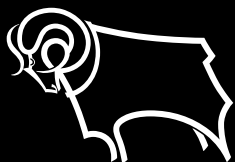


YOUNGMINDS
fighting for young people's mental health

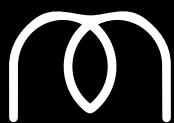
Education and Training



FA Safeguarding children's Course provided as a requirement. This online safeguarding course is designed to give you an understanding of safeguarding concerns, as well as how to provide a secure environment for young people. From ensuring best practice and recognising poor practice to understanding how to report concerns quickly and effectively



Derby County Academy In-house Training Our DCFC Nutritionalist will deliver a number of workshops and provide on-going support to host families where required. Information and resources will be readily available and all players will be provided with tailored meal plans and support if appropriate. should you require any additional support or advice, support is available from our player care manager who will be able to provide education and resources around: wellbeing, personal development, life skills etc. Our in-house Mental Health first aid instructor will deliver a bespoke mental health and wellbeing workshop focussing on our dcfc referral pathway, how to spot signs, symptoms and risk factors.



MHFA England - Mental Health First Aid An in-depth understanding of young people's mental health and factors that affect wellbeing. Practical skills to spot the triggers and signs of mental health issues. Confidence to reassure and support a young person in distress. Enhanced interpersonal skills such as non-judgemental listening Tools to look after your own mental wellbeing

Guidance and Reporting

Encourage Routine

Examples : Dinner at sets times, enforcing good habits (eating at the table)

Curfew

- Players should be home for 22:30pm unless out due to DCFC duty.
- Players must be in host family accommodation for the full evening the night before a fixture and are expected to be in bed by 22:00pm

Reporting of any concerns, issues or complaints

- Regular breaks in curfew time
 - lateness
 - unauthorised absence
 - poor diet
 - poor conduct
 - inappropriate language or rudeness and changes in behaviour
- should all be reported to the Designated Safeguarding Officer.

Health, Safety and Wellbeing

The health, safety and wellbeing of the player is a priority. Show due concern for welfare, safety and security of the player and report any issues to the Designated Safeguarding Officer The Club Doctor should be informed immediately if an Academy player becomes ill.

Schedule Examples

U18 WEEKLY SCHEDULE - W/C 13.04.26 SUBJECT TO CHANGE - ALL OTHERS FOLLOW U21'S

MONDAY 13TH	BTEC LEVEL 3 9AM-4PM							
TUESDAY 14TH	8.30AM ARRIVAL BREAKFAST	9AM GYM	10:15AM PLAYER MEETING	10:20AM PRE ACT	10:45AM-12.15PM TRAINING	12.15PM-12:45PM LUNCH	2PM TRAINING	4PM JOBS & DEPART
WEDNESDAY 15TH	8.30AM ARRIVAL BREAKFAST	9AM GYM	10:15AM PLAYER MEETING	10:20AM PRE ACT	10:45AM-12.15PM TRAINING	12.15PM-12:45PM LUNCH	1:45PM POST MATCH	2PM JOBS & DEPART
THURSDAY 16TH	8.30AM ARRIVAL BREAKFAST	9AM SEP	10:15AM PLAYER MEETING	10:20AM PRE ACT	10:45AM-12.15PM TRAINING	12.15PM-12:45PM LUNCH	1PM-4PM BTEC LEVEL 3	4PM JOBS & DEPART
FRIDAY 17TH	8.30AM ARRIVAL BREAKFAST	9AM GYM	10:15AM PLAYER MEETING	10:20AM PRE ACT	10:45AM-12.15PM TRAINING	12.15PM-12:45PM LUNCH	2PM PRE MATCH	2:30PM JOBS & DEPART
SATURDAY 18TH	FIXTURE V NEWCASTLE (H) KO 1PM REPORT (BREAKFAST AT HOME): 11:30AM PRE MATCH							
SUNDAY 19TH	REST							

USE SPARE TIME FOR PRACTICE / IDP WORK



Key Contacts



Graham Redfern

Designated
Safeguarding Officer
Graham.Redfern@dcfc.co.uk
07856925656



Sandy Kholsa

Academy Doctor
Sandy.Kholsa@dcfc.co.uk
07813643587



Simon Carnell

Senior Safeguarding Manager
Simon.Carnall@dcfc.co.uk



Emma Hornsby

Head of Education and
Player Services
Emma.Hornsby@dcfc.co.uk



Zara Leppington

Player Care Officer
Zara.Leppington@dcfc.co.uk

Living with a host family is not just a place to sleep, it's a home from home and feels like having a second family. Respect and communication are key particularly as football plans change frequently. Knowing you have someone there who wants to support you really helps.

Eiran Cashin

