



SAFEGUARDING BEST PRACTICE

B I T E S I Z E L E A R N I N G S E R I E S

INTRODUCTION

Everyone involved in sport and activity, whether they are a participant, volunteer or parent/carer, has the right to be safe, free from abuse, neglect or harassment.

What is Safeguarding?

Safeguarding in sport and physical activity is about protecting children and adults from harm, abuse, harassment, bullying and neglect. Everyone has a role to play in keeping others safe and should know what to do if they have any concerns.

Prevention is key to safeguarding. Organisations should aim to prevent the likelihood of safeguarding issues arising through the promotion and embedding of safeguarding practices. A culture of safeguarding should be embedded throughout organisations in everything that they do. This will create a safer environment for all.

Why Is This Important?

Safeguarding children, young people and adults is essential and your organisation has a both legal and moral responsibility to care and protect all those who are involved with your organisation from harm.

In addition to the legal and moral obligations to safeguard children, young people and adults, there are a number of additional wider benefits for organisations that practice safeguarding well and have processes in place to reduce the risk of harm and abuse. These benefits include:

- Helping to create a safe, fun and supportive environment for all and reducing the risk of harm and abuse for everyone involved with your organisation
- Giving prospective members, volunteers, and parents/carers the confidence in your organisation and the way that you operate.
- Attracting people that do not already engage with your offer. Feeling unsafe or excluded from sport and physical activity is often a significant barrier to participants and volunteers of all ages.
- Making everyone aware of the processes in place and how to raise a concern should an issue arise.
- Improving your reputation as a safe organisation which could help you attract support from your local community, sponsors and funding organisations.
- Enabling you to fulfil and requirements of affiliation to your NGB or umbrella organisation.

Safeguarding Children & Adults

Safeguarding children:

A child and young person is anyone under the age of 18 years old. Every organisation that works with children and young people has a legal and moral duty to care for them and to safeguard them against harm. All organisations must have processes in place to prevent children and young people experiencing harm or abuse. Our dedicated resources on Safeguarding Children and Young People will provide you with all the information on how your organisation can safeguard children and young people, including tips on embedding your safeguarding policy and procedures. Contact us [here](#).

Safeguarding adults:

Organisations have a responsibility to ensure that the welfare of all adults is protected at their organisation. All adults could potentially be subjected to abuse or harm, and there are specific safeguarding procedures for adults with care and support needs who are experiencing abuse or neglect. It is important for organisations to understand their responsibilities and the principles of safeguarding adults.

Responding to Safeguarding Concerns

If you believe a child, young person or an adult is in immediate danger you should call the emergency services on 999.

To report concerns relating to a child or young person, you can also ring the NSPCC helpline on 0808 800 5000 to report immediate risks.

For more detailed guidance on reporting and responding to immediate concerns for children and adults in sport, we suggest contacting your NGB or Umbrella body. Our staff are also happy to provide guidance and support.



We hope this short guidance is helpful. If we can help to support your work please do get in touch!

Thank you.

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