

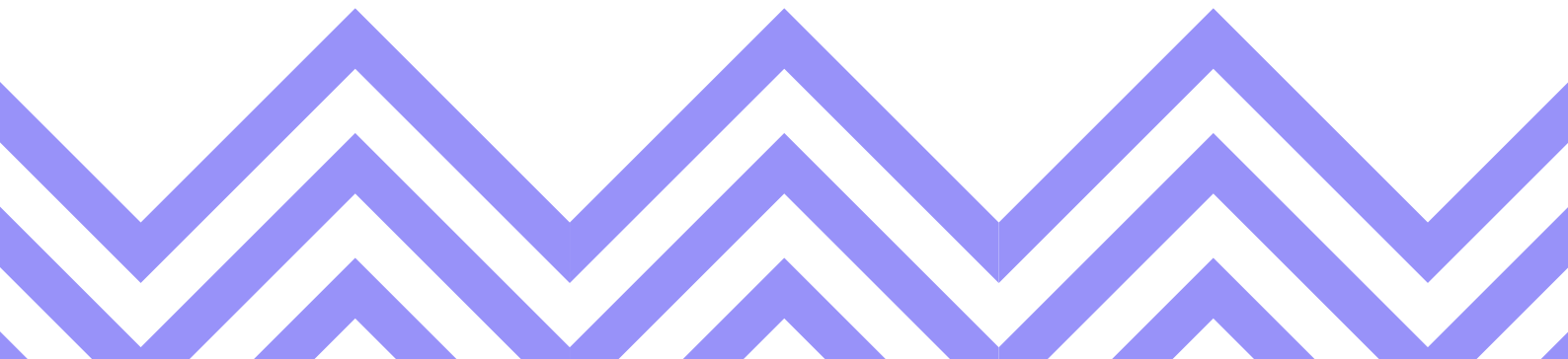
SAFEGUARDING IN SPORT: A BRIEF INTRODUCTION TO BEST PRACTICE

SAFEGUARDING, WELFARE AND CHILD PROTECTION

<p>SAFEGUARDING is the action we take to promote the welfare of children and protect them from harm.</p>	<p>WELFARE is a person's health and happiness. Good welfare practice involves creating spaces where people feel safe and protected.</p>	<p>CHILD PROTECTION focuses on protecting individual children identified as suffering, or likely to suffer significant harm.</p>
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SPOT THE SIGNS

BEHAVIOURAL	PHYSICAL	EMOTIONAL
<ul style="list-style-type: none"> • Withdrawn from friends and family or more clingy • Appears not to trust adults or fears certain people or places • Avoids eye contact • Increased secrecy or unwillingness to share details 	<ul style="list-style-type: none"> • Unexplained injuries • Self-harming • Has unreasonable reaction to normal physical contact • Appearing dirty or smelly and in unwashed clothes 	<ul style="list-style-type: none"> • Sudden loss of confidence in training or competition • Heightened anxiety before certain sessions, fixtures or travel • Fear of a specific coach, teammate or staff member • Excessive self-criticism





CREATING A POSITIVE CULTURE

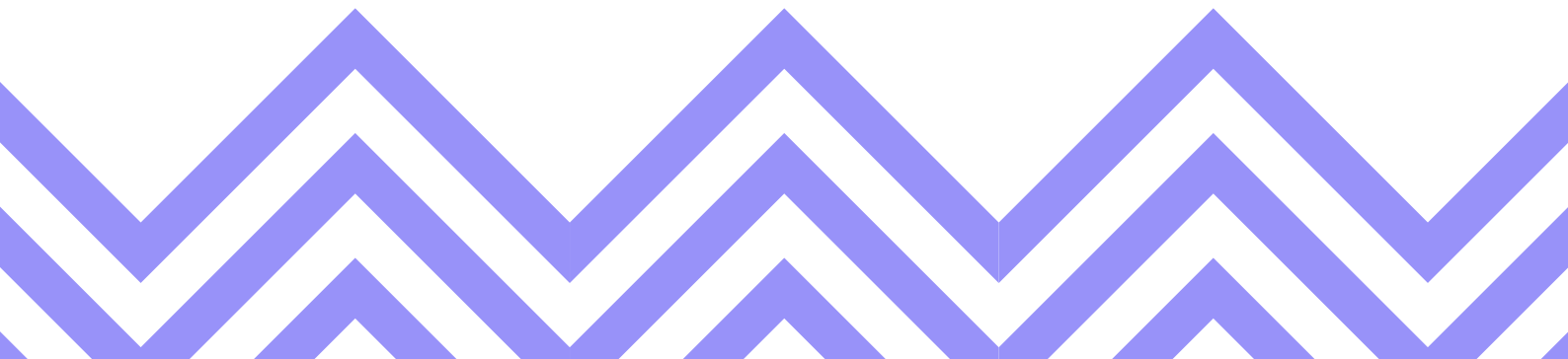
- People feel safe, welcome and able to participate
- Welfare and respect are central to everyday practice
- Participants are listened to and their voices valued
- Harmful behaviour and poor practice are challenged
- Everyone takes responsibility for safeguarding

SAFER RECRUITMENT

Ensuring staff and volunteers are suitable to work with children and young people is a vital part of creating a safe and positive environment. Safer recruitment should be a **continuing process** of improvement for every school, club, business or organisation whose work or services involve contact with children.

In your recruitment process, do you:

- Google potential candidates?
- Ask why the individual is applying for the role?
- Interview candidates?
- Receive character references?
- Make potential candidates sign a code of conduct?
- Have a probation or trial period?
- Conduct DBS checks?





USEFUL RESOURCES

These resources support organisations to move beyond minimum safeguarding requirements, helping to embed safer cultures, stronger accountability and more responsive practice in community sport

[LONDON SPORT – SPORT WELFARE OFFICER TEAM](#)

Provides advice, support and guidance to help clubs and organisations improve safeguarding practice and create safer sport environments.

[LONDON SPORT – SPORT WELFARE TEAM EVENTS](#)

Free workshops, webinars and training sessions to support clubs, staff and volunteers with safeguarding, welfare and good practice.

[CHILD PROTECTION IN SPORT UNIT \(CPSU\)](#)

Experts in safeguarding children in sport, offering guidance, policies and e-learning to help organisations meet safeguarding standards.

[SAFEGUARDING SELF ASSESSMENT TOOL](#)

Free, interactive online tool that help sports and physical activity organisations assess and strengthen their safeguarding practice.

[ANN CRAFT TRUST \(SAFEGUARDING ADULTS\)](#)

Specialists in safeguarding adults at risk, providing training, research and resources to help organisations recognise and respond to abuse.

[MIND](#)

Mental health information, support and resources, including guidance on wellbeing in sport and physical activity settings.

[LOCAL AUTHORITY DESIGNATED OFFICER \(LADO\)](#)

Each local authority has a LADO who manages allegations and concerns about adults working with children. LADOs should be contacted when there are concerns about a coach, volunteer or staff member's behaviour, suitability or conduct. You can search for your local LADO on your local authority's website.

