



active
notts

SAFEGUARDING IN YOUR POCKET

FOR CLUBS



SPORT ENGLAND NGB FINDER

If your club is affiliated to a National Governing Body (NGB) or could be affiliated to one, you'll be able to find the details on the Sport England page below.

There are specific policies and procedures to different sports, and it's important to pick the correct one for yours.

Being affiliated comes with a number of benefits, such as free and discounted rates on events and training, membership insurance, support with vetting of staff and volunteers and support when things go wrong. If you're not currently affiliated, check it out!



THIS GUIDE WAS CREATED BY ACTIVE
GLOUCESTERSHIRE, PRODUCED BY
ACTIVE NOTTS AND SUPPORTED BY:



ann craft trust



**Derbyshire
LGBT+**
*Lesbian, Gay, Bisexual, Trans**

**activity
alliance**
disability
inclusion
sport



**Child Protection
in Sport Unit**

SELF ASSESSMENT



The CPSU have a great variety of resources to support you and your club with safeguarding.

YOU CAN CHECK OUT THEIR SELF ASSESSMENT TOOL HERE IF YOU'RE NOT SURE WHERE TO START.



For Adult Safeguarding the Ann Craft Trust have the equivalent tool available.



IMPORTANT CONTACTS IN NOTTINGHAMSHIRE

USE THE DETAILS BELOW TO REPORT YOUR CONCERNS.
IF ITS AN EMERGENCY CONTACT 999

Childrens Social Services

Children's Services (Nottingham City) 0115 876 4800 or
candfdirect@nottinghamcity.gov.uk

Emergency Duty Team (Nottinghamshire) 5pm-8:30am -
0300 456 4546

Adult Social Care (Nottingham City)

Main number - 0115 915 5555

Out of hours - 0115 915 9299

Adult Social Care (Nottinghamshire)

Main number - 0300 500 80 80

Out of hours - 0300 456 4546

Multi-Agency Safeguarding Hub **(MASH)**

A single point of contact for all professionals to report safeguarding concerns.



Childline

You can call them on 08001111 or send them an email, log in for a 1-2-1 chat.



STANDARDS FOR SAFEGUARDING AND PROTECTING ALL PARTICIPANTS IN SPORT

Those involved in running sports clubs should be aware of and recognise:

1. The different types of abuse
2. The signs of abuse and poor coaching practice
3. Boundaries of what is acceptable and unacceptable behaviour
4. and situations involving those in a position of trust
5. How to respond to concerns involving children and adults at risk
6. How and where to report concerns involving children and adults at risk



MYTH BUSTERS

Myth:

Safeguarding is only for children.

Fact: We have a duty to safeguard adults in sport and physical activity.

Myth:

We have no problems at our club and don't need to do safeguarding.

Fact: Good safeguarding practice protects all participants and staff in the club. A club where you can safely raise concerns and are listened to, is a club that people engage with longer term.

Myth:

Lower level concerns can be dealt with at a club level.

Fact: Clubs have a duty to act on all concerns, but you must also follow your Club and NGB Safeguarding Policy to make sure concerns are appropriately responded to, referred and recorded.

**Sometimes many small things add up to a big thing.
Don't wait with raising a concern.**

ACTIVE NOTTS SPORT WELFARE OFFICER

Active Notts is one of 43 Active Partnerships in England who work collaboratively with local partners to ensure the power of physical activity and sport can transform lives.

Our vision

Together, we will address inequality and empower everyone to be active in a way that works for them.

Our mission

Partners and communities uniting around a shared vision and adopting shared outcomes so that we are aligned and working towards the same things.

Get in touch with Asma:

Email: asma.iqbal@activepartnerstrust.org.uk

WHAT IS A SPORT WELFARE OFFICER?

Sport England funding has enabled us to appoint a Sport Welfare Officer to support local clubs and community organisations to help facilitate an inclusive culture of safe sport for children, young people and adults. This program is nationwide and you can find out more [here](#).

How can the Sport Welfare Officer support you?

- Provide additional, local support for club welfare officers
- Signpost clubs to the right advice and guidance
- Work with club welfare officers to create a safer culture within their organisation
- Facilitate local training opportunities and events
- Create networks so that volunteers and staff feel better connected and informed
- Recognise, share and develop best practice
- Help raise awareness of safeguarding and welfare for young people and adults at local events



FUNDING OPPORTUNITIES

Active Notts can signpost you to a suitable funding pot to support groups, organisations or individuals.

Latest funding news



Sign up to our monthly funding newsletter



Get in touch with Edwina for funding support:

Email: edwina.archer@activepartnerstrust.org.uk

Call: 07789941482



SAFEGUARDING ON THE GROUND- THE REALITY OF IT

Day to day safeguarding in a sport/physical activity club might feel and look quite different from thinking about policies and procedures.

Every day good practice shapes and supports a clubs welfare and safeguarding standards.

This can be involving children, young people and participants in the clubs culture. Using resources like **play their way** to plan sessions and regular communication about safeguarding.

FIND OUT MORE ABOUT PLAY THEIR WAY:



CPSU POLICY ADVICE

Once you have been through the self assessment, you'll find resources on the CPSU website to assist you with policy and procedure writing. There are many templates available to you to support you in the process.



ANN CRAFT TRUST

Safeguarding Adults

The Ann Craft Trust have a great selection of resources, training and events when it comes to safeguarding adults in sport.

Safeguarding adults is a responsibility for every sport and physical activity organisation.

Getting safeguarding right will ensure a wider participation in sport or physical activity and ensure safe access for everyone.



ANN CRAFT TRUST

Safeguarding Adults

The sports safeguarding culture programme helps your organisation to develop an action plan and improve your culture



Toolkit for supporting participants with their mental health



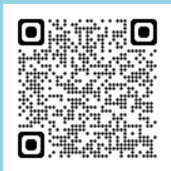
Safeguarding Adults in Sport and Activity Resource pack helps you achieve best practice



Safeguarding Adults Policy and Procedures Templates



LOWER LEVEL CONCERNS



A lower-level concern is any concern, doubt, or sense of unease, no matter how small, that someone may have acted in a way that is inconsistent with an organisations code of conduct.

This includes inappropriate behaviour outside of work, volunteering, or being an athlete.

These concerns are often not considered serious enough to refer to a statutory service such as the police or children's services.

It's important that an organisation challenges all concerns, including those thought of as lower-level, as it discourages any further rule breaking or escalating behaviour from taking place. When lower-level concerns are left unchallenged it creates the environment for more serious rule breaks and even abuse to occur.

PODCASTS & VIDEOS



Child Protection in Sport Unit

CPSU podcast



Safer culture safer sport

Ann Craft Trust podcast



How can sport safeguard children?

CPSU video



DEALING WITH A CONCERN

Dealing with a concern can be stressful.

The CPSU provide you with a step by step guide to support you when a situation like this arises.



SPORT SAFEGUARDING TRAINING

By attending training and events, you will develop your knowledge and skills to help you to recognise and respond to abuse or harm.

If affiliated to an NGB, initial safeguarding training and compliance standards should be discussed with them.

For additional training see below:

This link to the CPSU can help you choose the right training.



UK Coaching connects, assists, represents and empowers all coaches.



Safeguarding adults in sport training is also available.



BUDDLE

Buddle is here to provide **free** learning and support resources, to inspire and strengthen clubs and community organisations offering sport and physical activity, and the professionals that work with them.

We share the latest information, training, and tools to help clubs and organisations overcome challenges and make the most of the opportunities available to them.

We're passionate about enabling organisations to be safe, inclusive, agile, and resilient enough to secure their long-term future and unlock the advantages of sport and physical activity for everyone.



INFORMATION FOR PARENTS

CPSU PARENTS' HUB

We all want children and young people to enjoy taking part in sport – and parents play a key role in that.

This section of our website has been created to signpost parents to all the advice you need to keep your child safe in sport, from choosing safe clubs and activities, to supporting your child in a positive way.



If you're a coach or sports club, you can find further information on engaging with parents on the [CPSU parents in sport](#) topic page.



SAFEGUARDING ESSENTIALS

Safeguarding is a key responsibility for every organisation that delivers sport and physical activity.

There are safeguarding essentials that all organisations should have in place, such as having stand-alone safeguarding adults and child protection policies and procedures.

If you want to know more about safeguarding policies, procedures, recruiting responsibly for your organisation and how to go about getting a DBS check, then read on.



SAFEGUARDING IN SPORT & PHYSICAL ACTIVITY

WHAT IS SAFEGUARDING?

Safeguarding is the action taken to promote welfare of children and adults.

Safeguarding is **Everyone's responsibility.**

FIND OUT MORE HERE:



HEALTH AND SAFETY ESSENTIALS

All organisations employing five or more people must have a written Health and Safety Policy statement.

The policy should cover all aspects of the organisation and be relevant to all employees.

A Health and Safety Policy demonstrates how seriously an organisation takes its health and safety responsibilities.

A good policy will show how the organisation protects those who could be affected by its activities. The policy should be of an appropriate length and relevance to the activities and size of the organisation.



MENTAL HEALTH: TURNING POINT

EVERYBODY HAS MENTAL HEALTH

1 in 4 of us, will experience mental health problems in any one year (Bebbington and McManus, 2020).

Supporting your people with their mental health is not only a legal requirement (Duty to Care Review and The Equality Act 2010), but also an essential aspect of maintaining a happy and healthy community in whatever setting, organisation, or physical activity you're involved with.

TURNING POINT

The Nottinghamshire Mental Health Helpline offers support for people who need emotional support or information about their mental health.



CHILD LINE

Support for children and young people

Childline is free to contact on 0800 1111.

Childline counsellors are here to take calls 24 hours a day, 7 days a week from children and young people under 19.

You can also speak to them online through the [1-2-1 chat](#) and via [email](#).



0800 1111



24/7



LGBTQ+ IN SPORT: NOTTS LGBTQ+ NETWORK

We imagine a world where every LGBTQ+ person can thrive in sport. We want to unite everyone who cares about sport to create the world that we imagine, together.

Sport has the power to bring people together and to improve our mental and physical health. But too many LGBTQ+ people are still not able to thrive in sport.

Check out Notts LGBTQ+ Network resources to learn more or contact them for their specialised training.



INCLUSION SUPPORT

For advice or guidance please contact Rachael, for more information.



Rachael

Email: rachael.dyer@activepartnerstrust.org.uk
Call: 07807089845

You might also find the resources and advice from Active Impact of use.



INCLUSION SUPPORT

Activity Alliance

Activity Alliance have developed 10 principles to support providers to deliver more appealing opportunities for disabled people.

These principles, if followed, should help providers improve their offer to disabled people and make it more appealing.

FIND OUT MORE:



SUBSTANCE MISUSE

Nottingham City

Nottingham Recovery Service is providing free support, advice and treatment for people facing drug and alcohol issues.



Nottinghamshire

Change Grow Live offers support to all ages who are experiencing problems with drugs and/or alcohol. Service includes support for individuals as well as children and family members impacted by someone else's substance misuse.



CHILD EXPLOITATION & ACTIVE BYSTANDER: NWG NETWORK

The NWG (formerly The National Working Group for Sexually Exploited Children and Young People) is a Charitable organisation formed as a UK network of over 20,000 practitioners who disseminate information through their services, to professionals working on the issue of child sexual exploitation (CSE), wider exploitation and trafficking within the UK.

Check out NWG Network to learn more and find training resources.





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