

Safeguarding & Child Protection Policy

TGS CrossFit
Chilton Polden, Bridgwater, Somerset
www.goatshedfitness.com

Policy Statement

TGS CrossFit is committed to providing a safe, supportive and positive environment for all children and young people participating in our fitness programmes. The welfare of the child is paramount. All children have the right to participate in fitness activities free from abuse, neglect, discrimination, bullying or harm. TGS CrossFit recognises its responsibility to safeguard and promote the welfare of children and is committed to responding appropriately to any concerns regarding a child's wellbeing. This policy applies to all coaches, staff, volunteers and anyone working on behalf of TGS CrossFit.

Purpose

Protect children and young people who participate in TGS CrossFit activities. Provide staff and coaches with guidance on safeguarding responsibilities. Ensure concerns are identified and reported appropriately. Promote a culture where children feel safe, respected and supported.

Definition of a Child

For the purposes of this policy, a child is anyone under the age of 18 years.

Safeguarding Principles

Put the welfare of children first. Treat all children fairly and with respect. Provide activities that are appropriate for age and ability. Listen to children and take concerns seriously. Take all allegations and safeguarding concerns seriously. Work with parents, carers and external agencies where necessary. Maintain appropriate standards of behaviour and professionalism.

Roles and Responsibilities

Designated Safeguarding Lead (DSL)

Name: _____

Contact Number: _____

The DSL is responsible for managing safeguarding concerns, maintaining safeguarding records, liaising with external agencies where necessary, ensuring staff understand safeguarding procedures and reviewing safeguarding policies as required.

Coaches and staff must prioritise children's safety and wellbeing, report concerns immediately, maintain professional boundaries, follow the Code of Conduct and never ignore concerns or disclosures.

Recruitment and Vetting

Coaches working with children hold an appropriate DBS check where required. Individuals working with children are suitable for their role and responsibilities. Staff are made aware of safeguarding expectations and procedures. Records of qualifications and DBS checks are maintained.

Code of Conduct for Coaches and Staff

Always: Treat children with dignity and respect, use positive and appropriate language, encourage participation and confidence, work in open and observable environments and obtain consent before providing physical assistance where appropriate. Never: Use physical punishment, engage in bullying, intimidation or humiliation, develop inappropriate personal relationships with children, communicate privately with children through personal social media accounts, share personal contact details with children or be alone with a child in an isolated area where possible.

Appropriate Physical Contact

Fitness coaching may require occasional physical guidance to ensure safe movement patterns. Physical contact should be necessary and appropriate, explained beforehand, related to coaching or safety and appropriate to the child's age and understanding. Physical contact must never be intrusive, unnecessary or inappropriate.

Collection and Supervision

Children remain the responsibility of TGS CrossFit during scheduled class times. Parents or guardians must ensure children are dropped off and collected on time, provide emergency contact details and inform coaches if another authorised adult is collecting the child. Children will only be released to authorised adults unless prior arrangements have been agreed.

Recognising Abuse

Staff should be aware that abuse may take several forms including physical abuse, emotional abuse, sexual abuse and neglect.

Reporting Concerns

Remain calm. Listen carefully. Do not promise confidentiality. Record what was said as accurately as possible. Report the concern immediately to the Designated Safeguarding Lead. Staff must never investigate concerns themselves.

If a Child Makes a Disclosure

Listen carefully. Take the child seriously. Reassure them they have done the right thing. Avoid leading questions. Record the conversation as accurately as possible. Report immediately to the DSL.

Recording Concerns

Safeguarding records should include the date and time, name of child, nature of concern, exact words used where possible, actions taken and the name of the reporting person. Records must be stored securely and confidentially.

Photography and Social Media

TGS CrossFit does not take, use, publish or share photographs or videos of children participating in classes or activities. Parents, guardians, coaches and staff are asked to respect the privacy of all children attending sessions and should not take photographs or videos during classes without prior permission from TGS CrossFit. Any exceptions to this policy will only be considered where there is a clear operational requirement and appropriate parental consent has been obtained.

Bullying

TGS CrossFit has a zero-tolerance approach to bullying. Any bullying behaviour will be addressed promptly and fairly. Children are encouraged to report concerns to coaches or parents.

Confidentiality

Information relating to safeguarding concerns will only be shared with individuals who need to know in order to protect the child.

Emergency Contacts

Somerset Children's Social Care: 0300 123 2224
Police Emergency: 999
Police Non-Emergency: 101
NSPCC Helpline: 0808 800 5000

Policy Review

This policy will be reviewed and updated as necessary to reflect changes in legislation, safeguarding guidance, operational requirements, or the activities delivered by TGS CrossFit.

Last Reviewed: _____
Reviewed By: _____
Next Review Due: As Required

Signed: _____
Position: _____
Date: _____