

Safeguarding and Prevention Policy

1. Introduction

This Safeguarding and Prevention Policy for Strength and Conditioning Education outlines the commitment to ensuring the safety, well-being, and protection of our students. The policy aims to create an environment that is free from harm, promotes the welfare of all participants, and establishes clear guidelines for safeguarding practices.

2. Policy Statement

- a) **Duty of Care:** Strength and Conditioning Education recognises its duty of care to protect the physical, emotional, and mental well-being of all individuals involved in Strength and Conditioning Education, including students, instructors, trainers, and other stakeholders. We are committed to maintaining a safe and secure learning environment.
- b) **Safeguarding Principles:** We adhere to the principles of safeguarding, which include promoting the welfare of individuals, taking steps to prevent harm, responding to concerns and allegations promptly, and working in partnership with relevant authorities and agencies to ensure the safety and protection of vulnerable individuals.

3. Prevention and Risk Management

- a) **Risk Assessment:** Strength and Conditioning Education conduct regular risk assessments to identify potential risks and hazards within the strength and conditioning environment. Steps will be taken to mitigate risks and ensure appropriate measures are in place to prevent accidents, injuries, or harm.
- b) **Health and Safety:** We maintain and enforce health and safety procedures to ensure the physical well-being of participants. This includes providing appropriate training, maintaining equipment in good condition, and adhering to safety guidelines and regulations.
- c) **Supervision:** Adequate supervision is provided during workshop sessions to ensure the safety of participants. Trainers and instructors are appropriately qualified and trained to supervise activities and respond to emergencies or incidents effectively.

4. Safeguarding Procedures

- a) **Designated Safeguarding Lead:** Strength and Conditioning Education has appointed a designated safeguarding lead who is responsible for overseeing safeguarding procedures, providing support and guidance, and acting as the main point of contact for safeguarding concerns.
- b) **Reporting Mechanisms:** Clear procedures for reporting safeguarding concerns or incidents are established. All individuals involved in Strength and Conditioning Education can email the Customer Experience Manager on info@strengthandconditioningeducation.com.
- c) **Responding to Concerns:** Any concerns or allegations of harm, abuse, or neglect will be taken seriously and responded to promptly and appropriately. This may involve conducting an internal investigation, involving relevant

authorities or agencies, and implementing necessary actions to ensure the safety and well-being of individuals involved.

- d) **Confidentiality and Information Sharing:** Information relating to safeguarding concerns will be treated confidentially and shared on a need-to-know basis in accordance with legal and regulatory requirements. Information sharing will be conducted in a manner that prioritises the safety and welfare of individuals involved.

5. Training and Awareness

- a) **Staff and Instructor Training:** All staff members, instructors, and trainers receive appropriate training on safeguarding and child protection, including identifying signs of abuse, responding to concerns, and understanding their responsibilities. Training will be regularly updated to reflect best practices and emerging issues.
- b) **Participant Education:** Participants, particularly minors, will be provided with age-appropriate information on personal safety, boundaries, and what to do in case of concerns or incidents. This may be delivered through educational sessions, workshops, or informational materials.

6. Monitoring and Review

- a) **Regular Monitoring:** Strength and Conditioning Education will implement mechanisms to monitor the effectiveness of safeguarding practices and identify areas for improvement. This may include audits, reviews, and feedback from participants, staff, and relevant stakeholders.
- b) **Policy Review:** This policy will be reviewed periodically to ensure its alignment with legal requirements and best practices. Updates and revisions will be made as necessary to address emerging challenges, incorporate feedback, and enhance safeguarding procedures.

By implementing this Safeguarding and Prevention Policy for Strength and Conditioning Education, it aims to provide a safe and secure learning environment, promote the welfare of all participants, and prevent harm or abuse. The policy underscores our commitment to safeguarding and reflects our dedication to the well-being and protection of individuals involved in strength and conditioning education.