

Safeguarding and Prevention Policy

1. Introduction

This **Safeguarding and Prevention Policy** for **Strength and Conditioning Education** outlines our commitment to ensuring the safety, well-being, and protection of all individuals involved in our programmes. The policy aims to create a safe, secure, and inclusive environment that promotes the welfare of all participants, free from harm, and sets out 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, 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 proactive steps to prevent harm
- Responding promptly and appropriately to concerns and allegations
- Working in partnership with relevant authorities and agencies to ensure the safety and protection of vulnerable individuals, including those at risk of radicalisation or extremism.

3. Prevention and Risk Management

a) **Risk Assessment:**

Strength and Conditioning Education conducts regular risk assessments to identify potential risks and hazards within the strength and conditioning environment. Steps will be taken to mitigate risks and ensure that appropriate measures are in place to prevent accidents, injuries, or harm. In addition, regular risk assessments will include identifying potential vulnerabilities related to radicalisation and extremism.

b) **Health and Safety:**

We maintain and enforce health and safety procedures to ensure the physical well-being of all 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 (DSL):**
Strength and Conditioning Education has appointed a **Designated Safeguarding Lead (DSL)** who is responsible for overseeing safeguarding procedures, providing support and guidance, and acting as the main point of contact for safeguarding concerns.
- b) **Prevent Duty Lead:**
In addition to the Designated Safeguarding Lead, a **Prevent Lead** is appointed within Strength and Conditioning Education. This individual is responsible for overseeing compliance with the **Prevent Duty** under the **Counter-Terrorism and Security Act 2015** and ensuring the institution's commitment to protecting individuals from being drawn into terrorism or extremist views.
- c) **Reporting Mechanisms:**
Clear procedures for reporting safeguarding concerns or incidents are established. All individuals involved in Strength and Conditioning Education are encouraged to report concerns via email to **info@strengthandconditioningeducation.com** or directly to the designated safeguarding contacts.
If there are concerns related to radicalisation or extremism, these will be referred through the same safeguarding channels and escalated to the **Prevent Lead**.
- d) **Responding to Concerns:**
Any concerns or allegations of harm, abuse, neglect, or radicalisation 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.
- e) **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.
- f) **Prevent Duty and Radicalisation:**
Strength and Conditioning Education is committed to fulfilling the requirements of the **Prevent Duty**. This includes:
 - Recognising the signs of radicalisation or extremism and taking appropriate action to safeguard students.
 - Referring individuals at risk of radicalisation to the **Channel Programme**, a multi-agency initiative that provides support to vulnerable individuals at risk of being drawn into extremism.

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. This training is regularly updated to reflect best practices and emerging issues, including those related to the **Prevent Duty** and the identification of radicalisation.

b) **Prevent Duty Training:**

In addition to general safeguarding training, all staff will receive mandatory **Prevent Duty** training. This includes recognising signs of radicalisation, how to engage with individuals at risk, and how to report concerns. The training is regularly reviewed and updated to ensure that staff are equipped to respond to emerging threats.

c) **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 will include guidance on identifying signs of radicalisation and understanding how to report concerns. Educational sessions, workshops, or informational materials will be provided to empower participants to take proactive steps in safeguarding themselves and others.

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 includes regular audits, reviews, and feedback from participants, staff, and relevant stakeholders.

b) **Prevent Duty Monitoring:**

The institution will regularly monitor compliance with the **Prevent Duty** and review procedures to ensure they align with current legislation and best practices. This will include evaluating how well staff are identifying and responding to radicalisation concerns and the effectiveness of referral processes.

c) **Policy Review:**

This policy will be reviewed periodically, at least annually, 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 and **Prevent Duty** procedures.

By implementing this **Safeguarding and Prevention Policy**, Strength and Conditioning Education aims to provide a safe and secure learning environment, promote the welfare of all participants, and prevent harm or abuse, including radicalisation. 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.