

Merton Saints BMX Club

Safeguarding Children Policy



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All organisations that work with, or come into contact with children should have safeguarding policies and procedures to ensure that every child, regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm.



Setting up and following good safeguarding policies and procedures means children are safe from adults and other children who might pose a risk. This includes voluntary and community organisations, faith groups, private sector providers, as well as schools, hospitals and sports clubs.

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1. Purpose of the Safeguarding Policy

Merton Saints BMX Club acknowledges the duty of care to safeguard and promote the welfare of children and is committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Cycling Federation requirements.

Safeguarding is a legal duty of care for all members, not merely for Welfare, Safeguarding Officers and Coaches.

This policy recognises that the welfare and interests of children are paramount in all circumstances. It aims to ensure that regardless of age, ability or disability, gender reassignment, race, religion or belief, sex or sexual orientation, socio-economic background, all children:

- Have a positive and enjoyable experience of sport at **Merton Saints BMX Club**, in a safe and child-centred environment
- Are protected from abuse whilst participating in riding events, socialising and any activity related to the Sport or outside of the activity

Merton Saints BMX Club acknowledges that some children, including disabled children and young people from lower socio-economic / disadvantage backgrounds, can be particularly vulnerable to abuse and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

1.1. OUR COMMITMENT

As part of our safeguarding policy **Merton BMX Club** undertakes a commitment to:

- Promote and prioritise the safety and wellbeing of children and young people
- Ensure everyone understands their roles and responsibilities in respect of safeguarding and is provided with appropriate learning opportunities to recognise, identify and respond to signs of abuse, neglect and other safeguarding concerns relating to children and young people
- Ensure appropriate action is taken in the event of incidents/concerns of abuse and support provided to the individual/s who raise or disclose the concern

- Ensure that confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored
- Prevent the employment/deployment of unsuitable individuals
- ensure robust safeguarding arrangements and procedures are in operation

The policy and procedures will be widely promoted and are mandatory for everyone involved in **Merton Saints BMX Club**. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the organisation until the investigation is concluded.

Monitoring: The policy will be reviewed a year after development and then every three years, or in the following circumstances:

- Changes in legislation and/or government guidance
- As required by the Local Safeguarding Children Board, UK Sport and/or Home Country Sports Councils and the British Cycling Federation
- As a result of any other significant change or event

1.2. IMPLEMENTATION OF SIGNIFICANT CHANGES

Recently the British Cycling Federation has significantly changed its safeguarding policy from advisory capacity to robust, ensuring all Clubs under the federation implement a legal duty of care to safeguard all children and vulnerable adults under their jurisdiction.

As part of the British Cycling Federation, **Merton Saints BMX Club** has a duty to keep our policy and procedure aligned with the evolving changes from the Federation. In Autumn of 2019, British Cycling made significant changes to their Safeguarding Policy, the policy changes will be implemented by 2021.

'It is our vision to be a leading National Governing Body for safeguarding in sport by 2021'
British Cycling Team

The changes are robust, Welfare and Safeguarding Officers will be directly accountable to the British Cycling Federation and we have a duty to be transparent with our policy and procedures and the Safeguarding Team at British Cycling. These changes are visionary, British Cycling Federation will provide support to make the required adaptations. British Cycling Federation strategy is based on four key areas:

CLUBS & TEAMS: *'We want to inform all our members what a safer Club/Team should look like and ensure that all our affiliated clubs adopt required safeguarding standards.'*

The Great Britain Cycling Team will adopt best practice and lead by example:

- British Cycling will support all Clubs and Teams to adopt the best safeguarding standards, sharing good practice
- British Cycling will have a process for auditing Clubs and Teams to ensure that safeguarding standards are met and complied with
- Safeguarding training for relevant roles will be improved to help prevent, identify and manage concerns

CASE MANAGEMENT: *'All members will be encouraged to share any concerns relating to poor practice or alleged abuse as soon as possible, enabling British Cycling to respond in an appropriate and effect manner.'*

- British Cycling will establish a Case Management Group that includes independence, expertise and accountability
- British Cycling will develop a robust, clearly defined case management process to respond to any safeguarding concerns that arise

- British Cycling will ensure that the case management process is accessible and communicated to all staff, clubs/teams, members, volunteers and officials, making reporting procedures and the actions that follow clear and easily understood

COMMUNICATION: *'We want to make safeguarding personal, learning from children, young people, adults at risk and all those involved in the sport to ensure that we are delivering the required support, training and resources.'*

- British Cycling will develop and maintain relationships with Club Welfare Officers
- British Cycling will regularly communicate safeguarding messages and promote up to date resources to support Clubs and Teams to ensure that people are aware that safeguarding is everyone's responsibility
- British Cycling will develop a process of obtaining feedback on how safeguarding is working within the organisation, reflect on those views and act upon them accordingly

EVENTS: *'Staff and volunteers should understand their responsibilities regarding the wellbeing of all participants prior to and throughout the duration of any event organised or sanctioned by British Cycling or run by an affiliated club.'*

- Safeguarding training for relevant roles will be implemented to ensure that volunteers and staff understand their safeguarding responsibilities during the planning stages and running of events
- British Cycling will develop and promote resources to support and assist with safeguarding planning during events
- We will lead by example and ensure that safeguarding plans and measures are included at all events organised by British Cycling where relevant. We want to inform all our members what a safer Club/ Team should look like and ensure that all our affiliated clubs adopt required safeguarding standards

2. INTRODUCTION

Merton Saints BMX Club is committed to ensuring that everyone participating in cycling does so in a safe and enjoyable environment.

Everyone working with children and young people has a responsibility for keeping them safe, irrespective of their role, whether or not they are British Cycling members, involved in a professional or voluntary capacity or as a parent, spectator or participant.

All such individuals are deemed to recognise and adhere to the principles and responsibilities embodied in this Policy. Children may be harmed in any environment and those having regular contact with young people have a key role putting their welfare first, adopting these practices that protect and support them.

2.1. KEY PRINCIPLES

- The welfare of children is paramount (a child is defined by law in England and Wales as a person under the age of 18 years)
- All children, regardless of their Age, Race, Religion or Belief, Disability, Gender identity or Sexual Orientation, have the right to protection from abuse
- All concerns and allegations of abuse and poor practice will be taken seriously and responded to swiftly and appropriately
- We recognise the authority of the statutory agencies, Working Together under the Children Act 2004, and any legislation and statutory guidance which supersedes these
- Everyone will work in partnership to promote the welfare, health and development of children
- Everyone has a legal duty of care to children on their premises or engaged in their activities. That duty is to take reasonable care to ensure their reasonable safety and the duty is higher than it would

be for adults. This policy does not imply that British Cycling assume any of those legal liabilities which remain with the relevant club/team or region

2.2. OBJECTIVES

The overall aim of the policy is to ensure that everyone participating in the sport does so in a safe environment that supports children and young people to meet their potential. **Merton Saints BMX Club** aims to:

- Provide a safe environment for children and young people participating in cycling activities and try to ensure that they enjoy the experience
- Ensure robust systems are in place to manage any concerns or allegations
- Support adults (staff, volunteers, coaches, officials, members and spectators) to understand their roles and responsibilities with regards to their Duty of Care and protection of children
- Provide appropriate level training, support and resources for staff, volunteers, coaches and officials to make informed and confident responses to specific safeguarding issues and fulfil their role effectively
- Ensure that children and their parents are informed and consulted and, where appropriate, fully involved in decisions that affect them
- Ensure that everyone involved in a role with children has been through appropriate pre-recruitment checks

2.3. RESPONSIBILITIES AND IMPLEMENTATION

British Cycling & **Merton BMX Club** will work to promote the principles of safeguarding children by:

- Reviewing British Cycling policy and procedures every three years or whenever there is a major change in legislation or a significant organisational change
- Giving guidance on appropriate recruitment procedures to assess the suitability of volunteers and staff working with children and vulnerable groups
- Following procedures to report welfare concerns and allegations about the behaviour of adults and ensure that all staff, volunteers, officials, parents and participants, including children are aware of these procedures
- Directing staff, volunteers, coaches and officials to appropriate safeguarding training and learning opportunities, where this is appropriate to their role
- Acknowledging the additional vulnerability of some groups of children (e.g. disabled, looked-after children, those with communication differences), ensuring that the environment is appropriate for the child and tailored to their needs
- Helping affiliated organisations and individual members understand their responsibilities through the provision of clear guidance and support
- Continually developing safeguarding practices, recognising the need to support and develop a network of Club Welfare Officers with lead responsibility for safeguarding and protecting children

2.4. BRITISH CYCLING MANDATORY SAFEGUARDING REQUIREMENTS FOR ALL CLUB MEMBERS

It is essential that every club/team that has children (those under the age of 18 years) as members or users of their services complies with the Mandatory Safeguarding Requirements set out below:

- Adopt and implement the British Cycling Safeguarding Children and Young People Policy, ensuring that it is understood by all and procedures are put in to practice
- Recruit, appoint, register and arrange for the training of a Club Welfare Officer (CWO), with a clear role description, who is the designated contact for Safeguarding issues
- Ensure that your Club Welfare Officer holds a current Disclosure and Barring Service check (DBS) through British Cycling
- Display and communicate the contact details for the Club Welfare Officer where possible
- Ensure that all those working or volunteering with children in Regulated Activity hold a current Disclosure and Barring Service check (DBS) through British Cycling

- Display and communicate the club/teams own Safeguarding Policy Statement where possible
- Follow the British Cycling reporting procedures, referring all concerns and allegations to the British Cycling Lead Safeguarding Officer

Mandatory requirement: British Cycling will review affiliation status and/or impose disciplinary sanctions against a club/team that fails to adopt and implement the Safeguarding Children and Young People Policy and Procedures.

3. RECRUITMENT & TRAINING OF STAFF & VOLUNTEERS

British Cycling will provide guidance on recruitment with the aim that all volunteers and staff working with children and young people are appropriate and suitable to do so. Getting the right volunteers in place is key to a well organised club/team providing a safe and supportive environment.

3.1. RECRUITMENT PRINCIPLES

Mandatory requirement: Each role which involves an element of responsibility with regard to children, particularly those involving the regular supervision of children, whether voluntary or paid, should be assessed to establish which qualifications, checks and other requirements are necessary. These will include the following:

- An application form
- A self-disclosure form
- A minimum of 2 references checks (this may be from the applicant's last employer and/or from someone able to comment on the applicant's experience in working with children or young people. A friend or neighbour would not be considered a suitable referee)
- Details of previous volunteering experiences or relevant employment working with children
- Disclosure & Barring Service (DBS) check (where eligible, see below)

All volunteers and staff recruited with responsibility for and significant contact with children must agree to inform the club/team if they are subsequently investigated by any agency or organisation in relation to concerns about their behaviour towards children or young people.

The club/team must report this to the British Cycling Safeguarding Lead Officer who will advise on the appropriate course of action.

Where such an individual has significant contact with or responsibility for children in a specified role at an event organised or sanctioned by British Cycling then that individual must directly inform the British Cycling Lead Safeguarding Officer.

3.2 CRIMINAL RECORD CHECKS

Disclosure & Barring Service (DBS) checks are another tool in the recruitment process. These must be renewed every three years.

The type of DBS check required will be determined by the role someone has, the frequency of that role being carried out and whether or not the role is supervised.

Anyone needing a DBS check must complete an application through British Cycling. Use of the update service and/or DBS checks through other organisations will not be accepted.

DBS checks are done through the Safeguarding Officer of British Cycling;

Victoria Brown, Lead Safeguarding Officer at British Cycling Federation

victoria.brown@britishcycling.org.uk

Tel: 0161 274 2076

Guidance on DBS checks can be found on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer.

If a DBS certificate contains any information, then British Cycling will want to see the complete copy.

A criminal record will not necessarily prevent an applicant from working or volunteering with children and young people but a suitability assessment will be conducted, and the applicant may be asked to provide additional information and references.

British Cycling will take into account the Rehabilitation of Offenders Act and only consider offences which are relevant to the care, supervision and training of children.

Mandatory requirement: If the applicant fails to engage in this process, then their club will be informed, and the applicant will be required to cease any involvement in club/team activities.

British Cycling will not inform any club/team about the details of any offences but we will inform the club/team whether or not the applicant is considered suitable to work with children and young people.

3.3. TRAINING

Mandatory requirement: All staff, volunteers, coaches and officials should be offered access to appropriate safeguarding training. British Cycling recommends attendance at a recognised face to face safeguarding course and all volunteers and staff who have significant contact with children should attend. A refresher course should be completed every three years.

Appropriate safeguarding training should be mandatory for all individuals in 'Regulated Activity.'

Legislation sets out what 'Regulated Activity' with children is. It is determined by the role someone has, the frequency of that role being carried out and whether or not the role is supervised.

(Further guidance on 'Regulated Activity' and recommended safeguarding training can be found on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer)

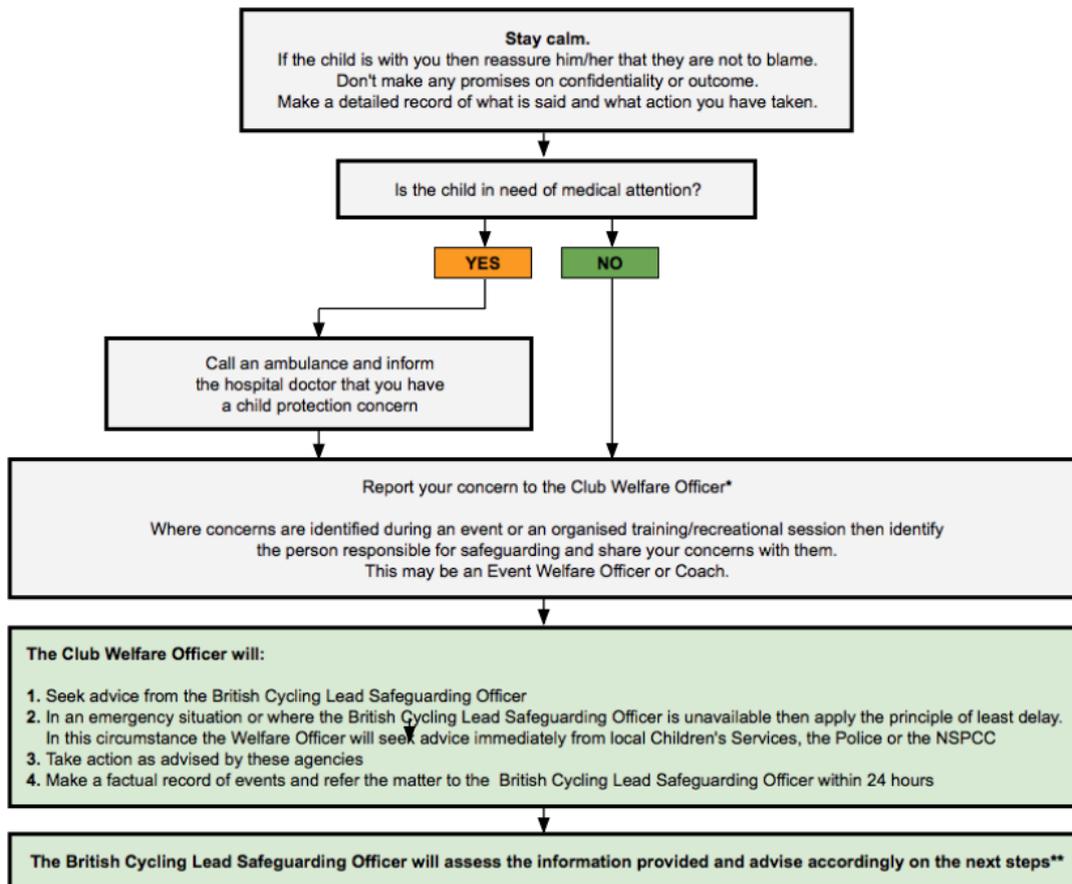
4. GUIDANCE – COMPLAINTS, CONCERNS & ALLEGATIONS

If any individual has a concern about the welfare of a child, or the conduct of another person (whether they are an adult or child, parent, coach, member or otherwise), these concerns should be brought to the attention of the British Cycling Lead Safeguarding Officer without delay.

The person reporting the concern is not required to decide whether abuse has occurred, but simply has a duty to share their concerns and any relevant information to the British Cycling Lead Safeguarding Officer.

4.1. WHAT TO DO IF YOU HAVE CONCERNS ABOUT A CHILD

If you become aware of a concern of poor practice **OR** possible abuse – this may relate to possible abuse within the sport, in the child's home or an alternative social setting and/or your concern may relate to poor practice within a BMX/cycling setting:



*If the Club Welfare Officer is not available, or the concerns relates to the Club Welfare Officer/individual with safeguarding responsibility then contact the British Cycling Lead Safeguarding Officer or refer the matter directly to Children's Social Care/Police as a delay may place the child at further risk. **If the concern is about the British Cycling Lead Safeguarding Officer then report your concerns directly to the local Children's Social Care, the local Police or the NSPCC Helpline.

You may receive information regarding the welfare of a child or young person who is involved in cycling, yet the concern itself does not relate to someone within the sport (e.g. the concern relates to the child's home or other social setting). In these circumstances you should still follow the same procedures.

All concerns will be treated in confidence. Details should only be shared on a 'need to know' basis with those who can help with the management of the concern.

Concerns should be recorded on an Incident Report Form and sent to the British Cycling Lead Safeguarding Officer within 24 hours.

British Cycling will work with clubs/teams, regions and other external agencies to take appropriate action where concerns relate to potential abuse or alleged poor practice. British Cycling disciplinary procedures will be applied and followed where appropriate.

Any information about an individual that relates to their suitability to work, volunteer with or participate alongside children and young people must be reported to the British Cycling Safeguarding Lead Officer.

Mandatory requirement: A safeguarding risk assessment will be completed and British Cycling disciplinary procedures will be applied and followed where appropriate

5. CHILD DISCLOSURE

In the event of a child making a disclosure of any type of abuse, the following guidance is given:

- Reassure them that they have done the right thing to share the information
- Listen carefully and take what they say seriously
- Do not make promises that cannot be kept, such as promising not to tell anyone else

- Do not seek to actively question the child or lead them in any way to disclose more information than they are comfortably able to: this may compromise any future action
- Only ask questions to clarify your understanding where needed e.g. can you tell me what you mean by the word xxxxx?
- Record what the child has said as soon as possible on an incident report form. Give careful consideration as to whether the parents of the child involved should be informed of the concern at that stage, if they are responsible for the abuse or are unable to respond to the situation appropriately then this could put the child at greater risk

Seek advice from the British Cycling Lead Safeguarding Officer where possible. If the British Cycling Lead Safeguarding Officer is not available and a delay cannot be justified then seek advice from the local Children's Social Care department, the Police or the NSPCC.

In case of an emergency situation, contact:

Police: 999

Local Social Care Emergency Duty Team: 020 8274 4901. Emergency out-of-hours line: 020 8543 9750

NSPCC: 0808 800 5000

Childline: 0800 1111

Merton Social Services Team: 020 8545 4226 or 020 8545 4227 (out of hours: 020 8770 5000)

The NSPCC Helpline is available to discuss concerns regarding poor practice and abuse in confidence with members of the public who need support. Those with concerns are encouraged to use this service.

Safeguarding children and young people requires everyone to be committed to the highest possible standards of openness, integrity and accountability. British Cycling supports an environment where staff, volunteers, parents and the public are encouraged to raise safeguarding and child protection concerns.

Anyone who reports a legitimate concern to the organisation (even if their concerns subsequently appear to be unfounded) will be supported.

5.1. ALL CONCERNS WILL BE TAKEN SERIOUSLY

British Cycling may take action to restrict a member's involvement in cycling during an ongoing investigation. This is a neutral act. At a later stage the individual may be subject to action under the British Cycling Safeguarding and Disciplinary Rules for Cycle Sport.

All concerns will be referred to the British Cycling Case Management Group who will advise the Lead Safeguarding Officer on the appropriate course of action to take and ensure that all allegations, incidents and referral relating to the safeguarding of children are dealt with fairly and equitably.

Details relating to children and young people will be kept on file and secure. Details of a child or young person will not be shared with a third party without parental consent unless the information is required in the interests of safeguarding and the child or young person may be at greater risk if the parents are aware.

All concerns/allegations will be dealt with confidentially by British Cycling and information will only be shared on a need to know basis, either internally or externally depending on the nature/seriousness of the concern/allegation.

5.2. UNSATISFACTORY RESPONSE FROM LEAD SAFEGUARDING

Anyone unhappy with the action taken by the Lead Safeguarding Officer, following the referral of a concern relating to poor practice or suspected abuse, may submit a complaint, following the British Cycling complaints procedure.

6.0. GOOD PRACTICE GUIDELINES – INCIDENTS & EMERGENCIES

Mandatory requirement: Where children are participating in events or activities, or attending organised coaching sessions, Parental Consent Forms should be obtained. These forms will be retained, treated in confidence and only shared with those who require the information they contain to perform their role effectively.

6.1. SUPERVISION

During coaching sessions, coaches should conduct a risk assessment to inform decision making about appropriate supervision levels. Coaches should consult their British Cycling Coaching guidelines for specific coaching ratios. Regardless of the recommended ratio of adults to participants, it is recommended that a minimum of two adults should be present. This ensures at least basic cover in the event of something impacting on the availability of one of the adults during the activity.

Parents may be encouraged to stay for coaching, activities & other events where their children are of an age where greater levels of parental supervision are required.

Parents should be made aware that where there is limited changing room space there may be occasions when adults and children may need to share the facilities.

Parents should be aware that supervision is only provided when their child is attending and engaged in specific coaching sessions and activities.

Special arrangements should be made for away trips. Parents should receive full information about arrangements for any such trip and will be required to provide their consent for their child's participation.

6.2. BEHAVIOUR OF ADULTS & CHILDREN

Adults who work with children are placed in a position of trust in relation to children, and therefore it is important they behave appropriately and provide a strong positive role model for children, both to protect children and those working with children from allegations of poor practice.

British Cycling requires that all staff and volunteers working with children adhere to the standards set out in the Code of Conduct relevant to their role. Similarly, children, parents and all participants are expected to follow their respective Codes of Conduct to ensure the enjoyment of all participants and assist British Cycling in ensuring their welfare is safeguarded.

Parents and carers should also work together with British Cycling to ensure that all children are safeguarded. 'Parental Guidance' is available to aid their understanding as to how they can best assist British Cycling.

Responsible interaction between adults and children helps bring mutual respect and understanding and should be encouraged during activities. Adults should always be aware, however, that age related differences do exist and conduct themselves in a manner that both recognises this and prioritises the welfare of any children involved.

Physical contact with children by coaches or volunteers should always be intended to meet the needs of the child and the sport, not the adult. For example, to develop technique, to protect the child from injury, to provide first aid or treat an injury. It should always take place in an open environment, and should not, as a general principle, be made gratuitously or unnecessarily.

6.3. CHANGING ROOMS

Changing rooms may be used by a number of individuals at events or activities. When children are attending events and activities parents should be made aware that adults may use changing rooms throughout the day for changing & showering. Where a parent/carer does not consent to their child accessing the changing rooms, it is their responsibility to either supervise the child while in the changing rooms or ensure that they do not use them.

Members of staff, volunteers, coaches and officials should not shower or change at the same time as the children and young people that they have been working with.

No photographic equipment should be used in changing rooms. This includes cameras, video cameras, mobile phones and any other device capable of taking and recording images.

6.4. TRANSPORT

British Cycling believes it is primarily the responsibility of parents to transport their children to and from events and activities. It is not the responsibility of British Cycling staff, volunteers, officials or coaches to transport children and young people to and from events, activities or coaching sessions.

Arrangements for transport may be made in exceptional circumstances, such as team events. Where this is the case, the written permission of the parent will be sought. The drivers used should be checked for their suitability to transport and supervise children and their insurance arrangements verified. Consideration should be given to accident, breakdown and recovery cover.

6.5. SOCIAL MEDIA

Social media provides unique opportunities to engage and develop relationships with people in a creative and dynamic forum where users are active participants.

However, the range of social networking sites also introduces a range of potential safeguarding risks to children and young people.

Children are forbidden to engage in bullying activities which causes the victim to be marginalised, verbally & physically abused and relentless emotional bullying on all social platforms such as WhatsApp, Snap chat, Instagram, Facebook the list is endless.

All members should not encourage or engage in ostracising a child/ren from the Club through bullying or unpleasant conduct. The committee will take decisive action, which will include sanctions and a report will be made to British Cycling by Safeguarding Officer or Welfare.

It is important that members of staff, volunteers, officials and coaches follow best practice guidelines.

Additional care may be needed with some children in terms of internet safety depending on their age, understanding and development. This may be something to consider with the child and their parents.

(Additional information and support on Good Practice Guidelines can be found on the British Cycling Website or by making contact with the Lead Safeguarding Officer Tel 0161 2742000.)

6.6. ANTI BULLYING PROCEDURES

British Cycling & Merton BMX Club believe that every effort must be made to eradicate bullying in all its forms.

Bullying can take place anywhere but is more likely to take place where there is inadequate supervision. Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power.

Bullies no longer rely on being physically near to the victim. It can happen face to face or online. Cyberbullying is when a person uses technology to deliberately upset someone.

A bully can be anyone involved in the sport, a parent, coach, child, member of staff, volunteer or official.

British Cycling will not tolerate bullying in any of its forms during events, competitions, coaching or at any other time.

Bullying can be difficult to define and can take many forms which can be categorised as:

PHYSICAL abuse is when someone hurts or harms a child or young person on purpose. It includes:

- Hitting with hands or objects
- Slapping and punching

- Kicking
- Shaking
- Throwing
- Poisoning
- Burning & scalding
- Biting & scratching
- Breaking bones
- Drowning

It's important to remember that **physical abuse** is any way of intentionally causing physical harm to a child or young person. It also includes making up the symptoms of an illness or causing a child to become unwell.

VERBAL bullying (being called names or insulted) is hear insults on a daily or regular basis within social setting, social media or privacy of your own home. Whatever your age, being called names or insulted is likely to have an effect on a person's emotional wellbeing. Example of verbal abuse are;

- Personal insults on an individual's characteristic
- Teasing (perceived banter)
- Name calling
- Homophobic or racist remarks

EMOTIONAL abuse is any type of abuse that involves the continual emotional mistreatment of a child. It's sometimes called psychological abuse and can involve deliberately trying to scare, humiliate, isolate or ignore a child.

Emotional abuse is often a part of other kinds of abuse, which means it can be difficult to spot the signs or tell the difference, though it can also happen on its own. It includes:

- Humiliating or constantly criticising a child
- Threatening, shouting at a child or calling them names
- Making the child the subject of jokes, or using sarcasm to hurt a child
- Blaming and scapegoating
- Making a child perform degrading acts
- Not recognising a child's own individuality or trying to control their lives
- Pushing a child too hard or not recognising their limitations
- Exposing a child to upsetting events or situations, like domestic abuse or drug taking
- Failing to promote a child's social development
- Not allowing them to have friends
- Persistently ignoring them
- Being absent
- Manipulating a child
- Never saying anything kind, expressing positive feelings or congratulating a child on successes
- Never showing any emotions in interactions with a child, also known as emotional neglect

NEGLECT is the ongoing failure to meet a child's basic needs and the most common form of child abuse. A child might be left hungry or dirty, or without proper clothing, shelter, supervision or health care. This can put children and young people in danger. And it can also have long term effects on their physical and mental wellbeing.

Neglect can be a lot of different things, which can make it hard to spot. But broadly speaking, there are 4 types of neglect:

- **Physical neglect:** A child's basic needs, such as food, clothing or shelter, are not met or they aren't properly supervised or kept safe.
- **Educational neglect:** A parent doesn't ensure their child is given an education.

- **Emotional neglect:** A child doesn't get the nurture and stimulation they need. This could be through ignoring, humiliating, intimidating or isolating them.
- **Medical neglect:** A child isn't given proper health care. This includes dental care and refusing or ignoring medical recommendations.

CHILD SEXUAL EXPLOITATION is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity:

- (a) In exchange for something the victim needs or wants, and/or
- (b) For the financial advantage or increased status of the perpetrator or facilitator.

The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

CYBERBULLYING is bullying that takes place online. Unlike bullying in the real world, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone. Cyberbullying can include:

- Sending threatening or abusive text messages
- Creating and sharing embarrassing images or videos
- Trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- Excluding children from online games, activities or friendship groups
- Shaming someone online
- Setting up hate sites or groups about a particular child
- Encouraging young people to self-harm
- Voting for or against someone in an abusive poll
- Creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- Sending explicit messages, also known as sexting
- Pressuring children into sending sexual images or engaging in sexual conversations

7. TAKING A POSITIVE APPROACH

- Ensure that Anti-Bullying policies are promoted
- Ensure all staff and volunteers working with children adhere to the standards set out in the Code of Conduct relevant to their role.
- Ensure that all children, parents and participants follow their own Code of Conduct
- Have discussions about bullying and why it matters and how we will respond to it
- Develop an open environment that encourages children and young people to share their concerns
- Report any concern of bullying to the British Cycling Lead Safeguarding Officer
- Take the problem seriously

(Additional information and support on Anti-Bullying Procedures can be found on the British Cycling Website or by making contact with the Lead Safeguarding Officer Tel 0161 2742000.)

7.1. CHILDREN AT INCREASED RISK OF ABUSE

Any child can be abused but it is recognised that there are some factors that increase the risk to children and make them more vulnerable to abuse.

Children with disabilities, children in care, children from ethnic minority backgrounds, LGBT young people and children who have previously suffered abuse are all at increased risk of harm.

Children whose parents are suffering from mental health problems, pressure, drug or alcohol abuse or domestic violence within the family are at increased risk of harm.

However, just because a child is living in these circumstances does not mean they are suffering harm.

7.2. CHILDREN & YOUNG PEOPLE WITH DISABILITIES

A child's disability may not always be obvious or visible (for example a child with a learning disability). When members of staff, volunteers, officials and coaches are working with children with disabilities extra safeguards may need to be put in place. Everyone working with the child should understand what their impairment actually means. Consult with the parents and the child to make sure that there is an appropriate plan in place to meet any additional needs.

7.3. ELITE ATHLETES

Moving through the talent pathway offers fantastic experiences and rewards for athletes, however there are specific factors in elite sport that can make talented athletes more vulnerable to harmful behaviours, either from themselves, their coaches or parents, or members of their wider support team.

South London clubs are unifying their policy, to maintain high level of safeguarding for all riders, the creation of the extra sessions for expert riders provides our riders with a unique opportunity. However, we must have at the heart of all sessions the emotional welling of the participants.

All members must be mindful of over-training or being pushed too far there the focus is on the goals to achieve success, rather than the needs of the young person. These factors include:

- A win at all costs approach
- Intense coach-athlete relationships
- A self-image that is linked closely with performance excellence
- Young athletes operating in an adult-focused environment
- Being away from family and support networks
- Fear of losing funding or a place on the programme if they speak out

Clubs/teams must ensure suitable boundaries are maintained and any concerns are challenged and reported appropriately.

7.4. POOR PRACTICE IN SPORT

There is a requirement for all clubs/teams affiliated to British Cycling to report any safeguarding concerns, including concerns relating to poor practice. Understanding what kind of behaviour constitutes poor practice and abuse will help you respond appropriately when concerns are raised.

Poor practice is behaviour of an individual in a position of responsibility which falls below the organisation's required standard (typically as described in the Code of Conduct relevant to their role).

Anyone working or volunteering with children should avoid putting themselves in situations where their conduct is questionable. Poor practice may not be immediately dangerous or intentionally harmful to a child, but is likely to set a poor example.

Poor practice is potentially damaging to the individual, the organisation and to children who experience it. For example, coaching with alcohol on the breath, smoking, swearing in front of children, or not paying due care and attention to participants all constitute poor practice.

Poor practice can sometimes lead to, or create, an environment conducive to more serious abuse. It may also lead to suspicions about the individual's motivation, even where no harm is intended. For example, if a coach is giving one child too much attention, regularly transports children in their car, or encourages physical contact with children without obvious justification.

8. USEFUL CONTACTS

British Cycling Contacts		
Name	Address	Contact
Lead Safeguarding Officer	National Cycling Centre Stuart Street Manchester M14 4DQ	Tel: 0161 274 2000 Email: compliance@britishcycling.org.uk (address your email FAO Lead Safeguarding Officer)

National Contacts		
Name	Address	Contact
NSPCC	National Centre 42 Curtain Road London EC2A 3NH	Tel: 0800 800 5000 Email: help@nspcc.org.uk
Childline UK	Freepost 1111 London N1 0BR	Tel: 0800 1111
NSPCC Child Protection in Sports Unit	3 Gilmour Close Beaumont Leys Leicester LE4 1EZ	Tel: 0116 234 7278 Email: cpsu@nspcc.org.uk
NSPCC Whistleblowing Helpline for Professionals		Tel: 0800 028 0285
NSPCC Freephone 24 hour Helpline		Tel: 0800 800 5000
Local Police & Child Protection teams		Tel: 101 (in an emergency call 999)
Samaritans	www.samaritans.org	Tel: 08457 90 90