

Children's Safeguarding Policy for SinFit Fitness

Whilst SinFit Fitness does not provide classes or events by which we are instructing children, we are aware that we may, on an occasion, have children present at our classes / event.

SinFit Fitness are very clear that all children remain the responsibility of the Parent / Carer / Guardian / Teacher with who they are in the care of at that time. However, SinFit Fitness abides by the duty of care to safeguard and promote the welfare of children and young people and is committed to safeguarding practice that reflects statutory responsibilities, government guidance and complies with best practice requirements.

- We recognise the welfare of children is paramount in all the work we do and in all the decisions we take.
- All children, regardless of age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation have an equal right to protection from all types of harm or abuse.
- Some children are additionally vulnerable because of the impact of previous experiences, their level of dependency, communication needs or other issues
- Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare.

Purpose:

The purpose of this policy is to demonstrate the commitment of SinFit Fitness to safeguarding of children and young people and to ensure that everyone involved in SinFit Fitness is aware of:

- The legislation, policy and procedures for safeguarding children and young people.
- Their role and responsibility for safeguarding children and young people
- What to do or who to speak to if they have a concern relating to the welfare or wellbeing of an adult within the organisation.
- Protect children and young people of adults who use our services.
- This includes children who may be present elsewhere within a venue where SinFit Fitness is operating from and not using our services.
- Provide staff and volunteers, as well as children and young people and their families, with the overarching principles that guide our approach to child protection.

Definitions:

The Children Act 1989 definition of a child is: anyone who has not yet reached their 18th birthday, even if they are living independently, are a member of the armed forces or are in hospital.

Adult at Risk:

- An adult who has needs for care and support (whether or not the authority is meeting any of those needs),
- is experiencing, or is at risk of, abuse or neglect, and
- as a result of those needs is unable to protect himself or herself against the abuse or neglect or the risk of it.

Child and Adult Abuse: Children and adults may be vulnerable to neglect and abuse or exploitation from within their family and from individuals they come across in their daily lives. There are 4 main categories of abuse, which are: sexual, physical, emotional abuse, and neglect. It is important to be aware of more specific types of abuse that fall within these categories, they are:

- Bullying and cyberbullying
- Child sexual exploitation
- Child Criminal exploitation
- Child trafficking
- Domestic abuse
- Female genital mutilation
- Grooming
- Historical abuse
- Online abuse

Safeguarding children: Safeguarding children is defined in Working Together to Safeguard Children 2018 as:

- protecting children from maltreatment.
- preventing impairment of children's health or development.
- ensuring that children are growing up in circumstances consistent with the provision of safe and effective care.
- taking action to enable all children to have the best outcomes.

Legal Framework:

1

This policy has been drawn up on the basis of legislation, policy and guidance that seeks to protect children in England. A summary of the key legislation is available from [nspcc.org.uk/learning](https://www.nspcc.org.uk/learning).

SinFit Fitness has in place arrangements that reflect the importance of safeguarding and promoting the welfare of children and young people as well as vulnerable adults.

The Prevent duty

Some organisations in England, Scotland and Wales have a duty, as a specified authority under section 26 of the Counterterrorism and Security Act 2015, to identify vulnerable children and young people and prevent them from being drawn into terrorism. This is known as the Prevent duty. These organisations include:

- Schools
- Registered childcare providers
- Local authorities
- Police
- Prisons and probation services
- NHS trusts and foundations.
- Other organisations may also have Prevent duties if they perform delegated local authority functions.

Children can be exposed to different views and receive information from various sources. Some of

these views may be considered radical or extreme.

Radicalisation is the process through which a person comes to support or be involved in extremist ideologies. It can result in a person becoming drawn into terrorism and is in itself a form of harm.

Extremism is vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs.

Training and Awareness:

SinFit Fitness will ensure an appropriate level of safeguarding training is available to its Trustees, Employees, Volunteers and any relevant persons linked to the organisation who requires it. Although SinFit Fitness do not work directly with children, this requires them as a minimum to have awareness training that enables them to:

- Understand what safeguarding is and their role in safeguarding children.
- Recognise a child potentially in need of safeguarding and take action.
- Understand how to report a safeguarding Alert.
- Understand dignity and respect when working with children.
- Have knowledge of the Safeguarding Children Policy.

Similarly, employees and volunteers may encounter concerns about the safety and wellbeing of an adult at risk of abuse. For more information about adults safeguarding, refer to the SinFit Fitness Adults Safeguarding Policy.

2

Key Contact Details

Danni Burbidge is the Designated Safeguarding Lead (DSL) who is responsible for ensuring that this policy is adhered to. They will be responsible for the monitoring and recording of any safeguarding concerns and for ensuring that all concerns are shared with the appropriate authorities. It is not the role of the DSL to investigate, only to gather and share information as appropriate. The DSL can be contacted on +44 7502 466535.

Raising and Managing a Concern

Any safeguarding concerns can be reported via +44 7502 466535 or sinfitfitness@gmail.com

- Any concern that an adult is not safe is taken seriously, responded to promptly, and followed up.
- The DSL will speak to the adult about the issue wherever possible, noting any views that the adult may have regarding how they wish the matter to be dealt with and keeping them informed throughout the process.

- The DSL may seek advice from external sources such as the local Safeguarding Children Partnership, NSPCC, and or the Police.
- The DSL will only share information with the people who need to know – such as the local Safeguarding Children Partnership, NSPCC, and or the Police.
- The DSL will make a written record of the concern and store it safely in line with Data Protection requirements.

Note:

- If someone is injured or at immediate risk, immediate action should be taken. By seeking help by dialing¹ 999 for police or ambulance.

Recording and Information Sharing

Sharing Information. - We work to the Seven Golden Rules

1. GDPR is not a barrier to sharing information
2. Be open and honest
3. Seek advice, if in doubt
4. Share with consent where appropriate
5. Consider safety and wellbeing
6. Necessary, proportionate, relevant, accurate, timely and secure
7. Keep a record of your decision and reasons for sharing

3

Social Media:

All employees and volunteers are aware and understand that the use of social media posts containing images and or video of children during our classes / events is not to be used without the explicit consent of the person with parental responsibilities.

Use of Mobile Phones and other Digital Technology:

All employees and volunteers are aware and understand that it is unlawful to photograph children and young people without the explicit consent of the person with parental responsibilities.

Whistleblowing:

If anyone who is working for or representing SinFit Fitness is implicated or you think has a conflict

¹ SinFit Fitness Children Safeguarding Policy For Community Groups 2023.
Review Date: August 2024

of interest, then contact your Local Authority Adult Safeguarding Team:

Croydon: <https://croydonlcsb.org.uk/>

Merton: <https://www.mertonscp.org.uk/>

Lambeth: <https://www.lambethsaferchildren.org.uk/take-action>

Police

Emergency – 999

Non-emergency – 101

NSPCC Helpline

0808 800 5000