



# Safeguarding and Child Protection Policy

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## Contacts and Roles

Name	Role	Contact
Alex Merrifield	Designated Safeguarding Lead and Director	<a href="mailto:alex@gosportactivitycentre.co.uk">alex@gosportactivitycentre.co.uk</a> 07596005613
Nathan Cole	Deputy Safeguarding Lead and Director	<a href="mailto:nathan@gosportactivitycentre.co.uk">nathan@gosportactivitycentre.co.uk</a>
Hampshire County Council Children's Social Care	<p><a href="#">HCC CSC Form</a> for visitors</p> <p>0300 555 1384 - For general guidance. 03005551373 - out of hours general guidance If it is an emergency and a child is in immediate danger, call 999</p> <p><b>For professionals to report concerns:</b> <a href="#">Contact Children's Services   Children and Families   Hampshire County Council</a></p> <p>0300 555 1384 - For general guidance. 03005551373 - out of hours general guidance</p>	
Hampshire Social Care Children and families - safeguarding children and child protection	<p><a href="#">Child protection   Children and Families   Hampshire County Council</a></p> <p>Referral and Link Hub for HANTs <a href="#">Safeguarding Guidance HCC</a></p>	
Hampshire Police	101 for non emergency 999 for emergency	
Local Authority Designated Officer	LADO	01962 876364
NSPCC	0808 800 5000 <a href="#">Safeguarding children and child protection   NSPCC Learning</a>	
Childline	0800 1111	
Interagency Referrals	<a href="#">Inter-Agency Referral Form</a>	
For Urgent Hampshire Child Enquiries	01329 225 379	
Hampshire Adult Services	0300 555 1386	



## Policy Statement

Safeguarding determines the actions that GoSport Activity Centre takes to keep children safe and protect them from harm in all aspects of their life. As a team we are committed to safeguarding and promoting the welfare of all our participants and paddlers.

The actions that GoSport Activity Centre and its coaches take to prevent harm; to promote wellbeing; to create safe environments; to educate on rights, respect, and responsibilities; to respond to specific issues, vulnerabilities, and allegations.

## Aims

- The aim of this policy is to safeguard all participants and other persons within the duty of care of GoSport Activity Centre and when they are on our site.
- To provide clients with the information required to show that GoSport Activity Centre is fully compliant with safeguarding procedures.

## Principles and Values

GoSport Activity Centre is committed to ensuring the highest possible standard of safeguarding. The personal safety and wellbeing of each participant using GoSport Activity Centre is paramount.

GoSport Activity Centre aims to ensure that all lessons are carried out in a safe environment

Safeguarding processes are intended to put in place measures that minimise harm to children and adults and risk.

This policy aims to ensure that all persons using the GoSport Activity Centre services can do so safely within child safeguarding standards and UK law.

GoSport Activity Centre is familiar and works in line with Keeping Children Safe in Education.

## Safeguarding policy including child protection measures

- All GoSport Activity Centre full time employees, as a minimum, will complete safeguarding training. This must be refreshed every two years to enable them to recognise signs of potential abuse and neglect. All staff will be alert to the basic signs of abuse, be that physical, sexual, emotional or neglect. They will know the GoSport Activity Centre processes and to whom they should refer concerns or suspicions to.
- All seasonal staff are subject to safeguarding training. Regular providers will be instructed to complete approved online training and receive face to face walk throughs of GoSport Activity Centre's processes.
- All seasonal staff who hold a Paddle UK qualification will be checked through the delivery partner portal which collates safeguarding and first aid qualifications. Anybody not meeting the requirements will not be used.

## Best Practice

### Staff Must:

- Maintain professional boundaries at all times
- Use appropriate, inclusive language
- Treat all participants with equal respect and fairness
- Value and acknowledge participants' contributions
- Communicate clearly and professionally with participants
- Keep all interaction within scheduled session times

### Staff Must Never:

- Use discriminatory or offensive language
- Make improper suggestions to participants
- Send unsolicited communications to participants or parents
- Contact participants through personal social media
- Take photographs of participants under 18 on personal devices
- Meet participants outside scheduled sessions

## Safety and Supervision

### Staff Must:

- Maintain appropriate staff-to-participant ratios
- Follow approved activity protocols
- Ensure proper supervision at all times

Best practice refers to the actions of staff whilst working with or near children and it also refers to the manner in which they communicate with young people. GoSport Activity Centre staff and external coaches will:

- Treat participants fairly and without prejudice or discrimination.
- Always ensure language is appropriate and not offensive or discriminatory.
- Ensure any contact with the participant is appropriate to the role as a coach and confined to the relevant lesson session.
- Be responsible for the selection of the coach and make any reasonable checks to ensure the coach is suitable for the participant (including, if required, reviewing the coach's CRB/DBS certification documentation).
- Always be responsible for the welfare of the participant during the session.
- Do NOT use mobile phones to take photos of those under 18 or in our care.
- Use common sense and best practice especially when 'lone working'.
- Do not make contact or accept contact with anyone that is or was in our care that is under 18, especially on social media platforms.
- Not make any improper suggestions to a participant.
- Not send unsolicited communications to the participant or parent/responsible adult.
- Value and take participants' contributions seriously.
- Record, in written form, any dispute with a participant or parent/responsible adult.
- Record any inappropriate behaviour or illegal activity identified within a lesson by the participant or third party and report this immediately to a responsible adult.
- Ensure that if no parent/responsible adult is present during a lesson/session that the participant is comfortable to continue the session.
- Ensure all staff have sufficient training that complies with Paddle UK Standards.
- GoSport Activity Centre only deploys coaches that are compliant with the Coach Update Scheme.
- Understand that it is their legal responsibility to report any suspected cases of child abuse to the designated safeguarding lead so that the best course of action for that child can be achieved.

## All Staff Responsibilities and Awareness

### All GoSport Activity Centre staff members will:

- Read and understand the safeguarding policy
- Complete mandatory safeguarding training specific to their role, including:
  - Basic safeguarding awareness
  - Online safety in sports and activity settings
  - Specific activity-related safety protocols
  - Recognition of abuse and neglect indicators
- Maintain professional boundaries in all communications with participants and families, including:
  - Using only official GoSport Activity Centre channels for communication
  - Following our social media and online communication guidelines
  - Ensuring appropriate language and content in all interactions
- Create an inclusive and safe environment for all participants, including:
  - Supporting LGBTQ+ young people
  - Accommodating participants with additional needs
  - Respecting cultural and religious differences
  - Maintaining confidentiality where appropriate

### All staff must be aware of:

GoSport Activity Centre's safeguarding framework:

- This safeguarding policy and its procedures
- Staff code of conduct
- Roles of the Designated Safeguarding Leads (Alex Merrifield and Nathan Cole)
- Emergency procedures and reporting mechanisms
- Online safety protocols during activities and sessions

### Early intervention responsibilities:

- Identifying concerning behaviors or signs of abuse
- Reporting procedures for safeguarding concerns
- Documentation requirements for incidents
- Collaboration with external agencies when required

### Recognition and response to:

- Physical, emotional, and sexual abuse indicators
- Neglect signs
- Peer-on-peer abuse
- Online safety concerns
- Exploitation risks (including during activities)
- Domestic abuse impacts
- Radicalisation warning signs
- County lines and serious violence indicators

### Specific safeguarding considerations for activity settings:

- Water safety protocols
- Equipment safety checks
- Supervision ratios
- Emergency response procedures
- First aid requirements

### Understanding that:

- Children can be at risk in various environments (home, activity centre, online)
- Some participants may face multiple challenges simultaneously
- Victims must always be taken seriously and supported appropriately
- Confidentiality protocols must be followed while ensuring appropriate information sharing
- LGBTQ+ young people may face additional vulnerabilities
- Families may need support with multiple issues



## Designated Safeguarding Lead (DSL) Responsibilities

**Core Responsibility** The protection and safeguarding of all participants at GoSport Activity Centre is everyone's responsibility. However, the Designated Safeguarding Lead holds primary responsibility for overseeing all safeguarding matters.

## Key Responsibilities of the DSL

### Policy and Procedure Management:

- Develop and maintain comprehensive safeguarding policies
- Ensure all procedures meet current legislation
- Keep policies accessible to all stakeholders
- Regular review and update of procedures
- Maintain emergency response protocols

### Training and Development:

- Coordinate staff safeguarding training and deliver regular updates and briefings
- Ensure qualification compliance and maintain training records

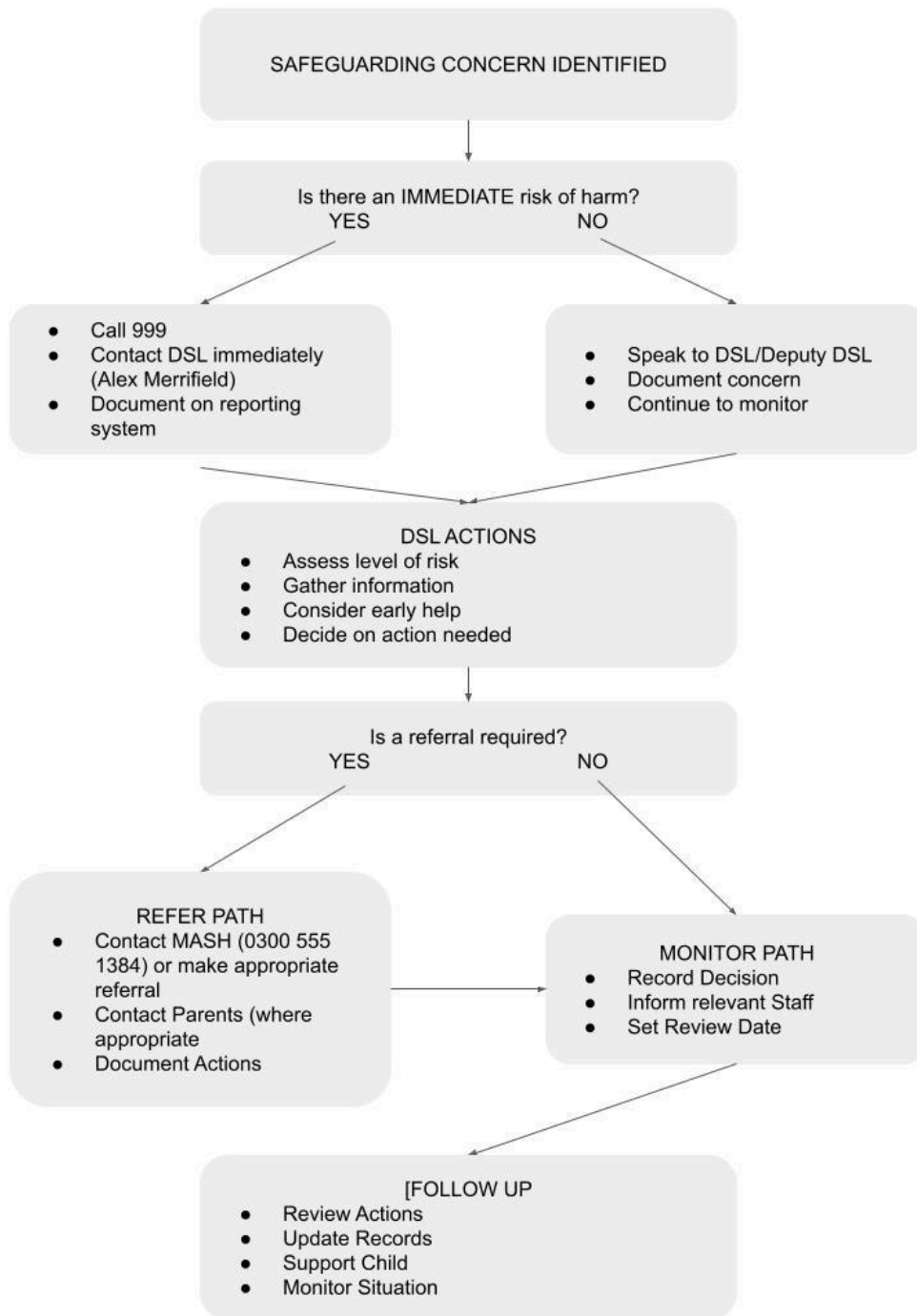
### Documentation and Record Keeping:

- Maintain confidential records
- Document all concerns raised and track action outcomes
- Store records securely
- Conduct regular audit of documentation



## Responding to Safeguarding Concerns at GoSport Activity Centre

### Safeguarding Reporting Flowchart





## 1. Immediate Danger or Risk of Harm

**If a child is in immediate danger or at risk of harm:**

- Call 999 immediately if there is immediate danger
- Make a referral to Hampshire Children's Services without delay
- Inform the Designated Safeguarding Lead (Alex Merrifield) or Deputy (Nathan Cole) as soon as possible.

**Contact Routes for Referrals:**

- Hampshire Children's Services:
- Professional Line: 0300 555 1384
- Out of Hours: 0300 555 1373 • Online Referral: Via Hampshire MASH (Multi Agency Safeguarding Hub) web form • Police Non-emergency: 101

All referrals must be documented in GoSport Activity Centre's secure safeguarding records system.

## 2. Handling Disclosures

If a child discloses a safeguarding concern during an activity or session:

**DO:**

- Remain calm and listen carefully
- Give the child your full attention
- Reassure them they've done the right thing by telling you
- Explain what will happen next
- Make notes as soon as possible using the child's exact words
- Report immediately to the DSL

**DON'T:**

- Promise to keep secrets
- Ask leading questions
- Show distress or shock
- Delay reporting the disclosure
- Discuss with anyone other than designated safeguarding staff

Remember that children may:

- Find it difficult to disclose during activities
- Need time to build trust
- Have communication barriers
- Feel vulnerable in an activity setting

## 3. FGM (Female Genital Mutilation)

**All staff must be aware that:**

- FGM is illegal in the UK
- There is a mandatory duty to report known cases of FGM in under 18s



- Activity settings may notice physical indicators during sports/swimming activities

**If FGM is disclosed or discovered:**

- The staff that discovered or had FGM disclosed **must** Call 101 immediately (mandatory for regulated activity providers)
- Report to DSL who will Contact Hampshire Children's Services
- Document all actions taken

## 4. Managing Concerns

If you have concerns about a child's welfare:

**Immediate Steps:**

1. Consult with DSL (Alex Merrifield)
2. Document your concerns using GoSport Activity Centre's reporting system
3. Follow DSL guidance on next steps

**Early Help:**

- For non-urgent concerns, consider Early Help Assessment
- Contact Hampshire Early Help Hub
- Work with partner agencies as directed by DSL

**Escalation Process:**

1. Initial concern reported to DSL
2. DSL assesses and determines action needed
3. Referral to appropriate agency if required
4. Follow-up and monitoring
5. Escalation if situation doesn't improve

## Allegations Against Staff in Positions of Trust at GoSport Activity Centre

### 1. Initial Response to Allegations

When an allegation is made against a staff member, instructor, or volunteer, the following steps must be taken:

**Immediate Actions:**

- The DSL (Alex Merrifield) or Deputy DSL (Nathan Cole) must be informed immediately
- Basic fact-finding will be conducted to establish initial details
- All actions and decisions must be documented with times and dates
- Hampshire LADO (Local Authority Designated Officer) must be contacted within one working day

## 2. Management of Allegations

### The DSL will:

- Contact Hampshire LADO (01962 876364) to discuss the allegation and agree actions
- Consider immediate safeguarding measures, including:
  - Adjustment of activity duties
  - Supervision requirements
  - Equipment and facility access
  - Contact with participants

## 3. Investigation Process

### Initial Assessment:

- Evaluate immediate risk to participants
- Consider whether activities need to be suspended
- Assess if police/social services involvement is required
- Document all decisions and rationale

### Communication Protocol:

- Inform the accused staff member as soon as possible after LADO consultation
- Maintain confidentiality throughout the process
- Provide designated point of contact for the staff member
- Ensure appropriate support is available

## 4. Suspension and Alternative Arrangements

### Consider:

- Whether suspension is necessary to protect participants
- Alternative arrangements such as:
  - Additional supervision
  - Restricted duties
  - Modified activity schedules
  - Different location within the centre

## 5. Support Measures

### For the Accused:

- Assign a named support contact
- Provide access to counselling services
- Maintain regular communication
- Offer occupational health referral if needed

#### **For Participants/Families:**

- Inform parents/carers as agreed with LADO
- Maintain confidentiality
- Provide appropriate support
- Continue regular communication about their child only

### **6. Referral Requirements**

#### **Make referrals to:**

- DBS (Disclosure and Barring Service) if person is removed from regulated activity
- Sport England/Governing Bodies as required
- Professional associations where applicable

### **7. Record Keeping**

#### **Maintain secure records of:**

- All allegations made
- Actions taken and decisions made
- Risk assessments
- Communications with all parties
- Final outcomes

### **8. Outcomes and Actions**

#### **Following investigation:**

- Record all decisions and rationale
- Implement any required changes to procedures
- Review safeguarding measures
- Update training if needed
- Consider lessons learned

## **Tackling extremism and radicalisation**

This policy is intended to provide a framework for dealing with issues relating to vulnerability, radicalisation and exposure to extreme views. Through implementation of this policy we hope to achieve the following:

- All staff will have an understanding of what radicalisation and extremism are and why there is the need to be vigilant during sessions.
- All staff will understand the policy for tackling extremism and radicalisation and will follow the policy guidance when issues arise.
- All children will understand the dangers of radicalisation and exposure to extremist views.
- All parent(s)/guardian(s) will know that the policies are in place to keep children safe from harm and that GoSport Activity Centre regularly reviews its systems to ensure they are appropriate and effective



Radicalisation is defined as the act or process of making a person more radical or favouring extreme or fundamental changes in political, economic or social conditions, or institutions or habits of the mind.

Extremism is defined as the holding of extreme political or religious views.

There are a number of behaviours which may indicate a child is at risk of being radicalised or exposed to extreme views. These include:

- Day-to-day behaviour becoming increasingly centred on an extremist ideology, group or cause.
- Loss of interest in other friends and activities not associated with the extremist ideology, group or cause.
- Changing their style of dress or personal appearance to accord with a particular extremist ideology, group or cause.
- Possession of materials or symbols associated with an extremist ideology, group or cause.
- Attempts to recruit others to the extremist ideology, group or cause.
- Communications with others that suggest identification with an extremist ideology, group or cause.
- Using insulting or derogatory names for another ideology, group or cause group.
- An increase in prejudice-related incidents committed by that person – these may include:
  - Physical or verbal assault.
  - Provocative behaviour.
  - Damage to property.
  - Derogatory name calling.
  - Possession of prejudice-related materials.
  - Refusal to cooperate.
  - Condoning or supporting violence towards others.

It is important to be vigilant and remain fully informed about the issues which affect the local areas, cities and society in which GoSport Activity Centre operates. Staff and coaches are reminded to suspend any 'professional disbelief' that instances of radicalisation 'could not happen here' and to be 'professionally inquisitive' where concerns arise, referring any concerns to the Designated Safeguarding Lead.

Early intervention is vital and staff must be aware of the established processes to refer concerns about an individual(s) and/or an extremist ideology(s), group(s) or cause(s). GoSport Activity Centre staff must have the confidence to challenge, intervene, and ensure that strong safeguarding practices are based on the most up-to-date guidance and best practice. The DSL for GoSport Activity Centre will discuss the most appropriate course of action on a case-by-case basis and will decide when a referral to external agencies is needed.

## Child Sexual Exploitation

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.

- Children may be exploited by an individual, several individuals working as an organised group, or by a gang.
- Grooming is the process of 'preparing' a boy or girl for a sexual purpose. Grooming is often slow and subtle, continuing for several weeks or months and lulling the child into a false sense of security. It always involves manipulation and deceit.
- Two types of grooming are recognised: street grooming which occurs in the community, and online grooming using technology including the internet and mobile phones.

It can be difficult to identify children and young people who are at risk of sexual exploitation and attempts to explain the risks to the child may be met with derision and hostility. By the time the child realises the reality of the 'relationship' they may have been seriously sexually, physically and psychologically abused, threatened with the distribution of indecent photographs or videos of their abuse and warned that they will put themselves or their family in danger if they speak out. Unsurprisingly, the child will be unwilling to disclose their abuse, particularly to people in positions of authority such as teachers, social workers or police officers.

GoSport Activity Centre's staff are in daily contact with children for short periods of time through sessions such as public tasters or for longer time frames within the holiday camp provision. Through this, they play an important role in keeping children safe and supporting them when things go wrong. To help keep children safe from sexual exploitation and grooming, GoSport Activity Centre will:

- Raise staff awareness of sexual exploitation and grooming.
- Help parent(s)/guardian(s) to understand the issue if a concern is raised.
- Promote healthy and safe relationships.

## Procedure for reporting

GoSport Activity Centre staff should report any concern about underage sexual activity to the Designated Safeguarding Lead who will decide on the most appropriate course of action.

Camp staff who are approached by a child wishing to discuss sexual matters must make it clear to the young person that they cannot guarantee confidentiality but will act in the young person's best interests.

## Female Genital Mutilation

Female Genital Mutilation (FGM) comprises of all procedures involving partial or total removal of the external female genitalia or other injury to the female genitals whether for cultural or non-therapeutic reasons.

GoSport Activity Centre takes proactive action to protect and prevent girls from being forced to undertake FGM by:

- Having a robust attendance policy that identifies any unexplained absences,

- Giving FGM training to the Designates Safeguarding team with disseminated training for all staff.

#### **Indications that a child is at risk of FGM**

- The family comes from a community that is known to practice FGM
- A child might express anxiety about a special ceremony
- In conversation a child might talk about FGM
- The child might talk about anxieties about upcoming holidays to their country of origin.

If a staff member suspects that a child is a victim of FGM it is their responsibility to raise the concern with the Designated Safeguarding Lead who will provide advice.

All interventions should be accurately recorded and any referrals are to follow the local authority's safeguarding procedure.

## **Self-Harm**

Self-harm is any behaviour where the intent is to deliberately cause harm to one's own body for

example:

- Cutting, scratching, scraping or picking skin
- Swallowing inedible objects
- Taking an overdose of prescription or non-prescription drugs
- Swallowing hazardous materials or substances
- Burning or scalding
- Hair-pulling
- Banging or hitting the head or other parts of the body

#### **Risk Factors**

Several factors can contribute to making a child vulnerable to self-harm: individual factors such as:

- Depression / anxiety
- Poor communication skills
- Low self-esteem
- Poor problem-solving skills
- Hopelessness
- Impulsiveness
- Drug or alcohol abuse

#### **Family Factors:**

- Unreasonable expectations
- Neglect or physical, sexual or emotional abuse
- Poor parental relationships and arguments
- Depression, self-harm or suicide in the family

#### **Social Factors:**

- Difficulty in making relationships / loneliness
- Being bullied or rejected by peers

GoSport Activity Centre staff may become aware of warning signs which indicate a child is experiencing difficulties that may lead to thoughts of self-harm or suicide. These warning signs should always be taken seriously and staff observing any of these warning signs should seek further advice from one of the designated safeguarding team.

Possible warning signs include:



- Changes in eating / sleeping habits (e.g. children may appear overly tired if not sleeping well)
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood e.g. more aggressive or introverted than usual
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing

Any member of staff who is aware of a child engaging in, or suspected to be at risk of engaging in, self-harm should consult one of the designated safeguarding team.

Following the report, the designated safeguarding team member will decide on the appropriate course of action.

This may include:

- Contacting parents / carers
- Arranging professional assistance e.g. doctor, nurse, social services
- Immediately removing the children from activities if their remaining on camp is likely to cause further distress to themselves or their peers
- In the case of an acutely distressed child, the immediate safety of the child is paramount and an adult should remain with the child at all times.
- If a child has self-harmed whilst attending GoSport Activity Centre a first aider should be called for immediate help.

If staff are aware of a child self-harming or a child on camp has spoken about self-harming, even if it is regarding a sibling, friend or parent, It is important to encourage the child to talk. They must be reassured that they are not in trouble; friends can worry about betraying confidence, so they need to know that self-harm can be very dangerous and that by seeking help and advice for a friend they are taking responsible action and being a good friend. They should also be aware that their friend will be treated in a caring and supportive manner.

The peer group of a young person who self-harms may value the opportunity to talk to a member of staff either individually or in a small group. Any member of staff wishing for further advice on this should consult one of the GoSport Activity Centre designated safeguarding team.

All coaches within GoSport Activity Centre have a responsibility to familiarise themselves with the Safeguarding Policy and the policy will be available for all participants on request.

## **Toilet Policy – Buddy System**

When young people need to go to the toilet, they must use the designated toilets that are allocated to the childcare provision. When it is necessary for staff members to escort a young person to the toilet the child must take a 'buddy' to go with them – this is to safeguard staff and young people. When staff members escort young people to the designated toilets they must follow best practice and remain open and transparent at all times.

## Low-Level Concerns

### Definition of Low-Level Concerns

A low-level concern is any behavior by a staff member, instructor, or volunteer that:

- Creates a sense of unease or discomfort about their conduct with participants

- Falls below our expected professional standards but doesn't meet LADO referral threshold
- Causes a 'nagging doubt' about their suitability to work with children

### Examples of Low-Level Concerns in Activity Settings:

- Being overly familiar with participants
- Showing favoritism during activities or sessions
- Taking unauthorised photographs during activities
- Meeting participants outside of structured activities
- Unnecessary physical contact during instruction
- Using inappropriate language or humor
- Sharing personal contact details with participants
- Using personal social media to communicate with participants
- Conducting 1:1 sessions without proper oversight

### Creating a Culture of Openness

At GoSport Activity Centre, we promote:

- Open dialogue about concerns
- Clear understanding of appropriate behavior
- Confidence in reporting minor issues
- Support for staff who self-refer

### Reporting Low-Level Concerns

Staff should:

- Report concerns immediately to DSL (Alex Merrifield)
- Document specific details and context
- Maintain confidentiality
- Feel confident to self-refer if needed

The reporting process:

- Verbal report to DSL
- Written record of concern
- Review of circumstances
- Documentation of outcomes

### Response to Low-Level Concerns

**When a concern is raised, the DSL will:**

- Speak directly with the person raising the concern
- Gather information from witnesses if necessary
- Discuss with the staff member involved
- Document all conversations
- Determine appropriate action

**Actions may include:**

- Additional training
- Closer supervision
- Modification of duties
- Updated procedures
- Formal warning if necessary

### Record Keeping

All low-level concerns will be recorded including:

- Details of the concern
- How it was reported
- Actions taken
- Rationale for decisions
- Follow-up measures

**Prevention Strategies:**

- Clear activity protocols

- Regular staff supervision
- Structured session planning
- Open communication channels

## Recognising Signs of Abuse

[Bullying and cyberbullying](#)

[Child sexual exploitation](#)

[Child trafficking](#)

[Criminal exploitation and gangs](#)

[Domestic abuse](#)

[Emotional abuse](#)

[Female genital mutilation](#)

[Grooming](#)

[Neglect](#)

[Non-recent abuse](#)

[Online abuse](#)

[Physical abuse](#)

[Sexual abuse](#)

## What are the signs?

### Neglect

#### Physical Indicators:

- Consistently dirty or unkempt appearance
- Inappropriate clothing for activities (e.g., no swimwear, inadequate winter clothing)
- Medical or dental issues left untreated
- Constant hunger or tiredness
- Frequent lateness or non-attendance to sessions

#### Behavioral Signs:

- Stealing or hiding food
- Poor social relationships with peers
- Compulsive scavenging
- Reluctance to get changed for activities
- Mentions being left alone or unsupervised

#### Activity-Specific Signs:

- Repeatedly without suitable clothing/equipment for sessions
- Parents/carers consistently late for pickup
- Lack of proper hydration or water bottle

### Domestic Abuse

#### Physical Indicators:

- Unexplained injuries

- Wearing long sleeves even in hot weather
- Flinching when approached
- Appearing tired or sleep deprived

#### **Behavioral Signs:**

- Anxiety about going home
- Aggressive behavior or severe tantrums
- Depression or withdrawal
- Excessive worry about siblings or parents

#### **Activity-Related Signs:**

- Sudden changes in attendance patterns
- Reluctance to leave after activities
- Unusual anxiety when parent/carer is late
- Over-protective of siblings during sessions

## **Sexual Abuse**

#### **Physical Indicators:**

- Difficulty walking or sitting
- Pain or itching in genital/anal area
- Bloodstained or torn clothing
- Unexplained physical symptoms
- Pregnancy in younger girls

#### **Behavioral Signs:**

- Sexual knowledge beyond age level
- Sudden changes in behavior
- Fear of certain people or places
- Running away from home

#### **Activity-Specific Signs:**

- Reluctance to participate in physical activities
- Uncomfortable with changing or showering
- Excessive fear of physical contact during activities
- Inappropriate sexual behavior during sessions

## **Physical Abuse**

#### **Physical Indicators:**

- Unexplained bruises, burns, or marks
- Injuries in unusual places
- Injuries that reflect shape of an object
- Multiple injuries at different stages of healing

#### **Behavioral Signs:**

- Excessive fear of adults
- Aggressive or withdrawn behavior
- Wearing long sleeves in hot weather
- Flinching when approached

#### **Activity-Specific Signs:**

- Reluctance to participate in physical activities
- Fear of accidental touching
- Excessive fear of injury during activities
- Unusual explanations for injuries

## Emotional Abuse

### Physical Indicators:

- Speech disorders
- Delayed physical development
- Substance abuse
- Self-harm

### Behavioral Signs:

- Low self-esteem
- Excessive fear of making mistakes
- Extreme withdrawal or aggression
- Depression or anxiety

### Activity-Specific Signs:

- Unable to accept praise or recognition
- Excessive fear of failure during activities
- Extreme reactions to criticism
- Difficulty participating in group activities

Revision	Date of Review	Review Carried out by:	Comments
A	01/03/2021	Nathan Cole	<ul style="list-style-type: none"> <li>• Initial Publication</li> </ul>
B	01/02/2022	Alex Merrifield	<ul style="list-style-type: none"> <li>• Update to latest Keeping Children Safe in Education Guidance</li> </ul>
C	04/11/2023	Nathan Cole	<ul style="list-style-type: none"> <li>• Review, edited business address and addition of revision table</li> </ul>
D	28/12/2024	Alex Merrifield	<ul style="list-style-type: none"> <li>• Review due in line with latest KCSIE</li> <li>• Review in Line with DSL Training</li> <li>• Titled document v5</li> </ul>