



SAFEGUARDING GUIDANCE

REPORT CONCERNS IMMEDIATELY

Suspensions and allegations must be reported to:

- **NSPCC Helpline – 0808 800 5000**
- **Local Police**

Cheerleading reaches a broad audience of all ages and can have a very powerful, positive influence on everyone involved.

Cheerleading brings opportunities for success, enjoyment and achievement, in addition to personal and social development of positive life skills.

Cheerleading develops self-esteem, leadership qualities, team work and contributes to a healthy lifestyle.

Cheerleading can provide young people with a role model and trusted adult guidance.

All Cheerleading activities should be fun, friendly, safe and positive places for everyone involved.

Clubs & Coaches should ensure that:

- The welfare of the individual is paramount
- Individuals, regardless of age, gender, class, creed, culture, race or physical limitations have a right to protection from abuse
- All suspicions and allegations of abuse and poor practice are taken seriously and responded to swiftly and appropriately
- All staff either paid or unpaid have a responsibility to report concerns to the appropriate officer

If an individual says or indicates that they are being abused, then it is important to follow these points:

- **STAY CALM** so that you do not frighten the individual
- **REASSURE** the individual that they are not in trouble or to blame
- **LISTEN** carefully to what individual is saying
- **KEEP QUESTIONS TO A MINIMUM** as the law is very strict and abuse cases have been dismissed where it is felt that the individual has been led or words and ideas have been suggested during questioning. Only ask questions to clarify, do not use leading or probing questioning
- **REPORT AND RECORD** information to the Club Safeguarding/Welfare Officer and ensure that the report is detailed and accurate. Record the date, time, setting, any names mentioned and ensure that the records are signed and dated
- **NEVER** promise that what they tell you can be kept a secret, explain that you have a responsibility for their safety and therefore have to tell someone who can help them and that they are not alone
- **SAFETY OF THE INDIVIDUAL** is paramount. Ensure they are safe. If they require medical treatment, then call an ambulance and ensure the health professionals are aware this is a possible Safeguarding issue

GOOD PRACTICE

At all times Coaches and Volunteers must ensure that they demonstrate good practice and exemplary behaviour in order to promote welfare and reduce the likelihood of allegations being made.

The following principles should be demonstrated.

- **All Coaches and Volunteers MUST have a DBS certificate**
- **Ensure all Volunteers are carefully selected and DBS certificates checked**
- **Make the experience of Cheerleading fun and enjoyable**
- **Treat individuals equally with respect and dignity and always put their welfare first**
- **Promote fairness, confront and deal with bullying**
- **Always work in an open environment**
- **Avoid private or unobserved situation and encourage open communication with no secrets**
- **Maintain a safe and appropriate distance with all children or vulnerable young adults**
- **It is not appropriate for Coaches or Volunteers to have an intimate relationship with children or vulnerable young adults**
- **Avoid unnecessary physical contact with children or vulnerable young adults. Where any form of manual/physical support is required, it should be provided openly and with the consent of the individual. Physical contact can be appropriate so long as it is neither intrusive nor disturbing and the individual's consent has been given**
- **Involve Parents/Carers wherever possible. For example, where individuals need to be supervised in changing rooms**
- **Parents/Carers should take responsibility for their participant and if groups have to be supervised in changing rooms, always ensure Coaches and Volunteers work in pairs**
- **Request written Parental/Carer consent if Club Coaches/Volunteers are required to transport children or vulnerable adults in their cars**
- **Gain written Parental/Carer consent for any significant travel arrangements**

- **Ensure that if mixed teams are taken away, they should be accompanied by male and female Coaches/Volunteers**
- **Always give constructive enthusiastic feedback rather than negative criticism**
- **Ensure the Safeguarding Policy is communicated to all Coaches, Volunteers, Parents, Carers and individual participants**
- **Ensure that any videoing or photography of the individual is pre-arranged**
- **Avoid children and vulnerable adults having to share changing facilities with adults. Ensure they are chaperoned by a person with a DBS certificate**
- **When supporting children or vulnerable adults who have a disability, ensure their support needs to participate is documented and the necessary physical contact needed. Ensure good communication with the child or vulnerable adult explaining what you are doing and give choices where possible, particularly if you are involved in their dressing and undressing**
- **Ensure good documentation of all accidents, injuries and incidents using appropriate documentation**
- **All children and vulnerable people who are not being supervised by their parents must be supervised by a suitable chaperone that has a DBS certificate**