

Safeguarding Vulnerable Adults in Sports and Physical Activity

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Special Olympics





My journey so far.....

Inclusion in Sport and safeguarding vulnerable adults - creative means to support people to access sport and activity (removing the barriers), and the safeguarding considerations that may be needed.

Benefits of inclusion in sport and activity as part of safety plans for people with care and support needs.



What is Safeguarding in Sport and Activity?

Safeguarding in sport is the process of protecting children and adults from harm by providing a safe space in which to play sport and be active.

Everyone has a role to play in keeping others safe and people should know what to do if they have any concerns. (Sport England)

What is Safeguarding in Sport and Activity?



Sports Participants Perspectives:

Safeguarding is “feeling safe while having fun” and “speaking out if you’ve been abused”.

On a practical level it is “knowing who’s in charge”, “knowing you’re being listened to”, being informed about how sessions work and “being understood by people in charge”.

Tricky situations might include not being told there’s a fire alarm test, or that there will be a change in the regular routine.

They might also include your parents/carers being late to collect you, or being bullied by a coach, another athlete or a parent

What is Safeguarding in Sport and Activity?



People in tricky situations could tell police, parents, carers, social workers, coaches, friends, doctors or nurses. This should be confidential, and people should be told how their query is being dealt with and should “know that it is being taken seriously”.

If they are spending time away from home, people need to feel they are being kept safe at events.

Tricky situations can be minimised by:

- Looking out for each other.
- Knowing what’s right and appropriate for you.
- “Avoiding situations you know may get violent or upsetting.”
- Communicating any personal care needs beforehand.

What is Safeguarding in Sport and Activity?



Some **good** practices are:

- Having rules and codes of conduct.
- Teamwork, and having defined roles and responsibilities.
- Giving simple guidelines from the start.
- Trying not to be over familiar, and not sharing rooms inappropriately at events.

Some **poor** practices are:

- Not checking facilities are fully accessible, and not having appropriate clothing.
- “If coaches shout and throw things, and there’s physical abuse.”
- Poor training, or not enough training on keeping people safe.

What is Safeguarding in Sport and Activity?



Staff Perspectives

- Safeguarding is everyone's business. Coaches and volunteers should know what is good practice, and who to contact for advice.
- Well-written policies and guidelines should be in place. "Make it visible, don't put them away in a drawer".
- Practical steps should be taken to prevent 'tricky situations' e.g.. "not finding yourself 1-1 in changing room".
- Up to date qualifications and DBS checks are vital. We should work with wider organisations for support and guidance, as well as for relevant training.
- Everybody has a responsibility to keep people safe. We should respect and look out for each other, and we should not use a position of 'power' to manipulate.
- Practical steps are required for checking equipment, reviewing how things

Six Principles of Adult Safeguarding



The principles set out by The Care Act that underpin the safeguarding of adults.

Empowerment

People are supported and encouraged to make their own decisions and informed consent.

“I am asked what I want as the outcomes from the safeguarding process and this directly inform what happens.”

Prevention

It is better to take action before harm occurs.

“I receive clear and simple information about what abuse is. I know how to recognise the signs, and I know what I can do to seek help.”

Proportionality

The least intrusive response appropriate to the risk presented.

“I am sure that the professionals will work in my interest and they will only get involved as much as is necessary.”

Safeguarding Resources **ann craft trust**

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for Sports and Activity Organisations

Essential safeguarding resources for all organisations including sports and activity clubs, groups and bodies. This has essential safeguarding information including:

[Why does my organisation need a safeguarding policy and procedures?](#)

[The difference between safeguarding adults and safeguarding children policies](#)

[Capacity and decision making](#)

[Safe recruitment practices](#)



- Safeguarding Adults – The Essential Guide for Sport and Activity
- Safeguarding Adults in Sport Resource Pack
- Safeguarding Adults in Sport Framework

Six Principles of Adult Safeguarding



Protection

Support and representation for those in greatest need.

“I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want.”

Partnership

Services offer local solutions through working closely with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse.

“I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me.”

Accountability

Accountability and transparency in delivering safeguarding.

“I understand the role of everyone involved in my life and so do they.”

Safeguarding Adults in Sport and Activity Resources Pack



Section 1: Background

- Safeguarding adults: terminology & acronyms – Why your organisation needs a safeguarding policy and procedures
- Setting the scene for safeguarding adults – Safeguarding adults at risk: definitions
- Six Principles of Safeguarding – Why have a different safeguarding policy for children and adults?
- Making Safeguarding Personal – Who Might Abuse Adults? – Types of harm
- Safeguarding issues faced by sport and physical activity organisations – Capacity – Making Decisions

Section 2: Policies and Procedures

- Creating a process to respond, record, report and refer – Tips for writing and implementing your safeguarding adults policy and procedure document – Safe recruitment process – Organisation evaluation and action planning

Section 3: Information and Advice

- Relevant legislation and government initiatives – Directory of organisations and useful contacts
- Guide to common conditions – Safeguarding adults in sport policy and procedures templates.

The Safeguarding Adults in Sport Framework



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- This online tool supports all sports organisations to implement best practice in safeguarding adults.
- Safeguarding adults is a responsibility for every sport and physical activity organisation. So getting this right will ensure a wider participation in sport and activity, and ensure safe access for everyone.
- The Safeguarding Adults in Sport Framework - to develop standards for safeguarding adults in the sport and activity sector. Establish and promote best practice to support continual development.
- It's an online tool for sports and activity organisations. It contains six themes.
- Each theme contains several criteria that require you to submit evidence indicating where and how you meet them.



Safeguarding for Sports and Activity Organisations Courses

They offer sports clubs, regional sports and activity organisations and National Governing Bodies safeguarding training across all levels of their organisation.

- Introduction to Safeguarding Adults in Sport – One Hour Team Training
- The Safeguarding Adults in Sport Framework
- Safeguarding Adults in Sport & Activity Training: Level 1
- Safeguarding Adults in Sport & Activity Training: Level 2
- Safeguarding Adults in Sport & Activity Training: Level 3
- Safeguarding Adults in Sport & Activity Training: Level 4

Safeguarding Adults in Sport & Activity Training:

Level 1:

This provides an awareness of safeguarding adults at risk in sport and activity for anyone within a sport or activity organisation.

This three-hour course aims to provide awareness of safeguarding adults at risk in sport and activity for anyone within a sport or activity organisation.

Level 2:

This covers the essentials for safeguarding adults at risk in sport and activity for anyone with direct responsibility for a participant's welfare.

This three hour course aims to cover the essentials for safeguarding adults at risk in sport and activity for anyone working with and having direct responsibility for a player's welfare. With a range of training methods, we work with your organisation to develop courses that are directly relatable to day-to-day experiences of coaches and volunteers

Safeguarding Adults in Sport & Activity Training:



Level 3:

This covers safeguarding adults at risk in sport and activity for Safeguarding Leads & Welfare Officers.

This one-day course aims to cover safeguarding adults at risk in sport and activity responsibilities for Safeguarding Leads & Welfare Officers. It will explore best practice, the law and how to support implementing safeguarding policies.

Level 4:

This covers safeguarding adults at risk in sport and activity for Board Members and Senior Management.

This 3 hour course aims to cover safeguarding adults at risk in sport and activity responsibilities for Board Members and Senior Management. It explores safeguarding legislation, safeguarding 'referral' processes, disciplinary processes, best practice and how to support implementing safeguarding policies.

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<https://www.anncrafttrust.org/safeguarding-adults-sport-activity/>

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