BRIGHTON MITRE CC

Universal Safeguarding Policy and Procedures
Adults, Children and Young People
2026

Contents

	Page
Safeguarding Policy Statement	
1. Mandatory Safeguarding Requirements	3
2. Recruitment and Training of Staff and Volunteers	4 - 5
3. Complaints, Concerns and Allegations	5 - 9
Flow Chart 1: Dealing with concerns (children)	7
Flow Chart 2: Dealing with concerns (adults)	10
4. Good Practice Guidelines	11 - 13
5. Anti-Bullying Procedures	13 - 14
6. Individuals at increased risk of abuse	14
7. Useful contacts	15 - 16
8. Categories of Abuse	16 - 17
9. Poor Practice in Sport	17

BRIGHTON MITRE CC

Universal Safeguarding

INTRODUCTION

Brighton Mitre CC is committed to ensuring that everyone participating in cycling does so in a safe and enjoyable environment.

Brighton Mitre CC recognises the policies of the National Governing Body, as set out in British Cycling Safeguarding Policies.

These policies and supporting procedures set out a framework to fulfil our commitment to good practice and the protection of adults, children and young people.

Harm can occur in any environment and to anyone. Those having regular contact with children, in particular, have a key role in putting the welfare of participants first, adopting practices that protect them and supporting them.

OBJECTIVE

The overall aim of the policy is to ensure that everyone participating in the sport does so in a safe environment that supports everyone to reach their goals and full potential.

KEY PRINCIPLES

- The welfare of children, anyone under 18 years of age, is paramount.
- Brighton Mitre CC recognises the authority of the statutory agencies, legislation and statutory guidance which supersedes these. BRIGHTON MITRE CC recognises key legislation including Working Together Act 2023, Mental Capacity Act 2005 and the Care Act 2014.
- Brighton Mitre CC owes a legal duty of care to all, especially children, engaged in our activities. That duty is to take reasonable care to ensure their reasonable safety. Brighton Mitre CC recognises that this duty is higher for children than it is for adults.
- Brighton Mitre CC recognises that there is a legal framework within which sports need to work to safeguard adults who have needs for care and support and for protecting those who are unable to take action to protect themselves. We will act in accordance with the relevant safeguarding adult legislation and with local statutory safeguarding procedures. Actions taken by Brighton Mitre CC will ensure action taken is prompt, proportionate, includes and respects the voice of the adult concerned and is consistent with all principles of adult safeguarding.
- Everyone, regardless of their Age, Race, Religion or Belief, Disability, Gender identity or Sexual Orientation, has 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.
- Everyone will work in partnership to promote the welfare, health and development of all.

Brighton Mitre CC will work to promote the principles of safeguarding by:

- Reviewing policy and procedures every three years or whenever there is a major change in legislation or a significant organisational change.
- Using appropriate recruitment procedures to assess the suitability of volunteers and staff in line with guidance from British Cycling.
- Ensuring that those working or volunteering regularly in regulated activity with children complete a DBS check through British Cycling. Coaches and Club Welfare officers are required to have completed British Cycling safeguarding training (renewed every 3 years).
- Following procedures to report welfare concerns and allegations. Ensuring that all staff, volunteers, officials, parents, participants and members, 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 (e.g. those with additional needs, looked after children, those with communication differences), ensuring that the environment is appropriate for the individual and tailored to their needs.
- Reassuring parents and carers that all children and young people will receive the best care possible whilst participating in club activities. Ensuring that children and their parents/carers are informed and consulted and, where appropriate, fully involved in decisions that affect them.
- Ensuring that the principles of adult safeguarding are upheld, including respecting the rights and dignity of all involved, being proportionate with actions taken, and that, as much as possible, the voice of the adult is included in decision making.
- Cooperating with Police and relevant Local authorities where necessary including sharing information with appropriate bodies such as the Disclosure and Barring Service, Police, Social services etc.
- Ensuring board members, staff, officials and volunteers understand their role and responsibilities regarding safeguarding and are adequately trained.

1. Mandatory Safeguarding Requirements for Clubs

Brighton Mitre CC will comply with the British Cycling Mandatory Safeguarding Requirements set out below.

- Adopt and implement the British Cycling Safeguarding policies, ensuring that they are understood by all and procedures are put into practice.
- Recruit, appoint, register and arrange for the training of a Club Welfare Officer (CWO) by British Cycling, with a clear role description, who is the designated contact for safeguarding issues.
- Ensure that the 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.
- Ensure that all those working or volunteering with children regularly in Regulated Activity holds a current Disclosure and Barring Service check (DBS) through British Cycling.
- Display and communicate the clubs own Safeguarding Policy Statement where possible.
- Follow the British Cycling reporting procedures, referring concerns and allegations to the British Cycling Safeguarding Team.

2. Recruitment and Training of Staff and Volunteers

2.1 Recruitment

Brighton Mitre CC understands that getting the right volunteers in place is key to a well organised club that can provide a safe and supportive environment. Each volunteer or member of staff working with children on a regular basis, a Disclosure & Barring Service (DBS) check by British Cycling must also be completed.

All volunteers and staff recruited with responsibility for, and significant contact with, children must agree to inform their club if they are subsequently investigated by any agency or organisation in relation to concerns about their behaviour towards children or young people. Brighton Mitre CC will report this to the British Cycling Safeguarding Team, which will advise on the appropriate course of action. In situations where a volunteer does not belong to a club, but is involved with events organised or sanctioned by British Cycling, the individual must directly inform the British Cycling Safeguarding Team of any such investigations.

2.2 Criminal Records Checks

2.2.1 Disclosure and Barring Service (DBS) Checks

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 this through British Cycling. Use of the update service and/or DBS checks through other organisations are not accepted.

If a DBS certificate contains any entries, 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 in to account the Rehabilitation of Offenders Act (1974) and only consider offences which are relevant to the care, supervision and training of children.

If the applicant fails to engage in this process, then Brighton Mitre CC will be informed, and the applicant will be required to cease any involvement in Brighton Mitre CC activities.

British Cycling will not inform Brighton Mitre CC about the details of any offending but we will be informed whether or not the applicant is considered suitable to work with children and young people.

2.3 Training

All staff, volunteers, coaches and officials should be offered access to appropriate safeguarding training Brighton Mitre CC will follow British Cycling's recommendation of 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. For further information see https://www.gov.uk/government/publications/dbs-guidance-leaflets/regulated-activity-with-children

3. COMPLAINTS, CONCERNS AND ALLEGATIONS: Children and young people (under 18s) and adults

Children and young people

3.1 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 Brighton Mitre CC Welfare 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 Brighton Mitre CC Welfare Officer

Please refer to the Flowchart "Dealing with Concerns - Children" below for further details.

3.2 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.

Please refer to the Flowchart "Dealing with Concerns" below for further details.

3.3 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.

3.4 Concerns will be recorded by the club on a Report a Concern Form and sent to the British Cycling Safeguarding Team within 24 hours.

3.5 Brighton Mitre CC will work with British Cycling and other external agencies to take appropriate action where concerns relate to potential abuse or alleged poor practice. Disciplinary procedures will be applied and followed where appropriate.

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

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

3.7 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 (insert word used)?

- Record what the child has said as soon as possible on an incident report form.

Brighton Mitre CC will 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.

Brighton Mitre CC will refer any incidents to British Cycling for advice.

If the British Cycling Safeguarding Team is not available and a delay cannot be justified then Brighton Mitre CC will seek advice from the local Children's Social Care department, the Police or the NSPCC.

3.8 Brighton Mitre CC understand that the **NSPCC Helpline** is available to discuss concerns regarding poor practice and abuse in confidence with members of the public who need support. The Helpline number is 0808 800 5000.

3.9 Safeguarding children and young people requires everyone to be committed to the highest possible standards of openness, integrity and accountability. Brighton Mitre CC 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 (even if their concerns subsequently appear to be unfounded) will be supported.

All concerns will be taken seriously.

3.10 Brighton Mitre CC 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 appropriate disciplinary regulations.

3.11 Brighton Mitre CC are aware that all concerns reported to the British Cycling Safeguarding Team will be referred to the British Cycling Case Management Group who will advise 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.

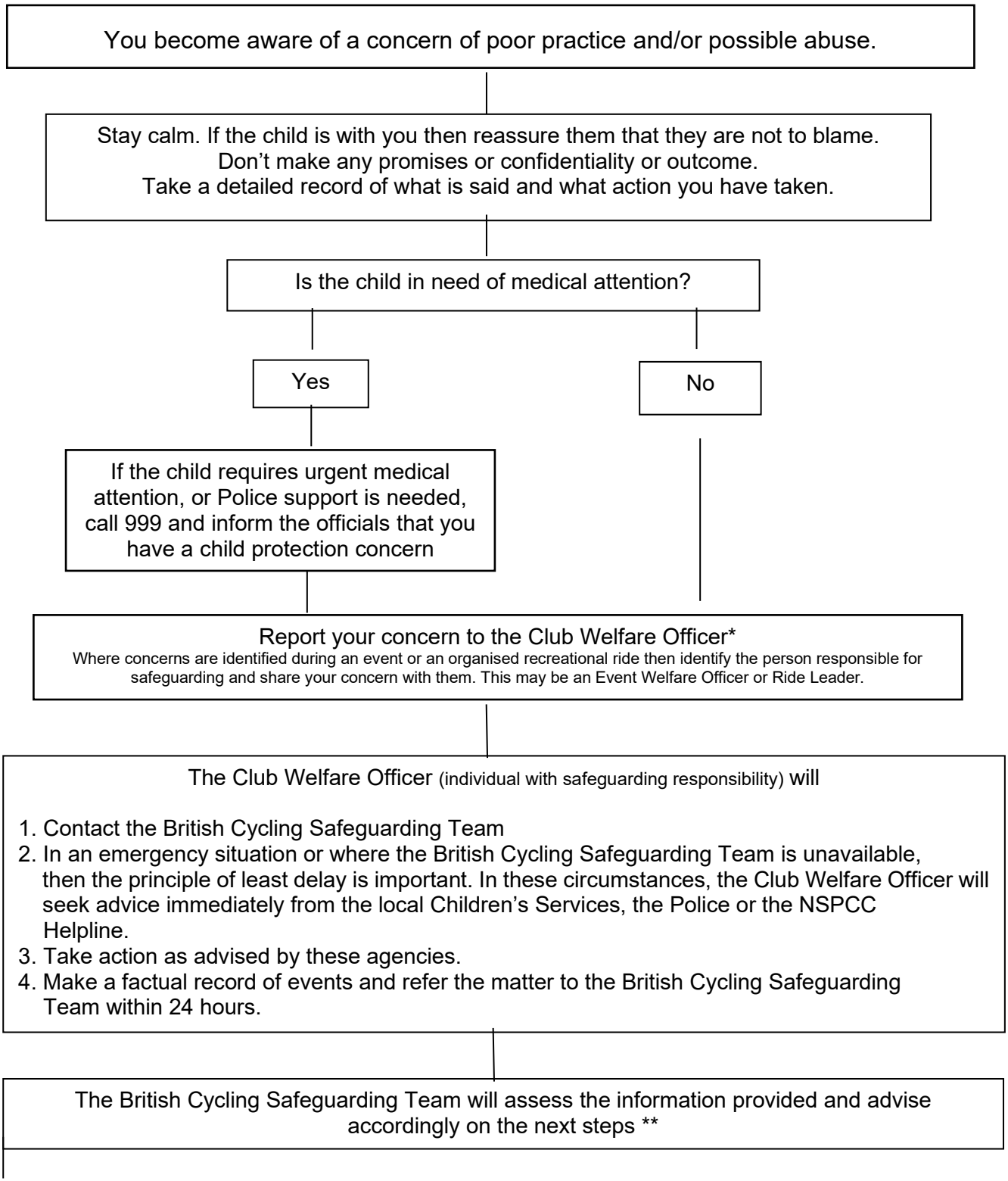
3.12 Details relating to children and young people will be kept on file and secure.

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, 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.

FLOWCHART 1

DEALING WITH CONCERNS – Children



* 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 Safeguarding Team 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 anyone with the British Cycling Safeguarding Team then report your concerns directly to the local Children's Social Care, the local Police or the NSPCC Helpline.

Adults (over 18s)

3.13 If anyone has a concern about the welfare of an adult, if safe to do so, the adult of concern should be spoken to in a safe, private environment. If not safe to do so, advice can be sought from British Cycling Safeguarding team, without giving details about the adult of concern.

3.14 Legislation gives adults (over 18s) the right to make their own choices. The Care Act 2014 sets out 6 key principles for adult safeguarding:

1. Empowerment: supporting and encouraging adults to make their own decisions.
2. Prevention: taking action before harm occurs.
3. Proportionality: responses should be appropriate to the risk that's presented.
4. Protection: support and represent for those at greatest need.
5. Partnership: local services and communities should work together to prevent, detect and report abuse.
6. Accountability: be accountable and transparent in delivery of safeguarding.

It is essential that adults are empowered and that actions are guided by the principles of prevention and proportionality.

3.15

The Mental Capacity Act 2005, states that in almost all circumstances, adults have the right to be involved in safeguarding decisions related to them. Whilst this act gives this right to anyone over the age of 16, British Cycling's Safeguarding Policy requires that all concerns for anyone under 18, the protocol for children and young people should be adhered to.

The MCA states that adults can choose whether they wish for an issue to be referred to British Cycling or other agencies for support. Should they refuse further support, this should be respected unless:

- they lack the mental capacity to make this decision
- it's an emergency, including if there is a threat to life
- there is a risk to others, including children
- the concern involves a serious crime
- the people implicated are in a position of trust or power.

If any of the above apply, a referral to British Cycling must be made. If information needs to be shared without the consent of the adult this should be explained to them, when it is safe to do so, and any further actions should still include them.

3.16

Concerns which an adult consents to share, or that fall into one of the categories listed in 3.16, should be shared with British Cycling via the Report a Concern Form.

If there are any doubts around whether to share information, British Cycling or the Local Authority can be contacted. The situation can be explained without giving personal details about the person causing harm. All concerns will be treated in confidence and on a need-to-know basis.

3.17 Brighton Mitre CC will work with British Cycling and other external agencies to take appropriate action where concerns relate to potential abuse or alleged poor practice. Disciplinary procedures will be applied and followed where appropriate.

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

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

3.19 Brighton Mitre CC 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 appropriate disciplinary regulations.

FLOWCHART 2

DEALING WITH CONCERNS – Adult (over 18s)

If the person makes a disclosure, reassure them that their concern is being taken seriously. Stay calm and allow them to speak freely without judgement.

If you have a concern or spot signs of abuse, and it's safe to speak to the adult, approach them for a private conversation. If it is not safe to do so, you may want to contact British Cycling or the Local Authority for advice (without using personal details).

Does one of the following apply?

- The person lacks the mental capacity to make decisions around their welfare.
- The situation is an emergency, including if there is a threat to life.
- There is a risk to others, including children.
- The concern involves a serious crime
- The person(s) implicated are in a position of trust or power.

Yes

You must make a referral to British Cycling, regardless of whether you have the consent of the individual. When it is safe to do so, you should let the adult know that you are making a referral.

No

You should ask the individual what they would like to happen. If they would like to access support, you or they can make a referral. If they do not want any further action to be taken, you must respect this decision.

Consent gained

The British Cycling Safeguarding Team will assess the information provided and advise accordingly on the next steps.

No consent

The individual can be advised of support services. No further action can be taken.

4. GOOD PRACTICE GUIDELINES

4.1 Emergencies and Incidents

Where children are participating in events or activities, or attending organised coaching sessions, Parental Consent Forms will 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.

Risk assessments should be in place to lessen the risk of injury or harm.

4.2 Supervision

4.2.1 During coaching sessions, coaches will conduct a risk assessment to inform decision making about appropriate supervision levels, especially when working with children.

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 at all sessions that include juniors. This ensures at least basic cover in the event of something impacting on the availability of one of the adults during the activity.

4.2.2 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.

4.2.3 Parents and participants of all ages should be made aware if there is limited changing room space and there may be occasions when adults and children may need to share the facilities (see 4.4.1).

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

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

4.3 Behaviour of adults and children

4.3.1 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.

4.3.2 Brighton Mitre CC requires that all staff and volunteers working with children and adults 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 Brighton Mitre CC in ensuring their welfare is safeguarded.

4.3.3 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.

4.3.4 Physical contact with participants, including children, by coaches or volunteers should always be intended to meet the needs of the individual and the sport, not the coach, staff member or volunteer. For example, to develop technique, to protect the individual 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.

4.4 Changing Rooms

4.4.1 Changing rooms may be used by a number of individuals at events or activities.

When children are attending events and activities, parents will 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.

4.4.2 Members of staff, volunteers, coaches and officials will not shower or change at the same time as children and young people.

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

4.5 Transport

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

4.5.2 Arrangements for transport of junior members may be made in exceptional circumstances, such as team events. Where this is the case, the written permission of the parent of will be sought.

The drivers used will be checked for their suitability to transport and supervise children and their insurance arrangements verified.

Consideration will be given to accident, breakdown and recovery cover.

4.6 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, especially to children and young people.

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

Additional care may be needed regarding internet safety depending on an individual's age, understanding and development. Education around internet/social media safety can be an issue for people of all ages.

5. ANTI BULLYING PROCEDURES

Bullying is behaviour that hurts someone else. It can happen anywhere – in person or online (cyberbullying). It's usually repeated over a long period of time and can hurt an individual both physically and emotionally. Bullying behaviour can often stay confined to 'bullying hotspots', which are locations in a club or venue that might be more secluded or have fewer witnesses, such as changing rooms.

Bullying can take many forms, examples in sport may include:

- Physical – hitting, pushing, kicking or other physical assault
- Verbal abuse – offensive name-calling, insults or gossiping
- Non-verbal abuse – offensive hand signs or text messages
- Racial, sexist or homophobic – racist remarks, sexist jokes or comments, or homophobic, transphobic or gender-related jokes or comments
- Sexual – abusive sexualised name-calling, inappropriate and uninvited touching, or an inappropriate sexual proposition
- Indirect – spreading nasty stories or rumours about someone, intimidation, exclusion from social groups, manipulating or constantly undermining someone

5.1 Brighton Mitre CC believe that every effort must be made to eradicate bullying in all its forms.

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

- Physical
- Verbal
- Emotional

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, carer, coach, child, member of staff, volunteer or official.

Brighton Mitre CC will not tolerate bullying in any of its forms during activities, events, competitions, coaching or at any other time.

Bullying can take place anywhere but is more likely to take place where there is inadequate supervision, especially in the case of children.

5.2 Take a Positive Approach

Brighton Mitre CC will:

- Ensure that Anti-Bullying measures are promoted

- Ensure all staff and volunteers adhere to the standards set out in the Code of Conduct relevant to their role.
- Ensure that everyone follows their own Code of Conduct .
- Have discussions about bullying, why it matters and how we will respond to it.
- Develop an open environment that encourages people to share their concerns
- Report any concern of bullying to the British Cycling Safeguarding Team
- Take the problem seriously

6. INDIVIDUALS AT INCREASED RISK OF ABUSE

Any child or adult can be victim to abuse, but it is recognised that some groups are more vulnerable.

Those with disabilities, individuals from black and mixed ethnic backgrounds, LGBTQ+ individuals and people who have previously suffered abuse, are all at increased risk of harm.

Children are more vulnerable, especially those in care or whose parents suffer from mental health problems, drug or alcohol abuse or who experience domestic violence within in 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.

6.1 Individuals with Disabilities

An individual's disability may not always be obvious or visible (for example, someone with a learning disability).

When members of staff, volunteers, officials and coaches are working with anyone with disabilities Brighton Mitre CC understand that extra safeguards may need to be put in place.

Everyone working with the individual should understand what their impairment actually means.

Brighton Mitre CC will consult with the individual and carers/parents (where applicable) to make sure that there is an appropriate plan in place to meet any additional needs.

6.2 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.

This may take the form of over-training or being pushed too far. There, the focus is on the goals to achieve success rather than the needs of the individual.

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
- continuing training when injured where there is a risk of exacerbation or further injury

Brighton Mitre CC will ensure suitable boundaries are maintained and any concerns are challenged and reported appropriately.

7. Useful Contacts

British Cycling Contacts: www.britishcycling.org.uk		
Name	**Address**	**Number**
Safeguarding Team	**National Cycling Centre Stuart Street Manchester M11 4DQ**	**Tel: 0161 2742000 Email: compliance@britishcycling.org.uk (Address your email FAO the Safeguarding Team)**

The NSPCC	Tel: 0808 800 5000 help@nspcc.org.uk www.nspcc.org.uk
Childline UK	Tel: 0800 1111 www.childline.org.uk
NSPCC Child Protection in Sport Unit	Tel: 0116 234 7278 cpsu@nspcc.org.uk www.thecpsu.org.uk
NSPCC Freephone 24 hour Helpline	0808 800 5000
Local Police child protection teams Emergency Responders	101 In an emergency 999
Local Children's Services	**Contact Front Door for Families: Tel: 01273 290400 Email: FrontDoorForFamilies@brighton-hove.gov.uk Online Referral: You can report concerns via the Brighton & Hove City Council website.**
Samaritans	116 123 www.samaritans.org
Hourglass (action against abuse of older people in the UK)	0808 808 8141 enquiries@wearehourglass.org www.wearehourglass.org
Ann Craft Trust	0115 951 5400 Ann-craft-trust@nottingham.ac.uk www.anncrafttrust.org
Men's advice line	0808 801 0327 www.mensadviceline.org.uk

Galop (National LGBT+ domestic abuse helpline)	0800 999 5438 www.galop.org.uk
National 24hour Freephone Domestic Abuse Helplines	0808 2000 247 www.nationaldahelpline.org.uk/contact-us
Rape crisis federation of England and Wales	info@rapecrisis.co.uk www.rapecrisis.co.uk
Stop Hate Crime	0800 138 1625 www.stophateuk.org/talk-to-us/ talk@stophateuk.org
Susy Lamplugh Trust (Stalking)	020 8392 1839 info@suzylamplugh.org www.suzylamplugh.org
Victim Support	0808 168 9111 www.victimesupport.com
Women's Aid Federation of England and Wales	www.womensaid.org.uk/information-support
Stop it Now (Prevention of Child Sexual Abuse)	Stop It Now | Preventing child sexual abuse

8. CATEGORIES OF ABUSE

Abuse can happen on any occasion or in any place and is a violation of an individual's human and civil rights by another person or persons. **Individuals** may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by a stranger. Children can be abused by adults, either male or female, or by other children.

There are 10 types of abuse adults may suffer:

- Physical
- Sexual
- Emotional/psychological
- Neglect and acts of omission
- Financial or material abuse
- Discriminatory
- Organisational or institutional
- Self-neglect
- Domestic abuse (including coercive control)
- Modern slavery

There are 4 main types of abuse children may suffer:

- Neglect
- Physical abuse
- Sexual abuse

- Emotional abuse.

Children and young people can also be harmed through poor practice and bullying within a sport setting.

For more information regarding adult safeguarding visit: www.anncrafttrust.org

For more information regarding child and young people safeguarding visit: www.nspcc.org.uk

9. POOR PRACTICE IN SPORT

There is a requirement for all clubs/teams affiliated to British Cycling to report any child safeguarding concerns, including concerns relating to poor practice, as well as relevant adult safeguarding concerns (see flowchart 2).

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 in a position of trust or responsibility, should avoid putting themselves in situations where their conduct is questionable.

The poor practice may not be immediately dangerous or intentionally harmful, but it is likely to set a poor example.

Poor practice is potentially damaging to the individual, the organisation and those 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.