

RAMSEY ROAD RUNNERS

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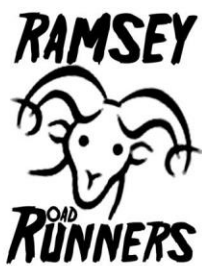
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RAMSEY ROAD RUNNERS SAFEGUARDING POLICIES

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OVERVIEW

This document should be read in conjunction with UK ATHLETICS (UKA) & THE HOME COUNTRY ATHLETICS FEDERATIONS (HCAF) Safeguarding Procedures (available from the England Athletics website)

<https://www.englandathletics.org/welfare/safeguarding/>

<https://www.uka.org.uk/wp-content/uploads/2021/06/Adult-Safeguarding-Policy.pdf>

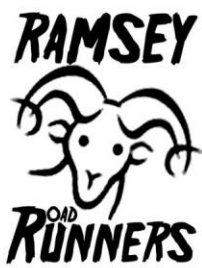
<https://www.uka.org.uk/wp-content/uploads/2024/04/child-safeguarding-policy-March-2024.pdf>

<https://www.englandathletics.org/clubhub/resource/child-safeguarding-policy/>

The UKA and HCAF policies are very comprehensive documents covering Objectives, Application, Commitments, Implementation, Legislation, Wellbeing, Recording & Information Sharing and Associated Documents

The Leaders & Committee of Ramsey Road Runners support all the UKA & HCAF policies outlined above as well as agree to the UKA Code of Conducts and have prepared versions of these policies for local implementation within our club.

These local policies were presented to the Ramsey Road Runners Committee on Monday 10th March where they were formally adopted.



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Adult Safeguarding Policy

1. Purpose: Ensure adults in athletics live free from abuse, neglect, or exploitation.
2. Core Commitments:
 - Zero Tolerance: Safeguarding is everyone's responsibility.
 - Legislative Compliance: Align with UK and Home Country laws (e.g., Care Act 2014).
 - Person-Centered Approach: Prioritize the adult's voice, choices, and wellbeing.
 - Equity & Inclusion: Respect all individuals regardless of age, disability, gender, race, etc.
3. Definitions & Key Concepts:
 - Adult at Risk: Aged 18+ with care needs, unable to self-protect from abuse/neglect.
 - Types of Abuse: Physical, sexual, psychological, financial, neglect, domestic abuse, etc.
 - Mental Capacity: Adults presumed capable of decision-making unless proven otherwise.
4. Mandatory Requirements:
 - Training: Safeguarding training every 3 years for staff, volunteers, and officials.
 - Documentation: Maintain secure records of concerns, training, and criminal records checks.
 - Reporting: Immediate action for emergencies (e.g., 999); formal reporting to Club Welfare Officer or UKA Safeguarding Team.
 - Recruitment: Safe recruitment practices, including criminal record checks.
5. Implementation & Governance:
 - Structures: Safeguarding Case Management Group oversees policy implementation.
 - Multi-Agency Collaboration: Work with Local Authorities, Police, and agencies.
6. Key Principles:
 - Wellbeing First: Prioritize safety over performance.
 - Confidentiality: Share information only with those who "need to know," respecting GDPR/DPA.
 - Proportionality: Use the least restrictive interventions.
7. Support Resources:



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- National Contacts: UKA/HCAF safeguarding teams, Ann Craft Trust, domestic abuse helplines.

8. Associated Policies:

- Child Safeguarding, Codes of Conduct, Disciplinary Procedures

Ramsey Road Runners commit to:

- Immediate reporting of concerns.
- Regular training updates.
- Compliance with legislation and UKA/HCAF procedures.
- Annual policy reviews and biennial updates.

This policy emphasizes proactive safeguarding, collaboration, and respect for adults' autonomy while ensuring robust protection mechanisms.

Adult Safeguarding Procedures

1. Purpose: Outline steps to address safeguarding concerns.

2. Reporting Concerns:

- **Immediate Danger:** Contact emergency services (999) if someone is in immediate danger or needs urgent medical attention.
- **Third-Party Reporting:** Concerns about others should be reported to the Club Welfare Officer or directly to the UKA Safeguarding Team using the **Adult Safeguarding Report Form** (available from England Athletics website as Appendix 2 to their Adult Safeguarding Procedure).

3. Recognising Concerns:

- **Signs of Abuse:** Unexplained injuries, missing belongings, changes in behaviour, self-harm, fear of specific individuals, or direct disclosures.
- **Action Required:** Report concerns to Welfare Officer even if unsure; it's not the reporter's responsibility to prove abuse.

4. Responding to Disclosures:

- **Key Actions:**
 - Listen calmly and sensitively.
 - Avoid probing or making promises of confidentiality.
 - Reassure the individual and explain next steps.
 - Do not confront the alleged perpetrator.
- **Immediate Actions:** Contact emergency services if necessary.

5. Recording & Reporting:

- **Documentation:** Record concerns accurately using the **Adult Safeguarding Report Form**, including the individual's own words and any evidence.
- **Confidentiality:** Share information only with those who need to know (e.g., Club Welfare Officer, UKA Safeguarding Team).

6. Case Management:

- **Club Welfare Officer Role:**
 - Take immediate actions to safeguard the individual.
 - Complete and submit the **Adult Safeguarding Report Form** to the UKA Safeguarding Team.

- Liaise with relevant agencies (e.g., Police, Local Authority).

7. Key Requirements:

- **Training:** Ensure all staff, volunteers, and officials are trained in safeguarding procedures.
- **Documentation:** Maintain accurate records of concerns and actions taken.
- **Confidentiality:** Share information only with those who need to know, respecting GDPR/DPA.
- **Multi-Agency Collaboration:** Work with Police, Local Authorities, and other agencies to address concerns.

8. National Safeguarding Contacts:

- UKA and HCAF safeguarding teams' contact details are provided for reporting concerns.

Critical Actions:

- Immediate reporting of concerns.
- Accurate documentation using the **Adult Safeguarding Report Form**.
- Collaboration with statutory agencies (e.g., Police, Local Authority).
- Ongoing support for the individual at risk.

These procedures emphasize a proactive, person-centered approach to safeguarding adults in athletics, ensuring their safety and wellbeing are prioritized.

Child Safeguarding Policies

1. Purpose

- Ensure a fun and safe environment for children in athletics.
- Promote the wellbeing of children and protect them from harm.

2. Policy Statement

- All children have the right to be protected from harm and to participate in a safe sporting environment.
- Ramsey Road Runners accept their duty to care for all children, establishing a commitment to prevent abuse and exploitation.

3. Application

- The policy applies to all individuals, clubs, associations, and organizations involved in athletics.
- Appropriate actions will be taken against breaches of this policy.

4. Key Principles

- The welfare of children is the primary concern.
- Protection of children is everyone's responsibility.
- Children have the right to express their views and have their rights and opinions respected.
- Promote the wellbeing, health, and development of children through partnership with relevant parties.

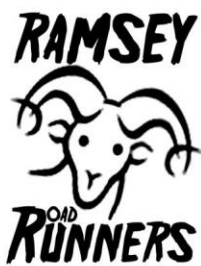
5. Implementation

- Ramsey Road Runners will promote safe participation in athletics, appoint safeguarding officers, and train staff and volunteers.
- Clubs and organizations must adopt the policy, appoint welfare officers, and promote safeguarding best practices.

6. Equality

- Ensure equal opportunities for all to participate in athletics without discrimination.
- Respect the rights, dignity, and individual worth of all participants.

7. Practice Concerns



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- Address Behaviours that harm or risk the wellbeing of children, including breaches of conduct and safeguarding guidelines.

8. Wellbeing Concerns

- Recognize and act on concerns affecting a child's wellbeing, both within and outside of athletics.

9. Child Abuse

- Categories: Physical, sexual, emotional, and neglect.
- Provide definitions and signs to recognize different types of abuse.

Ramsey Road Runners commit to:

- Immediate reporting of concerns.
- Regular training updates.
- Compliance with legislation and UKA/HCAF procedures.
- Annual policy reviews and biennial updates.

Child Safeguarding Procedures

1. Purpose

- The document outlines procedures to protect children and young people in athletics from harm, abuse, and exploitation.

2. Recognizing a Concern

- It's everyone's responsibility to respond to and report concerns about a child's wellbeing.
- Key indicators of child abuse include changes in Behaviour, anxiety, bullying, sexualized Behaviour, poor hygiene, unexplained injuries, and reluctance to go home.

3. Responding to a Disclosure

- Take the child's concern seriously, react calmly, listen, and reassure them.
- Do not make assumptions, speculate, or promise secrecy. Report concerns promptly.

4. Recording the Concern

- Make a note of what the child or informant has said, using their own words.
- Include details like the child's name, how the report was made, and any visible injuries.

5. Reporting the Concern

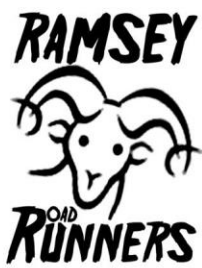
- Complete and submit the "Submit a Safeguarding Concern" form to UKA as soon as possible.
- Report any concerns about a coach or staff member's conduct to UKA immediately.

6. Case Management

- **Club Welfare Officer:** Takes immediate actions to protect the child and ensures the concern is reported to UKA.
- **UKA Safeguarding Team:** Assesses the concern, decides on further actions, and coordinates with relevant agencies.

Ramsey Road Runners commit to:

- **Immediate Action:** Contact emergency services if the child is in immediate danger.
- **Documentation:** Record concerns accurately and report them promptly using the provided forms.
- **Confidentiality:** Share information only with those who need to know to protect the child.



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- **Coordination:** Work with UKA and statutory agencies to ensure the child's safety and well-being.

Code of Conduct: Senior Athletes

1. Adherence to Policies

- Abide by the Ramsey Road Runners Child Safeguarding Policy and Procedures.
- Abide by the Ramsey Road Runners Adult Safeguarding Policy and Procedures.

2. Respect and Equality

- Respect the rights of all athletes, coaches, officials, and others involved in athletics.
- Treat everyone equitably and uphold the same sporting values both within and outside of athletics.

3. Participation and Cooperation

- Participate within the rules of the sport and respect decisions made by coaches and officials.
- Cooperate fully with coaches, officials, team managers, doctors, physiotherapists, sport scientists, and governing body representatives for the best interests of all athletes.

4. Promotion of Positive Aspects

- Promote positive aspects of the sport and never condone rule violations or the use of prohibited substances.

5. Personal Responsibility

- Be organized, have the appropriate equipment, and be on time.
- Inform your coach of any other coaching you are receiving.

6. Conduct and Behaviour

- Act with dignity, display courtesy, and maintain good manners.
- Avoid swearing and using abusive language.
- Challenge and report inappropriate behaviour and language.
- Never engage in inappropriate or illegal behaviour.
- Maintain strict boundaries between friendship and intimacy with coaches or officials.

7. Alcohol and Substance Use

- Do not carry or consume alcohol or illegal substances while training or competing in athletics.



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8. Ethical Standards

- Act ethically, professionally, and with integrity. Take responsibility for your actions.
- Follow UK Anti-Doping Regulations and submit to the authority of UK Anti-Doping.

9. Consequences for Breaching the Code

- Apologize for behaviour.
- Receive verbal warnings from your coach or the club committee.
- Receive written warnings from the club committee.
- Be suspended from attending club training sessions.
- Be suspended or required to leave the club.

Code of Conduct: Children & Young People (Under 18)

1. Rights of Young Athletes

- Be safe and protected.
- Be listened to, respected, and treated fairly.
- Be believed.
- Ask for help.
- Be coached by qualified individuals.

2. Responsibilities of Young Athletes

- Be friendly and supportive to other athletes.
- Keep themselves safe and inform their coach if they are ill or injured.
- Report inappropriate Behaviour or risky situations to an adult.
- Compete fairly and respect other athletes and officials.
- Respect the rules of their club and follow instructions from coaches and officials.
- Take care of equipment provided by the club or training facility.
- Avoid using bad language or engaging in inappropriate or illegal Behaviour.
- Not bully anyone, including online.
- Inform parents/carers of their whereabouts or if they will be late.
- Not use their mobile phones during training, competitions, or in changing rooms.
- Not consume alcohol or illegal substances while training or competing.
- Use safe transport or travel arrangements.
- Adhere to UK Anti-Doping Regulations for a minimum of 12 months after membership begins.

3 Consequences for Breaching the Code

- Apologize for their Behaviour.
- Receive verbal or written warnings.
- Possible suspension from attending training sessions or expulsion from the club.
- Parents/carers will be informed of any breaches.

Code of Conduct: Parents & Carers

1. Adhere to Safeguarding Policies

- Follow UKA / HCAF / Ramsey Road Runners Child and Adult Safeguarding Policies and Procedures.

2. Respectful Behaviour

- Show respect at all times and set a good example for your child in sportsmanship and adherence to rules.

3. Support Your Child

- Encourage your child to learn the rules and recognize good performance, not just results.
- Make athletics enjoyable and never force participation.
- Avoid punishing or belittling your child for mistakes or losses.

4. Appropriate Conduct

- Use correct and appropriate language.
- Check the qualifications and licenses of coaches and service providers.

5. Supervision and Safety

- Know your child's whereabouts and ensure their safe transportation.
- Complete necessary consent forms and provide medical information.

6. Reporting Concerns

- Report any welfare concerns to the Club Welfare Officer or National Welfare Officer. If needed, contact local Social Services or the Police.

7. Good Spectator Behaviour

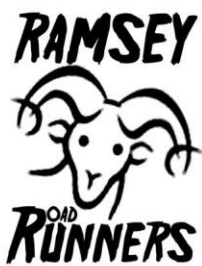
- Recognize that inappropriate pressure and poor behaviour can make children drop out of sport. Verbal abuse towards children, coaches, or officials will result in action.

Requirements

• Apology and Warnings

- You may be asked to apologize or receive verbal/written warnings for code breaches.

• Suspension or Expulsion



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- Potential suspension from training sessions/events or expulsion from the club for repeated or serious breaches.