



Rhayader Running Club

Safeguarding Policy

Purpose

The purpose of this policy is to protect people, particularly children, at risk adults and beneficiaries of assistance, from any harm that may be caused due to their coming into contact with a person or persons.

The policy lays out the commitments and informs members and associated personnel of their responsibilities in relation to safeguarding.

What is safeguarding?

In the UK, safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect

We understand it to mean protecting people, including children and at risk adults, from harm that arises from coming into contact with our members and associated personnel.

Further definitions relating to safeguarding can be viewed via the Welsh Athletics website:

www.welshathletics.org/en/page/safeguarding-and-welfare

Scope

- All members of Rhayader Running Club
- Associated personnel whilst engaged with Rhayader Running Club members e.g. marshals, other voluntary roles

Policy Statement

Rhayader Running Club believes that everyone we come into contact with, regardless of age, sex, gender identity, disability, sexual orientation or ethnic origin has the right to be protected from all forms of harm, abuse, neglect and exploitation. Rhayader Running Club will not tolerate abuse and exploitation by members or associated personnel.

This policy will address the following areas of safeguarding: child safeguarding, adult safeguarding, and protection from sexual exploitation and abuse.

Rhayader Running Club commits to addressing safeguarding, through the three pillars of prevention, reporting and response.

Prevention

Rhayader Running Club responsibilities

Rhayader Running Club will:

- Ensure all members have access to, are familiar with, and know their responsibilities within this policy
- Design and undertake all its activities in a way that protects people from any risk of harm that may arise from their coming into contact with Rhayader Running Club. This includes the way in which information about individuals in our activities is gathered and communicated
- Ensure specific members receive training on safeguarding at a level commensurate with their role in the organisation
- Follow up on reports of safeguarding concerns promptly and according to the Welsh Athletics process.

Member responsibilities

Child safeguarding

Rhayader Running club is a running club primarily for adults. However, if a child younger than 18 years of age attends the club, members and any associated personnel of the club will not:

- Engage in sexual activity;
- Sexually abuse or exploit children;
- Subject a child to physical, emotional or psychological abuse, or neglect;
- Engage in any commercially exploitative activities with children

Adult safeguarding

Rhayader Running Club and associated personnel must not:

- Sexually abuse or exploit at risk adults
- Subject an at risk adult to physical, emotional or psychological abuse, or neglect

Protection from sexual exploitation and abuse

Rhayader Running Club and associated personnel must not:

- Exchange money, employment, goods or services for sexual activity. This includes any exchange of assistance that is due to beneficiaries of assistance
- Engage in any sexual relationships with beneficiaries of assistance, since they are based on inherently unequal power dynamics

Additionally, Rhayader Running Club and associated personnel are obliged to:

- Contribute to creating and maintaining an environment that prevents safeguarding violations and promotes the implementation of the Safeguarding Policy

- Report any concerns or suspicions regarding safeguarding violations to the Club Welfare Officer Dee Davies (deedavies567@btinternet.com / Ray Sharratt (ray.sharratt@care4free.net) or Welsh Athletics Safeguarding Lead Officer (safeguardingandwelfare@welshathletics.org)

Enabling reports

Rhayader Running club will ensure that safe, appropriate, accessible means of reporting safeguarding concerns are made available to members.

[visit Welsh Athletics website: www.welshathletics.org/en/page/safeguardingandwelfare]

How to report a safeguarding concern

Members who have a complaint or concern relating to safeguarding should report it immediately to their Safeguarding Welfare Officer Dee Davies (deedavies567@btinternet.com / Ray Sharratt (ray.sharratt@care4free.net). If the member does not feel comfortable reporting to their Safeguarding Welfare Officer, for example if they feel that the report will not be taken seriously, or if that person is implicated in the concern, they may report to the Welsh Athletics Safeguarding Lead Officer. [safeguardingandwelfare@welshathletics.org]

Response

Rhayader Running Club will follow up safeguarding reports and concerns according to Welsh Athletics policy and procedures, and legal and statutory obligations.

Rhayader Running Club will apply appropriate measures to members found in breach of policy.

Rhayader Running Club will offer support to survivors of harm caused by members or associated personnel, regardless of whether a formal internal response is carried out (such as an internal investigation). Decisions regarding support will be led by the survivor.

Confidentiality

It is essential that confidentiality is maintained at all stages of the process when dealing with safeguarding concerns. Information relating to the concern and subsequent case management should be shared on a need to know basis only, and should be kept secure at all times.

All policies can be found on the Welsh Athletics website:

www.welshathletics.org/en/page/safeguarding-and-welfare

Glossary of Terms

Beneficiary of Assistance

Someone who directly receives goods or services from Rhayader Running Club. Misuse of power can also apply to the wider community that the Club serves, and also can include exploitation by giving the perception of being in a position of power.

Child

A person below the age of 18

Harm

Psychological, physical and any other infringement of an individual's rights

Psychological harm

Emotional or psychological abuse, including (but not limited to) humiliating and degrading treatment such as bad name calling, constant criticism, belittling, persistent shaming, solitary confinement and isolation

Protection from Sexual Exploitation and Abuse (PSEA)

The term used by the humanitarian and development community to refer to the prevention of sexual exploitation and abuse of affected populations by member or associated personnel.

Safeguarding

Safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect

We understand it to mean protecting people, including children and at risk adults, from harm that arises from coming into contact with our members or any associated personnel.

Safeguarding means taking all reasonable steps to prevent harm, particularly sexual exploitation, abuse and harassment from occurring; to protect people, especially vulnerable adults and children, from that harm; and to respond appropriately when harm does occur.

Safeguarding applies consistently and without exception across all areas. It requires proactively identifying, preventing and guarding against all risks of harm, exploitation and abuse and having mature, accountable and transparent systems for response, reporting and learning when risks materialise. Those systems must be survivor-centred and also protect those accused until proven guilty.

Safeguarding puts beneficiaries and affected persons at the centre of all we do.

Sexual abuse

The term 'sexual abuse' means the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions.

Sexual exploitation

The term 'sexual exploitation' means any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another.

Survivor

The person who has been abused or exploited. The term 'survivor' is often used in preference to 'victim' as it implies strength, resilience and the capacity to survive, however it is the individual's choice how they wish to identify themselves.

At risk adult

Sometimes also referred to as vulnerable adult. A person who is or may be in need of care by reason of mental or other disability, age or illness; and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation.

Who to contact

IF YOUR CONCERN IS URGENT...

Please contact the police by dialing **999** or **101** as well as notifying the Local Authority (ASSIST Tel: 01597 828649). Then contact Club's Welfare Officer Dee Davies (deedavies567@btinternet.com / Ray Sharratt (ray.sharratt@care4free.net) who will complete a 'submitting a concern' form and forward onto the Safeguarding Lead Officer at Welsh Athletics.

Policies and Procedures

- *NEW** UKA Safeguarding Regulations 2021* 
- *NEW** UKA Photographic Policy Guidance for Athletics Clubs and Venues* 
- *Safeguarding Adults Policy*  *and Procedures* 
- *Safeguarding and Protecting Children in Athletics Policy*  *and Procedures* 
- *Codes of Conduct* 

SAFEGUARDING 'QUICK LINKS' LIST:

- [Child Protection in Sport Unit](#)
- [Welsh Sport Association](#)
- [Sport Wales](#)
- [Disability Sport Wales](#)
- [NSPCC](#)
- [Ann Craft Trust](#)
- [Children In Wales](#)

You can also contact:

- *Childline on 0800 1111 (or using <https://www.childline.org.uk>)*
- *NSPCC 24 hour helpline on 0808 800 5000 (or using help@nspcc.org.uk)*

Safeguarding - Code of Practice

The following code of practice applies to all trustees, volunteers and contractors, whether acting in a paid or unpaid capacity:-

- a) Avoid unnecessary physical contact.
- b) It is not good practice to take a child or adult at risk alone in a car on journeys, however short.
- c) Do not take a child or adult at risk to the toilet unless another adult is present or only if another adult is aware (this may include a parent or group leader).
- d) If you find you are in a situation where you are alone with a child or adult at risk, make sure that others can clearly observe you.
- e) Avoid personal relationships with a child or adult at risk.
- f) Do not make suggestive or inappropriate remarks to or about a child or adult at risk, even in fun, as this could be misinterpreted.
- g) If a child or adult at risk tells you, or if an allegation is raised by a third party, that they are being abused the following steps should be followed:-
 - Try not to appear shocked and show that you accept what they are saying and that you take their allegation seriously. Listen carefully and sympathetically and bear in mind communication in relation to age or any learning disabilities.
 - Do not prompt or ask leading questions.
 - Explain what action you must take i.e. immediate referral to a designated person.
 - Do not promise confidentiality, as information on abuse must be reported.
 - Make a note of the date, time, place, and people who were present and write down exactly what you have been told, using the exact words if possible.
 - Do not confront the alleged abuser.
 - Refer all information immediately to the relevant designated person.
 - All allegations of abuse of children or adults at risks must be reported to the designated person on the day that they are raised, who will then take all further necessary action. This is the case whether the alleged abuse took place within PAVO or another organisation.
- h) Individuals should never deal with abuse disclosures in isolation and should always refer to the designated person(s). These are the only people who should deal with the case and report suspected abuse to Social Services or the Police.