Child Protection Policy

Policy owner	Netty's Fitness Fun
Date of policy	August 2026
Review date	August 2027

1. Purpose

Netty's Fitness Fun is committed to protecting all children who attend our fitness and activity sessions.

We recognise that every child has the right to be safe from abuse, neglect, exploitation and harm. The welfare of children will always be our first priority.

This policy applies to all children attending Netty's Fitness Fun and to anyone involved in delivering or supporting our sessions.

This policy is informed by the current statutory guidance Working Together to Safeguard Children 2026.

2. What we mean by child protection

Child protection is the part of safeguarding that focuses specifically on protecting children who may be suffering, or are at risk of suffering, significant harm.

Concerns may relate to:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Bullying
- Online abuse
- Child exploitation
- Domestic abuse
- Discriminatory or harmful behaviour
- Any other situation where a child may be at risk of harm

3. Our responsibilities

Netty's Fitness Fun will:

- Put children's safety and welfare first.
- Provide a safe, welcoming and inclusive environment.
- Take all concerns about a child's welfare seriously.
- Listen to children and give them opportunities to speak about worries.
- Maintain appropriate professional boundaries.
- Ensure concerns are recorded and reported appropriately.
- Never investigate allegations ourselves.
- Seek advice from the appropriate safeguarding professionals when necessary.
- Cooperate with children's social care, police and other safeguarding agencies.

Safeguarding is everyone's responsibility, and current national guidance emphasises effective cooperation between organisations and professionals to protect children.

4. If a child makes a disclosure

If a child tells an adult at Netty's Fitness Fun that they have been hurt, abused or are worried about something, the adult will:

1. Remain calm and listen carefully.
2. Take the child seriously.
3. Allow the child to speak in their own words.
4. Avoid leading questions or attempting to investigate.
5. Reassure the child that they have done the right thing by speaking.
6. Explain that the information may need to be shared with someone who can help keep them safe.
7. Record the concern accurately, including the child's own words where possible.
8. Report the concern to the Designated Safeguarding Person or appropriate safeguarding service.

5. Immediate danger

If a child is in immediate danger or there is an immediate risk of serious harm: Call 999.

For concerns about a child at risk of harm, abuse or neglect in Suffolk, concerns can be reported to Suffolk County Council Customer First on 0808 800 4005. Suffolk also provides a secure online Children and Young People's Portal for safeguarding referrals.

Professionals can also contact the Suffolk MASH Professional Consultation Line on 03456 061 499 for advice about whether a referral is required.

6. Parents and carers

Parents and carers will normally be informed of safeguarding concerns where appropriate.

However, information will not be shared with a parent or carer if doing so could:

- Increase the risk of harm to the child.
- Put another person at risk.
- Interfere with a safeguarding or police investigation.

Advice will be sought from the appropriate safeguarding service where there is uncertainty.

7. Professional boundaries

Adults working with children at Netty's Fitness Fun must maintain appropriate professional boundaries.

Adults must:

- Treat children with respect and dignity.
- Use appropriate language and behaviour.
- Avoid unnecessary physical contact.
- Never engage in inappropriate or sexualised behaviour with a child.
- Avoid being alone with a child wherever reasonably possible.
- Never form inappropriate personal relationships with children.
- Never privately message children using personal social-media or messaging accounts.
- Never ask children to keep inappropriate secrets.

8. Physical activity and physical contact

Because Netty's Fitness Fun provides physical activity, appropriate physical contact may occasionally be necessary for safety or assistance.

Any physical contact must be:

- Necessary and proportionate.
- Appropriate to the child's age and needs.

- Professional and respectful.
- Limited to what is required.

Children should be given an explanation wherever practical and should not be made to feel uncomfortable.

9. Photography and video

Photographs and videos of children will only be taken or used where appropriate parental/carer consent has been obtained.

Images will only be used for the agreed purpose and will be stored and handled appropriately.

10. Recruitment and suitability

Anyone working directly with children for Netty's Fitness Fun must be suitable for their role.

Where the role meets the relevant eligibility requirements, appropriate DBS checks will be obtained.

Staff and volunteers will be expected to understand their safeguarding responsibilities and report concerns promptly.

11. Recording and confidentiality

Safeguarding concerns will be recorded promptly and accurately.

Records will be kept securely and information will only be shared with those who need it to protect the child or respond appropriately.

Safeguarding information will not be discussed with other parents or children.

12. Allegations against an adult

Any allegation that an adult working or volunteering with Netty's Fitness Fun has harmed or behaved inappropriately towards a child will be taken seriously.

The allegation will be reported to the appropriate safeguarding authority and advice will be sought regarding the correct procedure.

The person who is the subject of the allegation will not investigate the concern themselves.

13. Equality and inclusion

Every child has the same right to protection from harm regardless of their background, ability, disability, sex, culture or individual circumstances.

Netty's Fitness Fun will promote an inclusive environment where children are treated fairly and respectfully.

14. Policy review

This policy will be reviewed annually or sooner if there are changes to legislation, statutory guidance, local safeguarding procedures or the activities provided by Netty's Fitness Fun.

Key Safeguarding Contacts

Designated Safeguarding Person	A. Copeman-Lamoureux
Telephone	07810 604262
Email	info@nettysfitnessfun.co.uk
Suffolk Customer First	0808 800 4005
Suffolk MASH Professional Consultation Line	03456 061 499
Emergency	999

Police non-emergency	101

Approval

Signed	A. Copeman-Lamoureux
Role	Owner / Designated Safeguarding Person
Date signed	21 September 2026
Next review	August 2027