Safeguarding Children 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 providing a safe, welcoming and positive environment where every child can take part in physical activity, have fun and feel respected.

The welfare of children attending our sessions is our highest priority. We are committed to protecting children from abuse, neglect, harm and inappropriate behaviour and to taking concerns seriously.

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

2. Our commitment

- Put the safety and welfare of children first.
- Treat every child with respect and dignity.
- Never tolerate bullying, discrimination, abuse or inappropriate behaviour.
- Provide an environment where children feel able to speak up if something is worrying them.
- Take all safeguarding concerns seriously and respond appropriately.
- Maintain appropriate professional boundaries between adults and children.
- Ensure parents/carers are given relevant information about sessions and safeguarding arrangements.
- Follow relevant UK safeguarding guidance and local safeguarding procedures.

3. Recognising safeguarding concerns

Safeguarding concerns may include, but are not limited to:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Bullying or intimidation
- Online abuse
- Exploitation
- Discrimination
- Domestic abuse affecting a child
- A child being at risk of harm from themselves or others

A concern may arise because of something a child says, something an adult observes, a change in a child's behaviour, or information provided by a parent/carer or another professional.

4. If a child tells us something

If a child makes a disclosure or tells a member of staff that they are worried or have been harmed, we will:

1. Stay calm and listen carefully.
2. Take the child seriously.

3. Allow the child to explain in their own words.
4. Avoid asking leading or investigative questions.
5. Not promise to keep the information secret.
6. Reassure the child that they have done the right thing by speaking up.
7. Record the concern as soon as possible using the child's own words where appropriate.
8. Report the concern to the designated safeguarding person and/or the appropriate safeguarding authority.

We will not investigate allegations ourselves.

5. Responding to a safeguarding concern

Any safeguarding concern will be dealt with promptly and appropriately.

If there is an immediate risk of serious harm, emergency services should be contacted by calling 999.

For concerns about a child's welfare that are not an immediate emergency, advice and referral will be sought from the appropriate local authority children's safeguarding service.

Where appropriate, parents/carers will be informed. However, this will not be done if doing so could increase the risk of harm to the child or interfere with a safeguarding investigation.

6. Professional boundaries

Adults involved with Netty’s Fitness Fun must maintain appropriate professional boundaries with children.

Adults should:

- Use appropriate and respectful language.
- Avoid unnecessary physical contact.
- Only provide physical assistance during activities when necessary for safety or instruction.
- Avoid being alone with a child wherever reasonably possible.
- Never engage in inappropriate conversations, behaviour or relationships with children.
- Never exchange personal social-media details with children.
- Never communicate privately with children through personal messaging or social-media accounts.
- Never take photographs or videos of children without appropriate parental/carer consent.

7. Physical contact

As Netty’s Fitness Fun involves physical activity, some physical contact may occasionally be necessary for safety, instruction or assistance.

Any physical contact must be:

- Appropriate to the child's age and needs.
- Necessary and proportionate.
- Professional and respectful.
- Explained to the child where appropriate.

Children should never be made to participate in physical contact that makes them uncomfortable, unless necessary to prevent immediate harm.

8. Photography and video

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

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

Children will not be identified unnecessarily in photographs or videos published by Netty's Fitness Fun.

9. Collection and supervision

Parents/carers are responsible for ensuring children arrive safely at the session and are collected promptly at the agreed finishing time.

Netty's Fitness Fun will maintain appropriate supervision throughout the session.

Children will not normally be permitted to leave the session alone unless specific written permission has been provided by their parent/carer and this is considered appropriate.

10. Staff and volunteer suitability

Anyone working directly with children on behalf of Netty's Fitness Fun will be expected to be suitable to undertake their role.

Where appropriate, safeguarding checks, including DBS checks, will be undertaken in accordance with the requirements of the role and current guidance.

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

11. Confidentiality and records

Safeguarding information will be treated sensitively and shared only with people who need the information to protect the child or respond appropriately to the concern.

Records of safeguarding concerns will be kept securely and handled in accordance with applicable data protection requirements.

Information will not be shared with other parents or children.

12. Allegations involving a member of staff or volunteer

Any allegation that a member of staff or volunteer has harmed, abused or behaved inappropriately towards a child will be taken seriously.

The person responsible for safeguarding will seek advice from the appropriate safeguarding authority and follow the relevant safeguarding procedures.

The person who is the subject of the allegation will not be responsible for investigating the concern themselves.

13. Bullying and discrimination

Netty's Fitness Fun has a zero-tolerance approach to bullying, harassment and discriminatory behaviour.

Children will be encouraged to respect one another regardless of their abilities, background, appearance, gender, culture or individual needs.

Concerns about bullying or discrimination will be addressed promptly and appropriately.

14. Online safety and social media

Netty's Fitness Fun will use social media and online communication responsibly.

Children will not be contacted privately through personal social-media accounts.

Any official social-media content involving children will only be shared where appropriate parental/carer consent has been obtained.

15. Review of the policy

This policy will be reviewed at least annually or sooner if there are changes to legislation, safeguarding guidance, the activities provided by Netty's Fitness Fun, or following a significant safeguarding incident.

Approval

Signed	A. Copeman-Lamoureux
Role	Owner / Session Leader
Date signed	21 September 2026
Next review	August 2027