SAFEGUARDING CHECKLIST FOR GYMNASTICS CLUBS

Running a gymnastics club comes with great responsibility, and the safety and wellbeing of the children in your care should always come first. This safeguarding checklist is here to guide you through essential practices that protect both the children and your team. From recognising signs of abuse to maintaining professional boundaries, these steps help create a secure, supportive environment where your young gymnasts can thrive.

Use this guide to stay informed, confident, and prepared in your role as a gymnastics coach and role model.

Protecting the Kids

Know the Types of Abuse

Physical abuse

Neglect

hide bruises)

- Sexual abuse
- Emotional abuse

Report Your Concerns

Share what you've noticed with the appropriate person or authority as soon as possible.

Recognise the Signs of Abuse

- Unexplained injuries or recurring marks
- Fear of physical contact or flinching
- Signs of hunger or consistently poor hygiene
- Inappropriate clothing for the weather (e.g., long sleeves to questions.
- Untreated medical conditions
- Odd or inappropriate responses to pain (e.g., "I deserved it")
- □ Repeatedly putting themselves down (e.g., "I'm useless")

Watch for Warning Signs

- - Sudden changes in behaviour or mood
- Talk of being left home alone
 - Ongoing lack of cleanliness or hygiene
 - Lead (DSL) immediately. Avoiding certain people, like specific friends or family members
 - Slower growth without a medical reason
 - Hesitance to go home after class
 - Parents showing up intoxicated or under the influence of drugs Call the police if it's an emergency.
 - Contact the NSPCC for advice if unsure what to do.

Make a Referral if Needed

must follow up yourself.

If you believe a child is being harmed or is at risk:

Contact your local children's social care team.

If in a school, notify the Designated Safeguarding

If no action is taken by your DSL or manager, you

For more on reporting abuse, click here Seek More Information if Concerned

Speak with school teachers or professionals who work with the **Understand Risk Factors** child to understand the situation better.

Domestic abuse at home Responding to a Child's Disclosure Alcohol misuse in the family

Listen carefully and take notes, without asking leading Absent or neglectful parents

Explain that you need to share what they've said with someone

Safe and

Maintain Professionalism

- Always keep relationships respectful and professional.
- Don't add children as friends on social media.

Step in if you see bullying or inappropriate behaviour.

- Conduct Disabilities or health conditions

- Don't attempt to solve the problem yourself.
- Reassure the child that they did the right thing by telling you.
- who can help.

- Never take photos or videos without getting parental consent.
- Don't store images on personal devices
- Delete images once they're no longer needed.

Prevent Child-on-Child Abuse

Be a role model in how you speak and act.

- Get parental consent before any one-on-one session.
- - Keep doors open when possible, or make sure they're unlocked if closed.

1:1 Sessions with Children

- Inform your manager about your location and who you're with. Avoid physical contact unless necessary for the purposes of
- If physical corrections are needed, get parental consent and ask the child first.

Reducing

Pre-Class Safety Check

- Inspect all entry and exit points before class begins.
- Make sure emergency procedures are visible.
- Know where the first aid kit is located.
- Check for potential hazards in the space.
 - If working in a school, understand their security, sign-in
- procedures, and who the first aid staff are.

Team Preparedness

- Ensure all team members have up-to-date DBS checks.
- Train staff on emergency procedures and evacuation routes.
- Pick-Up and Drop-Off Procedures
- Use clearly defined areas for drop-off and pick-up.
- Only release children to authorised individuals listed on the register.
- Communicate these procedures to parents.

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Venue Safety Measures

- Restrict access to teaching areas to participants and essential personnel.
- ☐ Take attendance at the start of each class and update it for late arrivals or early
- departures.
- Maintain proper supervision, with enough staff to watch the children at all times.
- Keep personal devices out of use unless needed for emergencies.
- Ensure visitors sign in and follow safety protocols.
- ☐ Have an action plan for emergencies and make sure all staff know what to do.

ping kids safe is a shared responsibility that requires wareness, preparation, and clear guidelines. By following nis safeguarding checklist, you're helping create a secure, coming space where children feel protected and valued. nember, your vigilance and professionalism make a huge ference. Stay proactive, support your team, and don't

tate to seek help or advice when needed.

ogether, we can build environments where every child can feel safe and flourish.