

# Safeguarding Essentials



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Safeguarding  
Solutions

## What to do if a child/adult at risk asks for help

**Listen** – let them talk.

**Believe** – take all disclosures seriously.

**Record if possible** - in their own words and ask them to check and sign. **British Cycling** has forms for disclosures for use by a child and by the recording adult.

**Support & Reassure** – let them know they have done the right thing to seek help.

**Refer** – **speak to your club welfare officer or the safeguarding team of British Cycling**. If it is an emergency, use one of the telephone contacts below.

**Remember .....**

**Don't Promise to keep it secret.**

**Don't ask leading questions.**

**Don't investigate**

In the case of an adult at risk consider a 'no names' referral.

**The Care Act 2014** identifies that safeguarding duties apply to an adult who:

- Has needs for care and support (whether or not the local authority is meeting any of those needs) and;
- Is experiencing, or is at risk of, abuse or neglect; and;
- As a result of those care and support needs is unable to protect themselves from either the risk of, or the experience of, abuse or neglect.

## Main Types of Abuse

- Sexual abuse and Child Sexual / Criminal Exploitation (County lines)
- Physical abuse incl. domestic violence
- Emotional abuse
- Neglect
- Discriminatory abuse
- Financial or Material abuse
- Forced Marriage, Honour Based Violence & Female Genital Mutilation

## Who to contact

Bev Cejer: Club Welfare Officer

Tel:07963831673

Email:bevcejer@hotmail.com

British Cycling Integrity and Compliance Department

Tel: 0161 274 2000

email [compliance@britishcycling.org.uk](mailto:compliance@britishcycling.org.uk)



## For more information

- The Club Safeguarding/Welfare Policy
- The Club Code of Conduct
- British Cycling Safeguarding and related policies, eg. use of social media, photography, etc.
- The Ann Craft Trust - <https://www.anncrafttrust.org/>
- NSPCC Child Protection in Sport Unit - <https://thecpsu.org.uk/>

## Allegations of abuse against a club member / concerns about the behaviour of a club member

Inform your welfare officer. If they are unavailable or the issue is about them, contact British Cycling using their whistleblowing policy.

**Don't** investigate

**Don't** keep it secret