

Bedfordshire Road Cycling Club

Safeguarding – A Short Guide for Club Members

Bedfordshire Road Cycling Club is committed to ensure that children and young people involved in our activities can thrive and flourish in a safe environment and that all children, young people and adults at risk have a fun, safe and positive experience.

Bedfordshire Road Cycling Club is an affiliated member of British Cycling and follows the British Cycling Safeguarding Policy and procedures.

You may be wondering **“What does safeguarding actually mean?”**

Safeguarding is a term used to describe measures that are in place to protect the health and wellbeing of individuals, especially children and other vulnerable groups, to live free from abuse, harm and neglect.

Your next question might be **“What has safeguarding got to do with me?”**

Government guidance makes it clear that **‘Safeguarding is everyone’s responsibility’**.

Anyone who has a negative experience of sport at a young age is less likely to become a regular long-term participant. It’s important for the future of your club and the sport as a whole that children and young people have an enjoyable experience.

By getting safeguarding right for both adults and children, we will ensure safe access to participation in sport and physical activity for everyone.

All club members have a part to play in making that happen.

All our members should contribute to the club meeting its overall duty of care, be aware of our club’s safeguarding procedures, and know what to do if they have any concerns.

Bedfordshire Road Cycling Club asks our members to:

- **Familiarise yourself with the Bedfordshire Road Cycling Club Safeguarding Policy.**

The full copies of the Bedfordshire Road Cycling Club Safeguarding Policies are available on our website www.bedsroad.org

- **In particular familiarise yourself with:** *(Clubs can add relevant information from their own safeguarding procedures, adding or removing section headers as required)*

1. Bedfordshire Road Cycling Club Codes of Conduct

For example - Adults should always be aware that age related differences exist and conduct themselves in a manner that both recognises this and prioritises the welfare of children and young people.

2. Anti-Bullying

For example - Bedfordshire Road Cycling Club believe that every effort must be made to eradicate bullying in all its forms. The Club will not tolerate bullying in any of its forms whilst participating in any club activity, event or session.

3. Transport

For example - The club believes it is primarily the responsibility of parents/carers to transport their child/children to and from events, activities and club sessions.

4. Changing Rooms

For example - Wherever possible adults will avoid changing or showering at the same time as children but parents will be made aware that with limited changing room space there will be occasions when adults and children may need to share the facilities. Where a parent/carer does not consent to their child accessing the changing rooms, it is their responsibility to either supervise the child while in the changing rooms or ensure that they do not use them.

5. Social Media

*For example - Think very carefully before contacting a young person via mobile phone, e-mail or social media.
Do not accept children as contacts on social networking sites if you hold a position of trust with children/young people.
In general stick to group communications, copy the communication to a parent and only communicate about organisational matters.*

What should I do if I have a concern?

A concern may involve the behaviour of an individual towards a child or adult whilst at the club.

A concern may relate to poor practice or something more serious.

You may be worried that something has happened to a child or adult outside the club, at their home or any other social setting.

Children, young people and adults at risk may confide in adults they trust, in a place where they feel comfortable.

An allegation may range from verbal bullying, to inappropriate contact online, neglect or emotional abuse, to physical or sexual abuse.

If you have a concern, it is not your responsibility to investigate further, but it is your responsibility to act on your concerns and share them.

Pass the information to Bedfordshire Road Cycling Club Welfare Officer who will follow the club's Safeguarding procedures.

Name: Des Roberts
Email Address: des.roberts4@gmail.com
Telephone Number: 0777 180 4468

If you believe someone may be at immediate risk of harm, call the Police or you local Social Care Department.

Other useful contacts:

NSPCC 24-hour helpline Tel: 0808 800 5000

Ann Craft Trust – Safeguarding Adults in Sport and Activity Tel: 0115 951 5400

British Cycling Lead Safeguarding Officer 0161 2742000