



Safeguarding Adults at Risk Policy

Cleethorpes and District Swimming Club Ltd.

Cleethorpes and District Swimming Club (the Club) adopts all contractual policies and procedures defined by their governing body the Amateur Swimming Association (Swim England).

1. Principles

As a Club we will adopt and demonstrate a commitment to the principles and practice of safeguarding Adults at Risk, ensuring that all Adults at Risk, regardless of age, ability or disability, gender, race, religion, ethnic origin, sexual orientation, marital or gender status have the right to be protected from abuse and can participate in an enjoyable and safe environment.

The Club will provide an inclusive environment and make reasonable adjustments for any ability, disability, or impairment, and ensure that rights, dignity and worth of all Adults at Risk are always respected. Furthermore, we recognise that ability and disability can change over time, such that some Adults at Risk may become additionally vulnerable to abuse, for example those who have a dependency on others or have different communication needs.

As a Club we recognise that a disabled adult may or may not identify themselves or be identified as an Adult at Risk and therefore hold a shared responsibility in ensuring the safety and well-being of all Adults at Risk and will, when required, act appropriately and report concerns whether these concerns arise within swimming or outside in the wider community.

Any allegation will be taken seriously and responded to quickly in line with the Club and Swim England Safeguarding Policy and Procedures. In addition, the Club recognises their role and is committed to complying with the procedures of the Local Safeguarding Adults Boards.

2. Definitions

Adult at Risk: is defined as a person aged 18 or over who needs care and support regardless of whether they are receiving them, and because of those needs are unable to protect themselves against abuse or neglect.

Abuse: is a violation of an individual's human and civil rights by another person or persons.

Capacity: refers to the ability to make a decision at a particular time, for example when under considerable stress. The starting assumption must always be that a person has the capacity to decide unless it can be established that they lack capacity (MCA 2005).

3. Types of Abuse

Within every environment lies a potential risk of abuse and though not exhaustive the below list provides an illustrative guide as to the sort of issue which could give rise to a safeguarding concern for members and facilitators of the Club.

- **Discrimination:** discrimination is abuse which centres on a difference or perceived difference particularly with respect to race, gender, or disability or any of the protected characteristics of the Equality Act.

- Physical Abuse: includes hitting, slapping, pushing, kicking, misuse of medication, restraint, or inappropriate sanctions.
- Sexual Abuse: including rape and sexual assault or sexual acts to which the Adult at Risk has not consented or was pressured into consenting.
- Financial or Material Abuse: including theft, fraud, internet scamming, coercion in relation to an adult's financial affairs or arrangements, including in connection with wills, property, inheritance or financial transactions, or the misuse or misappropriation of property, possessions, or benefits.
- Neglect: including ignoring medical or physical care needs, failure to provide access to appropriate health social care or educational services, the withholding of the necessities of life, such as medication, adequate nutrition, and heating.
- Emotional or Psychological Abuse: this includes threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation, or withdrawal from supportive networks.

4. Signs and Indicators of Abuse.

Abuse can take place in any context and by all manner of perpetrator. There are many signs that may suggest someone is being abused or neglected, these include but are not limited to:

- Unexplained bruises or injuries – or lack of medical attention when an injury is present.
- Person has belongings or money going missing.
- Person is not attending / no longer enjoying their sessions.
- Someone losing or gaining weight / an unkempt appearance.
- A change in the behaviour or confidence of a person.
- They may self-harm.
- They may have a fear of a particular group or individual.
- They may tell you / another person they are being abused (a disclosure.)

5. What to do if you have concerns.

If you suspect abuse or poor practice may be occurring or have been told about something that may be abuse or poor practice, you are required to report this to the Welfare Officer / Head Coach or relevant Club Member. However, if at any time you are concerned that someone is in immediate danger, you are advised to contact the police straight away.

6. Further Support and Advice.

It is important when considering your concern that you also consider the needs and wishes of the Adult at Risk, taking into account the nature of the issue or concern.

However, regardless of the nature of the 'raised concern' the Club and Swim England will provide support and guidance for anyone who deems a report is required to protect the safety of a member of the Club who is deemed vulnerable.

You can report any concerns to:

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| ● Welfare Officer | welfare.cads@gmail.com |
| ● Head Coach | headcoach.cads@gmail.com |
| ● HR Support | humanresources.cads@gmail.com |
| ● Swim England | equality@swimming.org |