



Children and Vulnerable Adults Safeguarding Policy

Chris, the Mindset Coach, understands the importance of safe and effective working practices when working with children and vulnerable adults. Chris, the Mindset Coach, will clearly understand safeguarding and the role it plays in protecting children and vulnerable adults throughout its services. Chris the Mindset Coach also accepts that safeguarding children and vulnerable adults is everyone's responsibility and will work with appropriate individuals to adhere to its policy.

What is Safeguarding?

Safeguarding refers to protecting children (and vulnerable adults) to provide safe and effective care while delivering its services to the community. This includes following all procedures designed to prevent harm to children and/or vulnerable adults.

What is Child Protection?

Child Protection is part of the safeguarding process, protecting individual children identified as suffering or likely to suffer significant harm. This includes following the child protection procedures which detail how to respond to concerns about a child.

Key Principles

- Children, young people, and vulnerable adults have a right to enjoy physical activity, free from all forms of abuse, exploitation and poor practice.
- All children, young people, and vulnerable adults have equal rights and protection from harm.
- All children, young people, and vulnerable adults should be encouraged to fulfil their potential, and any inequalities should be challenged.
- Everybody has a responsibility to support the care and protection of children and vulnerable adults.
- Chris the Mindset Coach has a duty of care to children and young people who take part in its services working with all partner organisations and individuals.

Roles and Responsibilities

We all have a role to play in ensuring the well-being and safety of children, young people, their families and each other. It is NOT the responsibility of Chris the Mindset Coach to make judgements about whether what a child says is true or not. Chris the Mindset Coach will pass on any concerns they may have to the designated Safeguarding Lead within the facility, school, club, or authority.

As part of our safeguarding policy, Chris the Mindset Coach will:

- Promote and prioritise the safety and well-being of children, young people, and vulnerable adults.
- Chris the Mindset Coach and any of its staff will understand their role and responsibilities with respect to safeguarding and be provided with appropriate

education/training to recognise, identify and respond to signs of abuse and other safeguarding concerns relating to children, young people, and vulnerable adults.

- Ensure that concerns are detailed and recorded accurately and then passed on to the appropriate safeguarding lead.
- Ensure robust safeguarding arrangements and the facilities procedures are followed by all coaches.

What does Chris the Mindset Coach need to be aware of?

Chris the Mindset Coach will:

- Always ensure we know who the DSL is within each facility or organisation we work with to deliver appropriate services for its people.
- Understand and follow the facilities and organisation's safeguarding procedure and policy.
- We will ensure all children, young people, and vulnerable adults are safe regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation when participating in a Chris the Mindset Coach session.
- We will listen to all children and vulnerable adults, respecting them and ensuring they feel comfortable sharing any concerns with Chris the Mindset Coach or other staff.
- Take all suspicions, concerns or allegations of harm seriously and report them swiftly to the DSL.
- Always follow safeguarding procedures.

Contact details regarding this policy

Chris Duncan is responsible for reviewing and adhering to this policy. For any questions or queries regarding this policy, chris can be contacted via email at

christhelindsetcoach@outlook.com

Further support or advice regarding safeguarding can be found below:

NSPCC

[nspcc.org.uk](https://www.nspcc.org.uk) or telephone 0808 800 5000

Childline

<https://www.childline.org.uk/> or telephone 0800 1111

This policy was last reviewed on 7th November 2025.