

SAFEGUARDING

AT DIS | Keeping every athlete **safe,**
supported and respected

- What does DIS do to keep me safe?
- What should I expect from a safe coach?
- What do I do if something doesn't feel right?

DERBYSHIRE
INSTITUTE OF SPORT

OUR COMMITMENT

What DIS does to keep athletes safe, and our safeguarding leads.

OUR COMMITMENT

Safeguarding underpins everything we do.

OUR PEOPLE

All coaches have enhanced DBS checks and safeguarding training.

OUR STANDARDS

All staff follow a Code of Conduct and our Safeguarding policies and procedures.

WORRIED ABOUT SOMETHING?

You can speak to us confidentially.

We have two trained **Designated Safeguarding Leads:**



Chloe Maudsley
chloe@derbyshireis.co.uk
07522 566945



Dr Alex Van Enis
alex@derbyshireis.co.uk
07522 566929

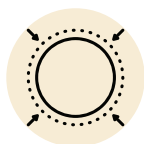
YOUR RIGHTS

Every athlete has the right to feel safe, respected and heard.

HOW OUR STAFF WILL KEEP YOU SAFE



We will treat every athlete with respect.



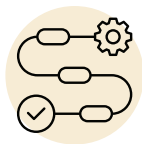
We will maintain professional boundaries.



We will communicate appropriately and transparently.



We will never tolerate bullying, discrimination or abuse.



We will follow safeguarding procedures and report concerns.



We will never ask young athletes to keep inappropriate secrets.



We will use approved communication channels.



We will never transport U18 athletes alone.

Our full Staff Code of Conduct is available on request.

IS MY COACH SAFE?



A GOOD COACH...

- Is kind and respectful
- Treats everyone fairly
- Explains things clearly
- Respects boundaries and consent
- Makes sure training is safe
- Is happy for parents/ carers to be involved
- Welcome transparency and parental involvement
- Avoids being alone with athletes



A COACH SHOULD NEVER...

- Ask you to keep secrets
- Make you feel uncomfortable
- Touch you in a way you don't like
- Ask to be alone with you
- Send messages that make you uncomfortable
- Threaten or scare you
- Offer you alcohol, drugs or vapes
- Make you feel inadequate or stressed

If something doesn't feel right,
TELL SOMEONE.

LISTEN TO YOUR BODY AND DO SOMETHING



Your body can warn you if something isn't right, you might feel:

- A funny feeling in your tummy
- Shaky or sick
- Worried or scared.

WARNING SIGNS INCLUDE:

- Anxiety before training
- Feeling pressured or trapped
- Fear of speaking up
- Your feelings are valid

These feelings are important and you can do something about it.

WORRIED ABOUT SOMETHING?

It is your right to be safe in Sport. Sport should help you feel confident, supported, and safe. Coaches hold positions of trust and power, and there are clear rules in the UK about what is appropriate.

If a coach's behaviour feels wrong, crosses boundaries, or abuses their position, you have the right to challenge it and report it.

1. GET SAFE

Move somewhere you feel safe.

2. TELL SOMEONE

Speak to a parent, carer, teacher, coach or safeguarding lead.

3. KEEP TELLING

If someone doesn't listen, tell another trusted adult.

You will not
be in trouble.

It is never
your fault.

**It is OK to
say no.**

PARENTS & CARERS

What we expect from you & your children.

WHAT WE ASK FROM OUR ATHLETES

- **BE KIND** – Treat staff and other athletes with respect.
- **BE HONEST** – Tell us if you're ill, injured or worried.
- **BE SAFE** – Follow coaching instructions and safety rules.
- **BE RESPONSIBLE** – Look after equipment and your own belongings.
- **SPEAK UP** – Tell a trusted adult if something doesn't feel right.

WHAT WE ASK FROM PARENTS & CARERS

- **SUPPORT** – Encourage effort, learning and improvement.
- **COMMUNICATE** – Tell coaches about relevant medical, injury or dietary needs.
- **BE RESPONSIBLE** – Make sure your child arrives and is collected safely and on time.
- **SPEAK UP** – Tell us if you have a safeguarding concern.
- **BE RESPECTFUL** – Treat athletes, coaches and other parents appropriately.

The full Codes of Conduct are given to all parents and athletes when they join our programme.

WHERE TO GET HELP

**If you're in immediate
danger, call 999**

**IF YOU NEED SOMEONE
TO TALK TO**

Childline: **0800 111 111**

NSPCC Helpline

Children: **0808 800 5000**

Adults: **0808 800 5000**

LOCAL SUPPORT

Derby City Social Care: **01332 641172**

Derbyshire Social Care: **01629 533190**

Derby and Derbyshire emotional wellbeing services:

www.derbyandderbyshireemotionalhealthandwellbeing.uk

Child Exploitation Service - Safe and Sound: **01332 362120**

Counselling and Therapy - Bridge The Gap: **01332 600827**

Derby Youth Alliance: **www.derbyyouthalliance.org.uk/contact-us**

Adult mental health Derby city/Derbyshire: **0800 028 0077**

Derby Safe Haven (Adult support in crisis): **0330 008 3722**

Online App and support for mental health and
helping to cope: **www.kooth.com**

TALK TO DIS

We are here to help you get
the best experience from your
involvement in sport.

**You can talk to us if you're
worried about something – even
if you're not sure whether it is a
safeguarding concern.**

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