



## **Stirling Triathlon Club**

# **Safeguarding Adults Policy**

Policy owner: Stirling Triathlon Club Welfare Officer(s)

Policy approved by: Stirling Triathlon Committee

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Next Review Date: June 2026

**Introduction**



Stirling Triathlon Club is committed to Safeguarding Adults in line with national legislation and relevant national and local guidelines.

Stirling Triathlon Club is committed to creating and maintaining a safe and positive environment and ensuring Triathlon is an inclusive sport to be enjoyed by all club members. We will safeguard adults by ensuring that our activities are delivered in a way which keeps all adults safe.

Stirling Triathlon Club considers that it is the responsibility of everyone to safeguard Adults at Risk in our sport, and so this Safeguarding Adults Policy applies to all individuals involved in the club in any capacity.

This policy has been developed with a view to being materially consistent with the “Safeguarding Adults At Risk” policy issued by British Triathlon, incorporating additional guidance from equivalent policies issued by other organisations including Scottish Athletics and the Ann Craft Trust.

### **Policy Statement**

Safeguarding means protecting an adult’s right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult’s wellbeing is promoted.

Stirling Triathlon Club seeks to:

- Ensure all adults, regardless of age, ability or disability, sex, race, religion, ethnic origin, sexual orientation, marital or gender identity have the right to be protected from abuse and poor practice and to participate in an enjoyable and safe environment.
- Ensure the rights, dignity and worth of all adults will always be respected.
- Recognise that ability and disability can change over time, such that some adults may be additionally vulnerable to abuse, in particular those adults with care and support needs.
- Create a safe and welcoming environment at club events and gatherings, where participants can have fun and develop their skills and confidence.
- Promote safeguarding adults as everyone’s responsibility. We all have a shared responsibility to ensure the safety and well-being of all adults and will act appropriately and report concerns whether these concerns arise within triathlon or in the wider community.
- Ensure that organised training and events are run to the highest possible safety standards.
- Be prepared to review its ways of working to incorporate good practice.
- Ensure the principles of safeguarding adults are applied and embedded across the club.
- Provide resources, training and guidance to all members to assist them in understanding the meaning of Adults at Risk.
- Where appropriate, work in partnership with parents and/or carers to support the Adult at Risk to achieve the best outcome for them.

Stirling Triathlon Club will:

- Appoint and train a designated Safeguarding Lead / Welfare Officer responsible for safeguarding adults in Triathlon, and who will be able to provide support and advice within the club environment, and ensure safeguarding duties are carried out when an adult meets the at risk definition.
- Carefully recruit and select all coaches (paid or volunteer), applying safe recruitment procedures.
- Treat all participants with respect and celebrate their achievements.

- Make safeguarding personal to the adult involved and take into account the adult's views, wishes, beliefs and wants as part of the safeguarding process.
- Respond swiftly and appropriately to all complaints and concerns about poor practice or suspected or actual abuse.
- Monitor all complaints and concerns about poor practice or suspected or actual abuse to gain a greater insight into the experiences of Adults at Risk in Triathlon and continuously improve the support and guidance we develop.
- Recognise the role and responsibilities of the statutory agencies in safeguarding adults and is committed to complying with local safeguarding procedures.
- Work within the principles of all relevant legislation (as set out below) and support all adults to make informed decisions.

### Legislation

This policy is based on the principles contained within relevant UK and Scottish legislation and Government Guidance (see appendix A for more information on each piece of legislation).

- Scotland - Adult Support and Protection Act 2007
- The Protection of Freedoms Act 2012
- Domestic Violence, Crime and Victims (Amendment) Act 2012
- The Equality Act 2010
- The Safeguarding Vulnerable Groups Act 2006
- Scotland - Adults with Incapacity Act 2000
- Sexual Offences Act 1956 & 2003
- The Human Rights Act 1998
- The Data Protection Act 2018
- General Data Protection Regulations 2018

### Adult at Risk Definition

As defined in the Scotland by the Adult Support and Protection Act 2007, an **adult at risk** is an individual aged 16 years and over who:

- a) is unable to safeguard their own wellbeing, property, rights or other interests,
- b) is at risk of harm, **and**
- c) because they are affected by disability, mental disorder, illness or physical or mental infirmity, is more vulnerable to being harmed than adults who are not so affected.

In a sporting context, clubs and event organisers may work with:

- People who have a physical disability, whether from birth or acquired through injury, illness or advancing age, ranging from those who can train and compete independently but need some assistance in transition, to those who depend on others for physical care and support.
- People who are blind or visually impaired, who may need to be guided around a course or at training.
- People who are deaf or hearing impaired, whose needs are largely connected to communication and inclusion.

- People who have learning disabilities or who for some other reason (e.g. brain injury, dementia) may not have the capacity to make independent decisions or to assess risk.
- People who are at risk due to a specific circumstance they may find themselves in, for example: domestic abuse, forced marriage, sexual or commercial or financial exploitation.

Although many of the good practice guidelines and principles to be followed when safeguarding children also apply to adults, there is a key difference. In the case of a child, there is a clear duty to act if we suspect that the child has been harmed or is at risk of harm. In the case of an adult, the starting assumption must always be that an adult has the capacity to make a decision and has the right to do so unless it can be established that they lack capacity.

### **The Principles of Adult Safeguarding**

There are separate pieces of legislation for the UK with separate principles around how adults should be safeguarded. Each piece of legislation recognises that it is the circumstances that adults find themselves in that makes them more vulnerable to abuse, expects adults to be central to the decision-making process and makes the adult's welfare and wellbeing the primary consideration in any decision making.

The overarching principle underlying Part 1 of the Scotland Adult Support and Protection Act 2007 is that any intervention in an individual's affairs should provide benefit to the individual and should be the least restrictive option of those available to meet the purpose of the intervention. This is supported by a set of guiding principles which, together with the overarching principle, must be taken account of when performing functions under Part 1 of the Act. These are:

- the wishes and feelings of the adult at risk (past and present);
- the views of other significant individuals, such as the adult's nearest relative; their primary carer, guardian or attorney; or any other person with an interest in the adult's wellbeing or property;
- the importance of the adult taking an active part in the performance of the function under the Act;
- providing the adult with the relevant information and support to enable them to participate as fully as possible;
- the importance of ensuring that the adult is not treated less favourably than another adult in a comparable situation; and
- the adult's abilities, background and characteristics (including their age, sex, sexual orientation, religious persuasion, racial origin, ethnic group and cultural and linguistic heritage).

Stirling Triathlon Club is committed to 'making safeguarding personal', recognising that adult safeguarding should be person led and outcome focused. We all have different preferences, histories, circumstances and lifestyles so it is unhelpful to prescribe a process that must be followed whenever a concern is raised. Instead, individuals should be engaged in a conversation about how best to respond to their safeguarding situation in a way that enhances involvement, choice and control, as well as improving quality of life, well-being and safety.

Wherever possible safeguarding concerns will be discussed with the adult to get their view of what they would like to happen, and they should be involved in the safeguarding process, giving their consent to share information outside of the organisation where necessary. Stirling Triathlon Club will also seek to support the adult in receiving outside support from relevant skilled agencies relevant to the safeguarding situation.