



# Safeguarding Policy



1. 'In the Bag' will provide efficient, up-to-date, enjoyable and safe instruction in MMA and fitness to all during sessions.
2. The premises and equipment will be checked regularly for any defects or faults that exist or may have developed which might present hazards to any undertaking activities.
3. All instruction will be relative to the group / individual's experience and ability; and no person will be required to perform movements beyond their intrinsic capabilities.
4. No energetic instruction will be given without pupils undergoing a 'warm-up' session and after an energetic session completing a 'cool-down' session.
5. 'In the Bag' adopts a strictly no smoking policy.
6. The instructor or the group/ individual's member of staff present will have next of kin and medical details to hand.
7. No young person will be photographed or videoed without the consent of parent/ guardian and group leader.
8. Instructors will avoid any unnecessary physical contact with pupils. However parents should understand that some aspects of teaching involve some contact. Where it is necessary instructors will use the utmost discretion and, in any event, not do so without other's present.
9. 'In the Bag' instructors all have public liability insurance.
10. No form of discrimination by sex, religion, ethnicity, social class etc. will be tolerated. All instructors will be sensitive to all individuals' religious beliefs and culture.
11. At all times, all staff will endeavour to keep the highest standards of instruction and behaviour. 'In the Bag' retain the right remove or refuse anyone from the session, who persistently disrupts the tuition, practice unsafely, uses offensive language or other anti-social behaviour.
12. All instructors will be suitably qualified and fully CRB/DBS checked and have a valid First Aid certificate.
13. 'In the Bag' aims to meet the objectives of the 'The Children's Act' 1984 and 2004 and the 'Working Together to Safeguard Children 2010' paper. In addition we work toward the 'Every Child Matters' 2003 outcomes.