

As part of our mission at SportCheer Scotland, we are committed to advocating for and supporting athletes. To do this effectively we are also committed to supporting coaches, parents of the sport and Event Producers.

Athlete safety is paramount and as a community we have a responsibility to protect the athletes in our sport. We would like to take this opportunity to share some important procedures and resources.

As coaches and gym owners, by undertaking the following you can help to ensure the safety of athletes in your care:

1. Ensure your recruitment process for all coaches, staff, guest coaches and choreographers is thorough, including Enhanced Disclosure checks and references from previous employers (asking explicitly whether they have any reason to raise a concern about the candidate's suitability to work with children.) If using a coach from outside of the U.K. you should still carry out an equivalent background check as well as seeking references.
2. Ensure your Child Protection and Adults at Risk Policy is up to date with the latest legislative changes and contact details for your safeguarding lead (you can download a basic policy format from the NSPCC here: <https://learning.nspcc.org.uk/.../example-safeguarding...>)
3. Ensure you have a trained Designated Safeguarding Officer / Safeguarding lead, who is adequately trained to report appropriately and whose details are readily available.
4. Ensure your coaches and staff undertake Child Protection Training.

You may want to take the opportunity to talk with your athletes about abuse; offering the young people in your care a safe space to ask any questions they may have, providing you with an opportunity to remind them of your safeguarding procedure, what they should do if something happens to them and also the expectations they should have of your staff in terms of communication and physical contact.

Before doing so we strongly advise you speak to parents first and let them know your intention to discuss the topic of abuse, offering them the option to opt out (in line with the Conduct of Relationships, Sexual Health and Parenthood Education in Schools (December, 2014) regarding non-compulsory sex education in schools).

This topic may be triggering for some athletes and coaches, and disclosures of abuse may follow as a result. Please be prepared to handle these appropriately in line with your child protection policy. Any disclosure of abuse must be reported to the police and appropriate local authorities.

The resources included in this article may help you in talking about the subject with your young people. <https://learning.nspcc.org.uk/.../promoting-healthy...>

SCS is calling on the industry as a whole to come together to ensure the protection of our athletes. Nothing is more important than our joint commitment to providing a safe space within our sport of Cheerleading for the athletes who trust us to protect them.

[#AthletesFirst](#)

## Safeguarding Resources

### Sport Scotland

Resources and information on sport specific safeguarding

[https://sportscotland.org.uk/safeguarding-in-sport/UK Coaching](https://sportscotland.org.uk/safeguarding-in-sport/UK%20Coaching)

### Resources and tools for effective, positive coaching

<https://www.ukcoaching.org/resources>

### Sport and Recreation Alliance

Tick list for Child Protection Policy content

<https://www.sportandrecreation.org.uk/pages/safeguarding-children>

### NSPCC Sports Unit

Resources and information on sport specific safeguarding (including their sport specific online training course)

<https://thecpsu.org.uk/>

NSPCC resources on a range of topics such as bullying, sexual abuse, trafficking, mental health, neglect etc

<https://learning.nspcc.org.uk/research-resources>

### I Coach Kids

Resources on child protection and broader child centred topics such as motivating children in sport and child development

<https://www.icoachkids.eu/my-magic-sport-kit.html>

### Save The Children

Downloadable fact sheets on a range of topics

<https://resourcecentre.savethechildren.net/our-thematic-areas/child-protection>

### Citizens Advice

Easy to understand guide to who you should report to in what circumstances

<https://www.citizensadvice.org.uk/scotland/family/children-and-young-people/child-abuse-s/#h-reporting-child-abuse>

### Childline

Information and resources created for young people

<https://www.childline.org.uk/info-advice/>

### Squad Safe

CPD accredited safeguarding course on Safeguarding in Cheerleading

[www.squadsafe.org](http://www.squadsafe.org)

**Samaritans**

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).

**SANeline**

If you're experiencing a mental health problem or supporting someone else, you can call SANeline on 0300 304 7000 (4.30pm–10.30pm every day).

**The Mix**

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using the form on [The Mix website](#) or use their crisis text messenger service.

**Papyrus HOPELINEUK**

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text 07786 209 697.

**Campaign Against Living Miserably (CALM)**

You can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day) or use their [webchat service](#).

**Nightline**

If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

**Switchboard**

If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.

**Victim Support**

<https://victimsupport.scot> Available 24hours per day for anyone who has been a victim of a crime [0800 160 1985](tel:08001601985)

**Support**

[www.survivorsuk.org](http://www.survivorsuk.org)

<https://www.solacewomensaid.org/solace-rape-crisis>

[www.survivorsgateway.london](http://www.survivorsgateway.london)

<https://www.nhs.uk/service-search/other-services/Rape-and-sexual-assault-referral-centres/LocationSearch/364>

<https://www.thesurvivorstrust.org/>

<https://rapecrisis.org.uk/>

<https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/>

<https://www.counselling-directory.org.uk/>

Rape Crisis national Freephone helpline on 0808 802 9999 (12-2.30pm and 7-9.30pm every day of the year)

## **Disclosure Checks**

<https://www.mygov.scot/basic-disclosure/apply-for-basic-disclosure/>

<https://www.mygov.scot/disclosure-types/>