



# Jog/Walk Derbyshire Raising Awareness of Adult Safeguarding

Tuesday 18 November 2025

# Agenda

- What we know
- What do we mean by Safeguarding Adults?
- Considerations when safeguarding adults
- Thresholds/Decision Making Guidance
- What do I do if I have a concern?



# Sports Welfare Lead



- Who am I
- What is my role
- Why am I here today?
- Join in today 😊
- Confidentiality – no names or personal details)

# What we know...

Leading a group can be a lonely role

Sometimes learning from others helps us grow

Spaces like this help develop our own understanding

Sharing experience and learning in dealing with issues helps build confidence

Building a network helps develop safer spaces

Good communication helps keep up to date with current changes, legislation and/or trends

Working together will help keep activity safe



# Adult Safeguarding

This is an awareness raising session.

Adult Safeguarding week – 17 – 21 November 25  
Ann Craft – campaign – Theme PREVENTION  
[Safeguarding Adults Week 2025 - Links, Resources, and More - Ann Craft Trust](#)

Demographic – predominantly Adult  
Do not dismiss the need to understand child safeguarding.

Official training – Anne Craft Trust, England Athletics, Adult Safeguarding Board - . (LIRF training also covers safeguarding) [safeguarding-adults-week-flyer-2025.pdf](#)

Who has done safeguarding training? YP, Adults, Both, None?



# What do we mean by Safeguarding Adults?

When working with people we all have a duty of care.

What does that mean? (comments in chat)

"Duty of care in sport requires those responsible for participants to act towards them with the watchfulness, attention, caution, and prudence that a reasonable person in the same circumstances would exercise" (Sport England, 2017).





## Safe experience



Remember - "Nothing about me,  
without me"



# Consent

**Care Act 2014** - [Care and support statutory guidance - GOV.UK](#)

Keeping Adults safe is underpinned by 6 principles:

- 1 – **Empowerment** - Presumption of person led decisions and consent
- 2 – **Protection** - Support and representation for those in greatest need
- 3 – **Prevention** - Prevention of harm and abuse is a primary objective
- 4 – **Proportionality** – Proportionality and least intrusive response appropriate to the risk presented
- 5 – **Partnerships** - Local solutions through services working with communities
- 6 – **Accountability** - Accountability and transparency in delivering safeguarding



# Concerned?

The procedures for reporting concerns about adults is different to children

If you have a concern and feel the need to report this to external services... then you should involve the adult as much as possible

Adults have the right to make their own decisions, therefore safeguarding is carried out in partnership with the adult to meet their needs.



## The Care Act 2014

The Care Act 2014, for the first time, sets out a clear legal framework for how local authorities and other parts of the health and care system should protect \_\_\_\_\_ of abuse or neglect.

'Adult safeguarding' is working with adults with \_\_\_\_\_ to keep them \_\_\_\_\_ from abuse or neglect. It is an important part of what many public services do, and a key responsibility of local authorities.

Safeguarding is aimed at people with care and support needs who may be in \_\_\_\_\_ and at risk of \_\_\_\_\_. In these cases, local services must work \_\_\_\_\_ to spot those at risk and take steps to \_\_\_\_\_

Safeguarding is \_\_\_\_\_, and it is important that organisations work together to protect people who need help and support.

The Act requires local authorities to set up a \_\_\_\_\_ in their area, giving these boards a clear basis in law for the first time.

- Safeguarding adults Boards (SAB)
- Abuse or neglect
- Vulnerable Circumstances
- Adults at Risk
- Care and support needs
- Safe
- Everyone's business
- Protect them
- Together

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Safeguarding is aimed at people with care and support needs who may be in **vulnerable circumstances** and at risk of **abuse or neglect**. In these cases, local services must work **together** to spot those at risk and take steps to **protect them**.

Safeguarding is **everyone’s business**, and it is important that organisations work together to protect people who need help and support.

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# 10 Types of Abuse

Can you remember the 10 types of abuse? Type in the chat.

Sexual

Modern Slavery

Physical

Domestic Abuse

Emotional

Financial

Neglect

Self Neglect

Organisational

Discrimination



# I am Curious.....

Who do you go to if you have a safeguarding concern? (menti)

On a scale of 1 – 10 – how clear are you of the reporting procedures? (menti)



Decision Making Guidance:

Derby City - [dsab-decision-making-guidance-october-2021.pdf](#)

Derbyshire -

<https://www.derbyshiresab.org.uk/site-elements/documents/pdf/adult-safeguarding-decision-making-guidance.pdf>

When you have a concern

**R**ecognise

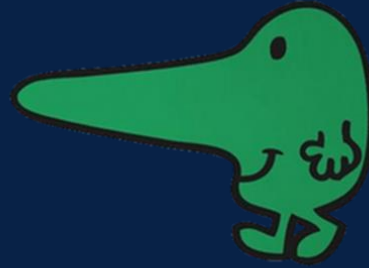
**R**espond

**R**efer

**R**ecord



# Recognise



A concern may be something you have seen, heard or been told

If you see something say something!

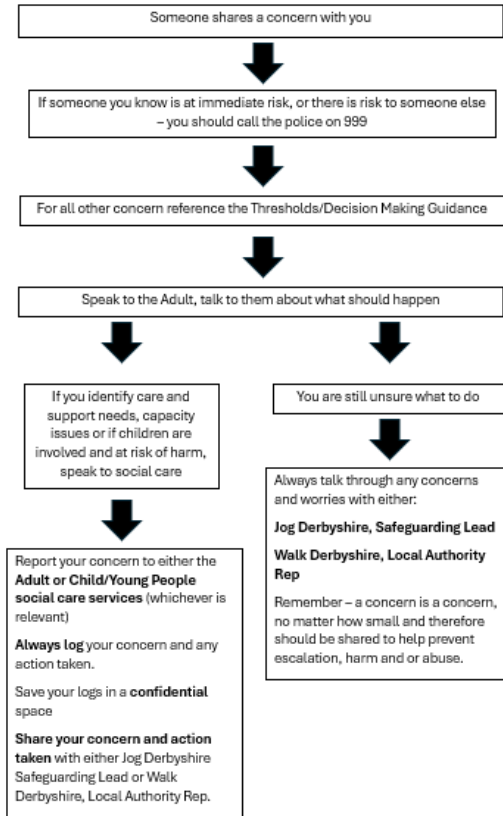
Professional Curiosity

Something's not quite right

Think the unthinkable....Remember it can happen here



## What do I do if I have a Safeguarding Concern?



# Reporting Procedures

- If someone shares a concern
- If an emergency call 999
- Reference the Threshold Document (decision making guidance)
- Is it a social care referral
- Do you have consent from the member
- Are you unsure?

## Sports Welfare Officers

Sport Welfare Officers are part of a national network. We work in collaboration with CPSU and Ann Craft Trust to support the sports sector to keep safe.

We are funded by Sport England and sit within Active Partnerships, we work closely with NGBs and their affiliated clubs but we can also offer some local support and guidance to non-affiliated clubs where needed.

The aim of the network is to increase welfare capacity and expertise at a local and national level and share best practice to help prevent concern for everyone.

[Sport Welfare Officer Network - Active Partnerships](#)

[Sport Welfare Support - Making Our Move](#)

Contact your local Sports Welfare Officer on:

General Number – 07815 493226

Derby(shire) SWO – 07647 547505

Email: [franky.boyland@activepartnerstrust.org.uk](mailto:franky.boyland@activepartnerstrust.org.uk)

## Jog Derbyshire

It is important that if you have a concern you should always share this, the information you have may be the bit of information that forms the bigger picture or may prevent harm or abuse from happening. If you are unsure contact:

Email: [lucy@jogderbyshire.co.uk](mailto:lucy@jogderbyshire.co.uk)

## 7 Minute Briefing

### Keeping Safe in Sport

#### What to do if you have a concern

Report concerns to Social Care.

##### Adults

Derby City – 01332 640777

[Derby Safeguarding Adults Board Referral Form](#)

[| Derby City Council](#)

Derbyshire – 01629 533190

[How to report abuse - Derbyshire Safeguarding Adults Board](#)

##### Children & Young People:

Derby City – 01332 641172

[Report Concerns About a Child - myAccount](#)

Derbyshire – 01629 533190

[Starting Point contact and referral service - Derbyshire County Council](#)

*If you are unsure whether a concern meets social care thresholds, speak to Lucy Bartles, Jog Derbyshire or your LA Rep, Walk Derbyshire*

## Walk Derbyshire

Sometimes you will receive information that causes you worry or concern but may not meet a threshold that suggests a referral to social care or the adult does not consent to a referral being made. In these circumstances you should still share the concern with someone, do not keep it to yourself. It is important that you always speak to your **Local Authority Rep** for guidance.

## Ann Craft Trust

Safeguarding Adults in Sport and Activity is a project funded by Sport England, Sport Wales and UK Sport to help NGBs, APs, regional partnerships and sport and activity organisations to develop best practice in safeguarding adults at risk.

Ann Craft Trust work with both affiliated and unaffiliated clubs.

[Ann Craft Trust: Safeguarding Adults](#)

[Safeguarding Adults in Sport Advice & Training – ACT \(anncrafttrust.org\)](#)

Contact Ann Craft Trust by calling – 01159 515400

Email: [ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)

## Child protection in Sport (CPSU)

The Child Protection in Sport Unit (CPSU) is part of the NSPCC and is funded by Sport England, Sport Northern Ireland, Sport Wales, UK Sport and the Football Association.

The CPSU was founded in 2001 in response to a series of high profile cases of abuse of young athletes. We work to help improve safeguarding and child protection practices within sport organisations, to ensure all children and young people are safe while participating in sport and physical activity at all levels. They support both affiliated and unaffiliated clubs

[NSPCC Child Protection in Sport Unit | CPSU](#)

[Resource library for safeguarding children in sport | CPSU \(thecpsu.org.uk\)](#)

Contact CPSU by calling – 01163 665580

Email: [cpsu@nspcc.org.uk](mailto:cpsu@nspcc.org.uk)

## What if I have a concern and my club runs in the evening?

Quite often clubs run in the evening or at times when other services are closed, which may leave you worried about how to report a concern if serious.

There is an **out of hours social care** team running from 5pm – 9am on weekdays and all day at weekends). You can contact them on the numbers below:

Derby City: 01332 956607  
Derbyshire: 01629 532600

## Thresholds

Knowing when a concern is serious or not is sometimes really difficult. What is really important is that information is shared and not held with one person – you never know when a bit of information might be a jigsaw piece that make the whole puzzle. It is also important to protect yourself from being put in a position when holding information. Having clear boundaries and sharing clarity about the process should a concern be shared protects both you and your members.

To help you decide your course of action when receiving a concern, the below documents have been produced. A **THRESHOLD** document for concerns relating to children and young people and a **DECISION MAKING** document relating to adults. **The easiest reference is to scroll down to the red, yellow, green sections.**

These documents will support you and help clarify where a concern should be shared if you are not sure, if you are still not sure, then do contact either Walk Derbyshire Local Authority Rep or Job Derbyshire, Safeguarding Lead, Lucy Bartles. The documents are below:

### Adults:

Derbyshire - [Adult safeguarding decision making guidance - Derbyshire Safeguarding Adults Board](#)

Derby City - [dsab-decision-making-guidance-october-2021.pdf](#)

**If you are unsure....  
always check!**

**Let's make walking and jogging positive and safe for everyone!**

# What do you think? True or False

Safeguarding is only for people who lack mental capacity?

You should have proof before raising a safeguarding concern?

Adults have the right to make unwise decisions

If someone makes an 'unwise decision' it's a safeguarding issue



# Scenario

During a walking/jog group activity, one member (an older adult) appears increasingly confused and disoriented. They struggle to remember the route, forget names of people they usually know, and become upset when they lose track of the group. Another walker notices that the individual has bruises on their arm, which they explain vaguely as “just accidents at home,” but the explanation doesn’t quite match the injury pattern. The person also mentions that they are worried about “being a burden” to someone they live with.



# Scenario

A lady from your group calls you to say that she is being harassed by another leader, on social media through Facebook via private messages and he is now sending WhatsApp messages.

None of the messages are sexual but it's obvious that the leader is attracted to her, he keeps commenting on her appearance and suggesting they go for runs together to help with her training. He has started to appear in places where she often goes such as the road she lives on and routes she regularly runs. He doesn't appear to have any obvious reason to be there.

He messages her every day. At first, she thought he was being friendly, but she's spoken to her friend, and she is also getting lots of unsolicited messages from the same leader.

She wants the leader to leave her alone and has asked you to get him to stop but she is scared about losing her place in the group so wants to remain anonymous.



# Next Time

Would you like to see more sessions like this?

How often?

Subjects/Topics to discuss?

- Mental Health
- Dementia/Alheimers
- Special Needs/Additional Needs
- Social Media/Digital Harms/AI

Menti - Heather



# Jog/Walk Derbyshire Updates

- Jog Derbyshire Updates
- Walk Derbyshire Updates

## Jog Derbyshire – Co-Leader Code of Conduct

As a Co-Leader, you support your Jog Leader(s) to make sessions safe, fun and inclusive.

- 1. Safety**
    - Always co-lead with a qualified **L3** Jog Leader
    - Support safe, structured, welcoming sessions
    - Put participants' wellbeing first
  - 2. Respect**
    - Treat everyone fairly and with dignity
    - No discrimination, harassment, or bullying
    - Respect confidentiality & communicate with care
  - 3. Professionalism**
    - Be honest, reliable & supportive
    - Be a **positive role model** at all times
    - No smoking, alcohol, or drugs before/during ses
    - Maintain professional boundaries with particip
  - 4. Safeguarding**
    - Follow safeguarding policies
    - Tell your Jog Leader immediately if you have
    - Never engage in inappropriate or intimate r
  - 5. Responsibilities**
    - Support your leader & group within your t
    - Promote your group positively using Jog!
    - Uphold Jog Derbyshire values
  - 6. Social Media**
    - Use for **positive promotion only**
    - Show your link to Jog Derbyshire (Jog
    - Get consent before sharing photos!
    - Never post inappropriate or harmfu
  - 7. Development**
    - Keep learning and developing wit
    - Share ideas & good practice
    - Encourage healthy, balanced lif
- By following this Code, you help all!

## Jog Derbyshire Leader Code of Conduct

As a Leader, you agree to:

Everyone Safe within your **L3** qualification & insurance  
Be structured, inclusive sessions  
Participants' welfare first

Treat everyone with dignity and respect  
No discrimination or harassment  
Confidentiality & communicate with care

Model – Fair

## Jog Derbyshire – Participant Code of Conduct

Welcome to Jog Derbyshire!  
We're here to stay active, make friends, and enjoy movement in a safe and supportive environment.  
Our leaders are volunteers—please respect their time and effort.

- 1. Respect Leaders**
  - Leaders are volunteers, not paid coaches
  - Follow their guidance
  - Be polite and communicate openly
- 2. Stay Safe**
  - Take part at your own fitness level
  - Tell your leader about injuries or conditions
  - Stop if you feel unwell or in pain
- 3. Be Inclusive**
  - Welcome everyone, whatever their age, background, or ability
  - Encourage others and celebrate successes
  - Avoid behaviour that excludes or discourages
- 4. Take Responsibility**
  - Arrive on time and be prepared
  - Stay with the group (unless agreed otherwise)
  - Keep a positive attitude
- 5. Respect Spaces**
  - Look after public spaces – leave them clean and tidy
  - Be polite to the public and follow local rules
- 6. Safeguarding**
  - We're committed to keeping everyone safe.
  - Report concerns to your leader immediately
  - Physical contact must always be appropriate and with consent
  - No abusive, grooming, or exploitative behaviour
  - Don't take/share photos or film others without clear consent
  - Speak up if you see or experience inappropriate behaviour
- 7. Zero Tolerance**
  - No bullying
  - No harassment
  - No discrimination
  - Serious breaches may result in removal from the group

By joining Jog Derbyshire, you agree to follow this Code of Conduct and help make our groups safe, respectful, and welcoming for all.

# Questions

