



Our safeguarding policy is reviewed annually at the start of each financial year and is in place to ensure our athletes are safe at all times. January 2026.

CASS & Friends Safeguarding Policy Do's and Don'ts

Do	Don't
Conduct all 1:1 meetings over zoom	Meet athletes alone
Copy parents in on all email correspondence	Email athletes directly without copying their parents
Ensure another parent or coach is present at all face to face meetings with athletes	Ignore any concerns regarding the athletes welfare
Keep up to date DBS checks on all trustees and volunteers conducting the 8 week mindset programme	
Involve parents / guardians in determining parameters for direct messaging through social media	
Contact the relevant welfare office at the club the athlete belongs to if there is any concern at all that an athlete is in any danger	
Use the relevant NGB or club policies as guidelines where necessary	
Make it clear to athletes and parents how they should raise a safeguarding concern	
Keep a record of communication and decisions in relation to any reported safeguarding concern and follow the CASS & Friends code of practise key principles – “open and honest mentoring, listening to athletes and parents if they have concerns and get involved with third parties if we are aware of abuse taking place.”	