



Prestige Martial Arts Adults at Risk Policy

1. Policy Statement

Prestige Martial Arts is committed to ensuring the safety, dignity, and well-being of all individuals involved in our organisation, with special attention to adults who may be at risk of harm. We acknowledge our duty of care and the legal obligation to protect adults at risk from abuse, neglect, exploitation, or harm.

This policy outlines our approach to safeguarding vulnerable adults, ensuring they can participate in martial arts activities in a safe and supportive environment.

We are committed to taking **all concerns seriously**. Any allegations or suspicions of harm will be promptly, sensitively, and thoroughly investigated in line with our safeguarding procedures.

2. Scope of the Policy

This policy applies to all:

- Employees (paid or unpaid).
- Volunteers and contractors.
- Instructors and coaches.
- Visitors, participants, and anyone associated with Prestige Martial Arts.

It covers all interactions with adults at risk during sessions, competitions, events, and social activities conducted by Prestige Martial Arts.

3. Definitions

An **Adult at Risk** is a person aged 18 or over who:

- **Has needs for care and support** (whether or not these are being met).
- **Is experiencing or is at risk of abuse or neglect.**
- **As a result of their needs, is unable to protect themselves** from the risk of abuse or neglect.

Types of Abuse

We recognise the following categories of abuse (as outlined in the Care Act 2014):

- **Physical Abuse:** Including hitting, restraint, or misuse of medication.
- **Emotional/Psychological Abuse:** Including bullying, coercion, or threats.
- **Sexual Abuse:** Including inappropriate physical contact or harassment.
- **Financial Abuse:** Exploiting or misusing someone's money or assets.
- **Neglect and Acts of Omission:** Failing to meet basic needs or provide necessary care.
- **Discriminatory Abuse:** Harassment or ill-treatment due to age, disability, gender, or other characteristics.
- **Organisational Abuse:** Poor practices within care or organisational settings.
- **Modern Slavery:** Exploitation in forced labour or human trafficking.
- **Self-Neglect:** Where an individual neglects their own basic needs.

4. Key Principles

Our safeguarding policy is based on the following principles:

1. **Empowerment:** Adults are supported to make their own decisions and are involved in safeguarding plans.
2. **Prevention:** Steps are taken to stop abuse before it occurs.
3. **Proportionality:** Responses to concerns are appropriate to the level of risk.
4. **Protection:** Support and representation are provided to those in greatest need.
5. **Partnership:** We work closely with local authorities, families, and other organisations.
6. **Accountability:** Clear roles and responsibilities are established for safeguarding practices.

All staff and volunteers must adhere to the [Staff Code of Conduct](#) to ensure professional and respectful interactions with adults at risk.

5. Safeguarding Practices

- All staff, volunteers, and instructors must complete safeguarding training annually.
- Clear safeguarding reporting structures are in place.
- Activities are risk-assessed to ensure the safety of participants.
- Any allegations of abuse will be handled sensitively, thoroughly investigated, and escalated appropriately when required.

For detailed procedures, refer to the [Safeguarding Policy](#).

6. Whistleblowing Policy

Staff and volunteers must report concerns about inappropriate conduct, even if it involves colleagues or leadership.

- Confidentiality will be maintained where possible.
- Reports can be made to the DSO, directly to management, or anonymously where necessary.

Refer to the full [Whistleblowing Policy](#) for further guidance.

7. Physical Contact Policy

Martial arts instruction involves physical contact, but we are committed to ensuring this is always appropriate, professional, and necessary.

- Physical contact should only occur to demonstrate techniques, guide movements, or ensure safety.
- Consent must be obtained, either verbally or implied, before initiating contact.
- Instructors must be vigilant to avoid any behaviour that could be misinterpreted as inappropriate.

Details are outlined in the [Physical Contact Policy](#).

8. Designated Safeguarding Officer (DSO)

The Designated Safeguarding Officer (DSO) is **D. Baxter**, who is responsible for:

- Providing advice and support on safeguarding matters.
- Receiving and managing safeguarding concerns or allegations.
- Ensuring that **all concerns are taken seriously and thoroughly investigated**.
- Liaising with external safeguarding bodies (e.g., local authority safeguarding teams).
- Ensuring the organisation complies with legal obligations and best practices.

Contact Details for DSO D. Baxter:

- Email: prestigemartialdsl@icloud.com

9. Communication Challenges in Vulnerable Adults

Adults at risk may face barriers to communication, including:

- **Language or cultural differences.**
- **Speech or hearing impairments.**
- **Cognitive or learning disabilities.**
- **Emotional distress or trauma.**
- **Dependency on assistive devices or interpreters.**

Our Approach to Communication

- Use clear, simple language, avoiding jargon or technical terms.
- Provide written, visual, or alternative formats when needed.
- Allow extra time for individuals to process and respond.
- Regularly check understanding by seeking feedback.
- Work with families, carers, or interpreters where appropriate.

10. Reporting Safeguarding Concerns

If you suspect an adult at risk is being abused or neglected, report your concerns immediately:

1. Contact the DSO (**D. Baxter**).
2. In an emergency, contact the police or adult social care services.

3. Record the details of the concern, including dates, times, and witnesses.

Commitment to Investigation

- All concerns reported will be taken seriously, treated with sensitivity, and investigated thoroughly.
- Appropriate steps will be taken to safeguard the individual, and referrals will be made to external authorities when necessary.

Confidentiality

All safeguarding concerns will be handled with the utmost sensitivity, ensuring confidentiality is maintained unless information sharing is required by law.

11. Monitoring and Review

This policy is reviewed annually, or more frequently if there are changes in legislation or after significant incidents. Reviews will include consultation with staff, volunteers, and relevant external organisations.

Supporting Documents

- [Safeguarding Policy](#)
- [Whistleblowing Policy](#)
- [Physical Contact Policy](#)
- [Staff Code of Conduct](#)

Contact Information

For any concerns or further information, please contact the Designated Safeguarding Officer, **D. Baxter**, at:

- **Email:** prestigemartialdsl@icloud.com

By adhering to this policy, Prestige Martial Arts ensures a safe and inclusive environment for all, particularly adults at risk, while upholding their rights and dignity.

Policy to be reviewed annually from 28.12.2024