Brighton Cougars Safeguarding Policy 2026 -27

Brighton Cougars is determined to create a positive environment in which everyone involved can develop as players / coaches / officials and also as people, while having fun and making friends. This is underpinned by our efforts to keep people safe and well through welfare, safeguarding and disciplinary actions.

If you have concerns

Safeguarding is everyone's responsibility. If you are worried about something, it's really important that you say something about it.

If you have concerns about the immediate safety of someone, please contact the police right away.

Learning about the signs of abuse can be upsetting, but it is a very important part of keeping everyone safe. You can learn more here:
https://www.nspcc.org.uk/what-is-child-abuse/spotting-signs-child-abuse/

If you are worried about the safety of a child, please also contact Brighton and Hove City Council's Front Door for Families on 01273 290400 you can also use the online form here:
https://forms.brighton-hove.gov.uk/form/front-door-for-families-referral#no-back

Please raise all concerns or questions that you might have with our Club Welfare Officer Sarah Swales – cougars.welfare@gmail.com. Your enquiries will be handled in confidence.

You can also report concerns to Basketball England directly by calling 0300 600 1170 or emailing safeguardingbasketball@basketballengland.co.uk or by using the form here:
https://basketballengland.co.uk/safeguarding/report-a-concern

For advice and / or to report issues, the NSPCC Child Protection Hotline is at 0800 800 5000 or email help@NSPCC.org.uk

Dos and Donts

Creating a positive environment depends on people treating each other respectfully and with encouragement. Modelling good behaviour is something we should all do, thinking carefully about the consequences of our words and actions.

You should never:

- Allow concerns to go unreported
- Engage in behaviour that is in any way abusive, harmful, negligent or exploitive
- Use any type of physical punishment
- Act in any way which may be perceived as threatening, intrusive, intimidating, patronising, bullying or belittling
- Use inappropriate language, including sarcastic remarks, insensitive, derogatory or sexually suggestive comments
- Engage in any sexual activity, promote or encourage sexual activity, expose Children and/or Adults at Risk to any form of sexual content / image / activity
- Subject anyone to any form of treatment that is harmful, abusive, humiliating or degrading

If you are a coach, official or administrator, you should never:

- Put yourself in a position where you are alone with a child or an adult at risk, including transporting a child or an adult at risk or in a home
- Directly contact a child or an adult at risk via any electronic or written means
- Follow children or adults at risk from your personal social media accounts, engage with any of their posts or post about them on your accounts
- Place yourself in a changing room unless accompanied by another registered adult who has a valid DBS certificate on file

Safeguarding requirements

We do have certain requirements that vary according to roles within the club, especially for individuals who are part of teams with players under 18. If you have any questions about whether you are currently compliant or you need help meeting requirements, please contact the Club Welfare Officer.

Requirement	Basketball England Self Declaration Form	Enhanced DBS check	Basketball England Safeguarding Course	Basketball England CWO Course	Read and respect code of conduct	Read and respect safeguarding policy
Note:		3-year validity	3-year year validity			
Administrators	Required	Required	Required		Required	Required
Club Welfare Officer (CWO)	Required	Required	Required	Required	Required	Required
Coaches aged 16+	Required	Required	Required		Required	Required
Bench Personnel aged 16+	Required	Required	Required		Required	Required
Officials aged 16+	Required	Required	Required		Required	Required
Parents					Required	Required
Players					Required	Required

It is helpful for everyone to be aware of Basketball England's safeguarding policy: https://www.basketballengland.co.uk/media/sr1bpwds/basketball-england-safeguardingregulations-final.pdf

And you can read more about Basketball England's approach here: https://www.basketballengland.co.uk/integrity/safeguarding

Review Date:7th October 2026
Next Review Due: October 2027