

Safeguarding Policy – Yoga Align (Nicola Campbell) 2026

1. Statement of Commitment

I am fully committed to safeguarding and promoting the welfare of all children and young people participating in yoga sessions. I believe that every child has the right to feel safe, secure, and respected, and I take all concerns seriously.

This policy is in line with UK safeguarding legislation, including:

- Children Act 1989 and 2004
- Working Together to Safeguard Children (2018, updated guidance)
- Keeping Children Safe in Education (KCSIE)

2. Scope

This policy applies to all yoga sessions delivered in schools, nurseries, after-school clubs, and community settings.

3. Responsibilities

As the instructor, I will:

- Provide a safe and supportive environment
- Maintain appropriate professional boundaries
- Be aware of safeguarding procedures within each setting
- Report any concerns promptly, if the child is in **immediate danger** or they are injured, immediately call the emergency services on 999.

4. Safeguarding Principles

- The child's welfare is paramount
- All children have equal rights to protection
- Safeguarding is everyone's responsibility
- Early intervention is essential

5. Safe Practice

- Children will never be left unsupervised
- A member of school/nursery/activity provider staff will remain present at all times
- Physical contact will be minimal, appropriate, and always explained
- Sessions will be age-appropriate and inclusive

6. Recognising Abuse

I understand the four main categories of abuse:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect

Signs may include changes in behaviour, withdrawal, unexplained injuries, or distress.

7. Reporting Concerns

If I have a concern about a child:

- I will report it immediately to the Designated Safeguarding Lead (DSL) at the setting or if I am renting a space I will contact the local authorities
- I will not investigate or question the child beyond clarification
- I will record factual information only

- If a child is in immediate danger, I will contact emergency services

8. Confidentiality

- Information will be shared only on a need-to-know basis
- I will follow GDPR guidelines when handling personal data

9. Allegations Against Adults

If an allegation is made against me:

- I will cooperate fully with any investigation
- I will follow the setting's safeguarding procedures

10. Training and Insurance

- I hold an enhanced DBS certificate
- I maintain appropriate public liability insurance
- I undertake safeguarding training and refresh it regularly

11. Health and Safety

- Risk assessments are carried out for each venue
- Equipment is checked regularly
- First aid provision is available

12. Review

This policy will be reviewed annually or in line with updated legislation.

Name: Nicola Campbell

Date: 19/06/2026

