

Safeguarding Policy for Midlands Tai Chi Rehab

1. Introduction

This Safeguarding Policy sets out the commitment of Midlands Tai Chi Rehab (MTCR) to protect the welfare and safety of everyone who participates in its training programmes, with particular attention to young people and adults who may be at risk. MTCR is the trading name of the business operated by its owner, Mark Peters, as a sole trader. As the sole operator, I am responsible for maintaining a safe and supportive learning environment.

2. Policy Statement

I am committed to safeguarding the rights, well-being, and safety of all individuals who undertake training courses with my business.

3. Definitions

- **Safeguarding:** The action taken to promote the welfare of individuals and protect them from harm, abuse, and exploitation.
- **Vulnerable Adult:** A person aged 18 or over whose circumstances may make them unable to protect themselves from abuse, neglect, harm, or exploitation, including because of care and support needs, illness, disability, age, or other circumstances.
- **Young People:** Individuals under the age of 18.

4. Scope

This policy applies to all activities, interactions, and engagements between MTCR and its learners, and any other individuals involved in or affected by the business's operations.

5. Key Principles

- **Zero Tolerance:** I maintain a zero-tolerance approach to any form of abuse, exploitation, or harm.
- **Empowerment:** Individuals will be supported and encouraged to make their own decisions, with their autonomy respected.
- **Prevention:** Measures will be taken to prevent the occurrence of abuse and harm through risk assessments, training, and awareness as required.
- **Protection:** Appropriate actions will be taken to protect individuals from harm if a safeguarding concern arises.
- **Partnership:** I will work with other professionals and agencies when necessary to ensure the safety and well-being of vulnerable individuals.

6. Responsibilities

As a sole trader, I am responsible for:

- Ensuring the safety and well-being of all clients and learners.
- Identifying and responding to safeguarding concerns in a timely and appropriate manner.
- Reporting any concerns or incidents to the appropriate authorities.
- Keeping up to date with safeguarding legislation and best practices.
- Providing a clear point of contact for learners to raise safeguarding concerns.

To reduce safeguarding risks, I will maintain appropriate professional boundaries, obtain informed consent where necessary, avoid unnecessary one-to-one situations with young people or vulnerable adults, and ensure that physical contact used during instruction is appropriate, explained in advance, and agreed by the learner.

7. Identifying Safeguarding Concerns

Safeguarding concerns may include, but are not limited to:

- **Physical Abuse:** Any form of physical harm, including hitting, shaking, or inappropriate physical contact.
- **Emotional Abuse:** Verbal abuse, threats, humiliation, or any behaviour that undermines an individual's self-esteem.
- **Sexual Abuse:** Any form of unwanted sexual contact or behaviour.
- **Neglect:** Failure to meet an individual's basic needs, such as food, clothing, or medical care.
- **Exploitation:** Taking advantage of an individual for personal gain, including financial exploitation.

8. Reporting Safeguarding Concerns

If I identify a safeguarding concern, I will take the following steps:

1. **Immediate Action:** Ensure the individual is safe and protected from immediate harm.
2. **Document the Concern:** Record all relevant details, including the nature of the concern, the date and time, and any actions taken.
3. **Report:** If necessary, report the concern to the appropriate external authorities, such as social services, the police, or a safeguarding board.
4. **Follow-Up:** Cooperate with any subsequent investigations or inquiries, providing any necessary information or support.

If a learner discloses abuse or harm, I will listen calmly, take the disclosure seriously, avoid asking leading questions or promising confidentiality, record the person's own words as accurately as possible, and report the concern promptly to the appropriate authority. I will not investigate the allegation myself.

9. Confidentiality and Data Protection

I will handle safeguarding concerns sensitively and keep information secure. Information will be shared only with people or authorities who need it to protect an individual, respond to a concern, or meet a legal obligation, and in accordance with data protection law. I will not promise absolute confidentiality where information must be shared to prevent harm. Records of safeguarding concerns will be accurate, securely stored, and retained only for as long as necessary.

10. Training and Awareness

As the sole operator of this business, I commit to regularly updating my knowledge of safeguarding issues, including attending relevant training courses and staying informed about current legislation and best practices.

11. Review and Monitoring

This Safeguarding Policy will be reviewed every five years, or more frequently if required, to ensure it remains effective and in line with current legislation and best practices.

12. Contact Information

For any safeguarding concerns or inquiries, please contact:

- **Sole Trader's Name:** Mark Peters
- **Phone:** 0121 251 6172
- **Email:** mark.peters@balancedapproach.co.uk

Because MTCR is operated by a sole trader, any safeguarding concern or allegation involving the owner should be reported directly to the appropriate external authority rather than to MTCR.

In cases where immediate help is required, contact emergency services by dialling 999.

Document Control:

- **Version:** 1.1
- **Effective Date:** 24/08/2026
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This policy demonstrates my commitment to safeguarding and provides a clear framework for protecting the well-being of all individuals involved in my business.