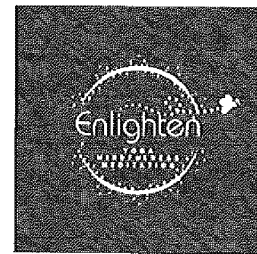


Enlighten Yoga Safeguarding Policy



Enlighten Kids Yoga: Children's yoga and wellbeing
Business Owner and instructor: Leanne Lucas
Sole Trader, qualified primary school teacher, certified children's yoga and mindfulness instructor

Email:

Phone:

DBS Certificate Number:

Safeguarding Certificate: 2023 with Connex Education

Purpose of Policy

This Safeguarding Policy outlines the procedures and responsibilities for ensuring the safety and wellbeing of all children who attend yoga sessions run by Enlighten Kids Yoga. It applies to all classes, workshops, events, and clubs involving children and families. This policy supports my duty of care and legal responsibilities as a sole trader working directly with children. This policy applies to all teachers, assistants and volunteers involved in the delivery of a session in any venue.

Policy Statement

I am committed to creating a safe, respectful, and nurturing environment for children and families. This includes:

- Protecting children from harm, abuse, neglect, and exploitation.
- Promoting a safe and inclusive environment for all children.
- Promoting wellbeing, inclusion, and emotional regulation through yoga and mindfulness.
- Listening to, respecting, and valuing every child as a unique individual.
- Responding swiftly and appropriately to safeguarding concerns or disclosures.

Legal Framework

This policy complies with:

- The Children Act 1989 & 2004
- Working Together to Safeguard Children (2018)
- DfE Keeping Children Safe
- GDPR and Data Protection Act 2018
- Relevant local safeguarding partnership guidance

Register and attendance

- A register to be taken at the beginning of class and ensure all children are accounted for.
- The register will include names, emergency contact details and any known medical needs.
- In case of a fire alarm, the register will be used to account for each child.

Medical needs

- Parents/guardians must provide up to date medical information.
- I will not administer any medication unless by prior agreement from parent/guardian (e.g. child to use own inhaler under supervision with parents consent).
- A first aid kit will be available at all times.
- All minor injuries will be reported to parents/guardian immediately at the end of the session.
- Any major concerns, parents/guardians will be contacted immediately during the session.

Venue safety

- I will produce risk assessments for venues used.
- Children will not be allowed to leave the venue unaccompanied, unless agreed by organisation e.g. school policy arrangements (some Y6 children given permission from parents to school to be allowed to walk home, this only applies when employed to work on a school premises as an after school club).
- Safe, clean and accessible facilities provided.

Recognising and responding to a concern

I am trained to recognise signs of:

- Physical, emotional, or sexual abuse
- Neglect
- Child-on-child abuse or bullying
- Exposure to extremism or exploitation

I will:

1. Listen calmly without judgement and reassure the child they are being taken seriously.
2. Take all concerns seriously.

3. Record the concern accurately and factually in writing.
4. Keep information confidential, only sharing to authorities when needed.
5. Report the concern to the relevant safeguarding authority (e.g. school DSL, Local Authority Designated Officer – LADO) or police.

In emergency or immediate danger, I will contact:

- Police – 999
- Children’s Social Care or NSPCC Helpline (0808 800 5000)
- Local authority

Photography

- No photos/videos will be taken without consent from a parent or guardian.
- Images (if used) will never include full names or identifying details.
- No unauthorised sharing of content involving children is permitted.
- Parents are discouraged from photographing anyone else’s children when taking pictures of their own during family sessions.

Data Protection

- All personal and safeguarding records will be stored securely and confidentially.
- Information will be shared only on a need-to-know basis, in line with GDPR and safeguarding legislation.

Training and Review

I hold:

- Enhanced DBS
- Full public liability insurance

I undertake annual CPD including safeguarding training.

This policy is reviewed in response to legal/ policy changes.

Signed: L. Lucas

Date: 2023

Reviewed: 2024