



## Safeguarding Training

There are two main safeguarding courses. The first course is called Safeguarding & Protecting Children which is designed for all those working with young people while the second, Time to Listen, is specifically for Club Welfare Officers.

Course	
Safeguarding and protecting children Workshop	
<b>Duration</b>	Three hours
<b>Content:</b>	This workshop offers basic safeguarding awareness training and covers areas including roles and responsibilities, exploring best practice through discussing various scenarios within sport, identifying concerns, and how to respond should concerns arise
<b>Who should attend:</b>	Head coach, Club Secretary and Club Welfare officers should attend this workshop to improve their safeguarding knowledge and ensure their club is run safely. All clubs must have a named Club Welfare Officer who role is identified to BWL and they must attend this workshop.

Although not compulsory, it is to be recommended as best practice that all club volunteers and committee members also attend to increase their awareness of how to keep children, young people, and adults at risk safe.

Course	
Time to Listen	
<b>Duration</b>	Three hours
<b>Content:</b>	This workshop focuses specifically on the role of the Club Welfare Officer, it enables welfare officers to explore the specific requirements and responsibilities of this important role.
<b>Who should attend:</b>	Club Welfare Officers are advised they should attend this course to further improve their knowledge of safeguarding.

## How can I attend a course?

There are two main ways to access these courses:	
<b>Active Partnerships</b>	All Active Partnerships (formerly County Sports Partnerships) across England organise UK Coaching safeguarding children workshops on a regular basis. Contact your local Regional Relationship Manager who can direct you to your local Active Partnership to book your place.
<b>NSPCC</b>	The NSPCC has a special Child Protection in Sport Unit (CPSU) they run courses for Safeguarding officers multiple times a year, you can check their course offering at <a href="https://thecpsu.org.uk/training-events/">https://thecpsu.org.uk/training-events/</a> (Safeguarding course only)

There are several organisations that offer safeguarding workshops, but these must be deemed suitable by the Child Protection in Sport Unit to be accepted.

If you are unsure whether a workshop that you have attended is recognised, please check by contacting BWL's Lead Safeguarding officer Sue Ward [sue.ward@britishweightlifting.org](mailto:sue.ward@britishweightlifting.org)

### Refresher Training

Due to frequent changes in legislation, members must renew their 3-hour face-to-face training every three years.

### **Are Online Courses Accepted for updating your knowledge after 3 year?**

No, members must attend a physical workshop; this is due to the nature of the issues and the need to discuss them to explore different scenarios and the boundaries of acceptable behaviour. It can only be done sufficiently in a workshop setting facilitated by an experienced tutor.

### **Yearly refresher course**

We have created a CPD to help keep your safeguarding knowledge up to date between your 3-year face to face course. Please check our eLearning offerings [here](#)

### **Further questions**

If you have any questions about safeguarding training requirements please email BWL's Lead Safeguarding officer Sue Ward [sue.ward@britishweightlifting.org](mailto:sue.ward@britishweightlifting.org)