



1. Introduction

Mistry Yoga and Lifestyle Children's and Family Yoga Club is committed to creating a safe and secure environment for all children and families who participate in our yoga sessions. This Child Protection Policy outlines our dedication to safeguarding children and preventing harm while they engage in our activities.

The purpose of this policy is:

- to protect children and young people who receive Mistry Yoga and Lifestyle's services.
- to provide parents, staff and volunteers with the overarching principles that guide our approach to child protection.

This policy applies to anyone working on behalf of Mistry Yoga and Lifestyle, including owners, paid staff, volunteers, and students.

Legal framework

This policy has been drawn up on the basis of legislation, policy and guidance that seeks to protect children in England. A summary of the key legislation is available from [nspcc.org.uk/learning](https://www.nspcc.org.uk/learning).

We believe that:

- children and young people should never experience abuse of any kind
- we have a responsibility to promote the welfare of all children and young people, to keep them safe and to practise in a way that protects them.

We recognise that:

- the welfare of the child is paramount
- all children, regardless of age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation have a right to equal protection from all types of harm or abuse

- some children are additionally vulnerable because of the impact of previous experiences, their level of dependency, communication needs or other issues
- working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare.

We will seek to keep children and young people safe by:

- valuing, listening to and respecting them
- appointing a Designated Safeguarding Officer (DSO) for children and young people
- adopting child protection and safeguarding best practice through our policies, procedures and code of conduct for staff and volunteers
- providing effective management for staff and volunteers through supervision, support, training and quality assurance measures
- recruiting staff and volunteers safely, ensuring all necessary checks are made
- recording and storing information professionally and securely
- sharing information about safeguarding and good practice with children, their families, staff and volunteers
- using our safeguarding procedures to share concerns and relevant information with agencies who need to know, and involving children, young people, parents, families and carers appropriately
- using our procedures to manage any allegations against staff and volunteers appropriately
- creating and maintaining an anti-bullying environment and ensuring that we have a policy and procedure to help us deal effectively with any bullying that does arise
- ensuring that we have effective complaints and whistleblowing measures in place

- ensuring that we provide a safe physical environment for our children, young people, staff and volunteers, by applying health and safety measures in accordance with the law and regulatory guidance.

2. Roles and Responsibilities

2.1. Club Management: The club management is responsible for implementing and overseeing this Child Protection Policy. They will ensure that all necessary resources, training, and support are provided.

2.2. Instructors: Instructors are responsible for creating a safe and respectful environment in all yoga sessions. They must be vigilant and report any concerns promptly.

2.3. Participants and Parents/Guardians: Parents/guardians must be aware of this policy and their role in safeguarding their children. They are encouraged to report any concerns or incidents related to child protection.

3. Child Protection Training

3.1. Instructor Training: All instructors and staff members working with children will receive training in child protection, including recognising signs of abuse, reporting procedures, and maintaining appropriate boundaries.

3.2. Continuous Education: Instructors will undergo regular training updates to stay informed about the latest developments in child protection.

4. Code of Conduct

4.1. Instructor Conduct: Instructors must adhere to a strict code of conduct that includes maintaining professional boundaries, treating all children with respect and dignity, and avoiding any form of physical, emotional, or sexual misconduct.

4.2. Parent/Guardian Conduct: Parents/guardians are expected to create a supportive and respectful atmosphere during yoga sessions and respect the club's rules and guidelines.

5. Review and Revision

This Child Protection Policy will be reviewed annually and updated as needed to ensure it aligns with the latest child protection standards and regulations.

6. Compliance

Non-compliance with this Child Protection Policy will result in disciplinary action, including potential dismissal from the club.

By adhering to this Child Protection Policy, the Children's and Family Yoga Club aims to create a safe and nurturing environment where children and families can enjoy the benefits of yoga with confidence in their well-being.

Contact details:

Designated Safeguarding Officer (DSO)

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