



**Little
Dragons**
3 - 4 years old



**Mini
Ninjas**
5 - 7 years old



**Junior
Martial Arts**
8 - 11 years old



**Teen
Martial Arts**
12 years old plus

Taijutsu - Karate - Muay Thai - Brazilian Jiu Jitsu - Self defence

WWW.ZKSMARTIALARTS.CO.UK

Telephone - 01296 392630 - Email - info@zkスマ.co.uk

Safeguarding Adults Policy– October 2025

Mission Statement/Introduction

ZKS Martial Arts is committed to ensuring the safety, dignity, and well-being of all adults in our care. We believe everyone, regardless of age, ability, or background, has the right to train in a safe, respectful, and inclusive environment — free from abuse, neglect, and discrimination. Our mission is to provide a supportive environment where all individuals can achieve their potential with confidence.

Policy statement

ZKS Martial Arts believes that all adults should be able to participate in martial arts safely and without fear of harm.

This policy outlines our commitment to safeguarding adults in our programmes and promoting a culture of safety, vigilance, and respect.

We recognise that safeguarding adults means:

- Protecting their right to live in safety, free from abuse and neglect
- Empowering them to make their own decisions and give informed consent
- Taking action to prevent harm and respond appropriately when concerns arise

Scope

This policy applies to all staff, instructors, volunteers, and members involved in ZKS Martial Arts activities, both in person and online.

It covers safeguarding for all adults, including adults at risk.

Purpose

The purpose of this policy is to:

- Ensure the safety and welfare of all adults participating in ZKS Martial Arts programmes
- Provide clear guidance for recognising, responding to, and reporting concerns about abuse, neglect, or exploitation
- Outline the safeguarding responsibilities of all staff and volunteers

Implementation

ZKS Martial Arts will uphold this policy through the following practices:

- **Safe recruitment** of all staff and volunteers, including reference and DBS checks
- **Designated Safeguarding Lead (DSL):** responsible for managing and responding to safeguarding concerns
- **Regular policy communication** to all staff, volunteers, and members
- **Ongoing safeguarding training** for all instructors and staff
- **Inclusion of safeguarding** within all relevant risk assessments and operational planning

Legislation - what is adult safeguarding?

ZKS Martial Arts adheres to the safeguarding legislation and best practices as outlined by national guidelines.

Procedures

Concerns about the welfare of an adult can be reported to the designated safeguarding lead. A simple reporting process is in place, which ensures that all concerns are managed in a timely and appropriate manner. For more detailed procedures, please refer to the Instructor's Handbook.

Raising and Managing a Concern

- All safeguarding concerns are documented and handled in accordance with **GDPR and data protection legislation**.
- Records are stored securely and shared only with relevant authorities or professionals on a need-to-know basis.
- The Designated Safeguarding Lead will ensure that any immediate risks are managed and appropriate referrals are made if required.

Sources of Information and Support

Action on Elder Abuse

A national organisation based in London. It aims to prevent the abuse of older people by raising awareness, encouraging education, promoting research and collecting and disseminating information.

Tel: 020 8765 7000

Email: enquiries@elderabuse.org.uk

www.elderabuse.org.uk

Ann Craft Trust

A national organisation providing information and advice about adult safeguarding. The Ann Craft Trust has a specialist Safeguarding Adults in Sport and Activity team to support the sector

Tel: 0115 951 5400

Email: Ann-Craft-Trust@nottingham.ac.uk

www.anncrafttrust.org

Men's Advice Line

For male domestic abuse survivors

Tel: 0808 801 0327

National LGBT+ Domestic Abuse Helpline

Tel: 0800 999 5428

National 24Hour Freephone Domestic Abuse Helplines

England	Northern Ireland
Tel: 0808 2000 247 www.nationaldahelpline.org.uk/Contact-us	Tel: 0808 802 1414 www.dsahelpline.org Twitter: www.twitter.com/dsahelpline Facebook: www.facebook.com/dsahelpline
Scotland	Wales
Tel: 0800 027 1234 Email: helpline@sdaafmh.org.uk Web chat: sdaafmh.org.uk	Llinell Gymorth Byw HebOfn/ Live free from fear helpline Tel: 0808 8010 800 Type Talk: 18001 0808 801 0800 Text: 078600 77 333

Rape Crisis Federation of England and Wales

Rape Crisis was launched in 1996 and exists to provide a range of facilities and resources to enable the continuance and development of Rape Crisis Groups throughout Wales and England.

Email: info@rapecrisis.co.uk

www.rapecrisis.co.uk

Respond

Respond provides a range of services to victims and perpetrators of sexual abuse who have learning disabilities, and training and support to those working with them.

Tel: 020 7383 0700 or

0808 808 0700 (Helpline)

Email: services@respond.org.uk

www.respond.org.uk

Stop Hate Crime

Works to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.

24 hours service:

Telephone: 0800 138 1625

Web Chat: www.stophateuk.org/talk-to-us/

E mail: talk@stophateuk.org

Text: 07717 989 025

Text relay: 18001 0800 138 1625

By post: PO Box 851, Leeds LS1 9QS

Susy Lamplugh Trust

The Trust is a leading authority on personal safety. Its role is to minimise the damage caused to individuals and to society by aggression in all its forms – physical, verbal and psychological.

Tel: 020 83921839

Fax: 020 8392 1830

Email: info@suzylamplugh.org

www.suzylamplugh.org

Victim Support

Provides practical advice and help, emotional support and reassurance to those who have suffered the effects of a crime.

Tel: 0808 168 9111

www.victimsupport.com

Women's Aid Federation of England and Wales

Women's Aid is a national domestic violence charity. It also runs a domestic violence online help service.

www.womensaid.org.uk/information-support

Policy Review and Contact

Signed:

BB

Name: Sensei Ben Babbington

Position: Business Owner / Safeguarding Officer

Contact: admin@zksma.co.uk | Tel: 01296 392630

Date: 11.10.2024

Review Date: 23.10.2025