



The Guild of Pregnancy and Postnatal Exercise Instructors

Safeguarding Children Policy

The aim of this document is to provide Exercise Instructors with clear guidelines for legal and insurance implications of working with babies and children in an exercise class. In accordance with [The Children Act \(2004\)](#), and the [Children's and Family Act \(2014\)](#) The Guild of Pregnancy and Postnatal Exercise Instructors recognises the right of a child and the responsibility of safeguarding a child. We strongly encourage our members and other Exercise Instructors to hold a creche or care facility or make an arrangement with a local nursery so that welfare and correct provision for the child can be taken into consideration. We do not endorse or encourage babies or children to be present in an exercise class.

The Guild recognises the freedom of the individual to teach their own classes. Whilst normally a parent or carer is responsible for the care of a child in a n exercises class the care becomes the responsibility of the Exercises Instructor. Should anything happen to the child whilst it is in the Exercise Instructor's care the Instructor is fully responsible until the child becomes of legal age.

If an Instructor choses to teach such a class and they are a member of the Guild they should:

- Refrain from using the Guild logo in the advertising of those classes.
- Refrain from the Exercise Instructor/parent/carer/using the baby or child as a weight, resistance or any form of exercise aid.
- Hold a specialist qualification for working with children.
- Hold specialist insurance.
- Be DBR checked.



Barring and Vetting Scheme for baby specific classes

[The Vetting and Barring Scheme](#) was designed to protect children and vulnerable adults. In the instance of baby specific classes such as baby yoga, baby massage, baby signing, baby swimming an Instructor must register with this scheme and clear a DBS check. It is a criminal offence not to do so. If the mother is present in a class and the babies are not involved, then the Instructor does not need to register. An Instructor should check with their Insurance Provider where they stand with the classes they deliver.

In the instance of uncertainty an Instructor should contact their Insurance Provider, original Training provider or Government source to gain more information and clarity.