



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. This document has considered the [The Children Act \(2004\)](#), and the [Children's and Family Act \(2014\)](#) in its creation.

The Guild of Pregnancy and Postnatal Exercise Instructors recognises the rights of babies and children and the responsibility of safeguarding babies and children. We strongly encourage our members and other Exercise Instructors to hold a creche or care facility or arrange with a local nursery to provide correct provision for the welfare of a child or baby whilst their carer is exercising. We do not endorse or encourage babies or children to be present in an exercise class or to be used as an exercise aid.

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 an exercises class under current legislation 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. We strongly advise our Instructors, who have worked hard for their livelihood to be aware of current legislation and any impact it may have on their business.

If an Instructor chooses to teach where babies or children are present a class and they are a member of the Guild they should:

- Refrain from using the Guild logo in the advertising of those classes that involve babies or child.



- 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 [DBS](#) 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.