



## Chiltern Cheetahs Mental Health Policy

Chiltern Cheetahs acknowledges the importance of improving the physical, mental and emotional health and wellbeing of children. Some of the staff at Chiltern Cheetahs have undertaken a Mental Health First Aid course which enables them to provide the support and guidance to the athletes if needed and to be able to advise them of the available support from medical professionals.

We have a number of policies and procedures in place that contribute to our mental health commitment which can be viewed in the policies section of our website.

The Club will respond promptly and appropriately to all incidents or concerns regarding the safety of a child that may occur. Chiltern Cheetahs mental health protection procedures are the same as the safeguarding policy and comply with all relevant legislation and with guidance issued by the Local Safeguarding Children Board (LSCB).

There is a Child Protection Officer (CPO) available at all times while the Club is in session. The CPO coordinates child protection issues and liaises with external agencies (e.g. Social Care, and LSCB). If you would like to log a mental health concern please refer to our Safeguarding policy.

The Club's designated CPO is Marko Ljubisic. The Deputy CPO Jessica Goodall.

This mental health policy recognises that the welfare of children's mental health is paramount in all circumstances. Chiltern Cheetahs matches the Government aims to:

- Safeguard and promote children's psychological, emotional, mental and physical health and wellbeing
- Ensure child safety
- Prevent mental and emotional health issues
- Support a better quality of life
- Provide access to appropriate care and support.

Chiltern Cheetahs acknowledges that some children, including disabled children and young people or those from ethnic minority communities, can experience mental health problems both inside and outside the gym and we accept the responsibility to take reasonable and appropriate steps to ensure their welfare.

Mental health first aid is the help given to a young person experiencing a mental health issue before professional help is obtained. As part of our mental health policy Chiltern Cheetahs trained staff will offer first aid support by:

- **A**pproaching the person, assess and assist with any crisis if they believe something is not right
- **L**isten and communicate non-judgementally
- **G**ive support and information
- **E**ncourage the young person to get appropriate professional help
- **E**ncourage other supports



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Please note once a child or young person has been referred for medical professional help it will be down to the professionals as to whether the athlete is deemed fit to train. If the professional has stated an athlete is fit to train the athlete will be treated as all other athletes on the team under the same training regime.

As per the safeguarding policy Chiltern cheetahs will:

- promote and prioritise the safety and wellbeing of children and young people
- ensure everyone understands their roles and responsibilities in respect of mental health safeguarding and is provided with appropriate learning opportunities to recognise, identify and respond to signs of mental health concerns relating to children and young people
- ensure appropriate action is taken in the event of incidents/concerns and support provided to the individual/s who raise or disclose the concern
- ensure that confidential, detailed and accurate records of all concerns are maintained and securely stored
- prevent the employment/deployment of unsuitable individuals
- ensure robust mental health arrangements and procedures are in operation.

The policy and procedures will be widely promoted and are mandatory for everyone involved in Chiltern Cheetahs. Failure to comply with the policy and procedures will be addressed without delay and may ultimately result in dismissal/exclusion from the company.

(Last reviewed Jan 22)