



## Plymouth Argyle Football Club Child Friendly Safeguarding Policy

Written by: Designated Safeguarding Officer  
Endorsed by: Senior Safeguarding Manager on behalf of PAFC Board of Directors.

## Plymouth Argyle Football Club

### Child Friendly Safeguarding Policy

#### 1. Introduction

- 1.1 Plymouth Argyle is committed to safeguarding and promoting the welfare of children, young people and adults at risk and expects all staff, volunteers, and visitors to share this commitment.
- 1.2 Plymouth Argyle Football Club put the wellbeing and safety of all children, young and vulnerable people at the centre of everything we do.
- 1.3 Our aim is to create an environment where you feel listened to and able to reach your full potential.
- 1.4 You have a right to be safe wherever you are at school, home, out and about and at football.
- 1.5 Everyone at Plymouth Argyle has a responsibility to ensure that your wellbeing is put first.
- 1.6 This means:

LISTENING TO YOU

MAKING SURE YOU ARE SAFE

TAKING ACTION WHEN NEEDED

- 1.7 We call it 'safeguarding' and it is really important to us because we know that when you feel safe and happy, you can make the most of every opportunity that football has to offer.



**Anyone under 18 is legally considered a child or young person.**

- 1.8 Who is responsible for safeguarding children and young people at Argyle?

**EVERYONE**

- 1.9 All members of staff at Plymouth Argyle who work with children and young people are trained to look out and care for them.
- 1.10 We also have people whose job it is to make sure that the things you say are listened to and acted on. They are specially trained and know how to deal with any worries you may have about your safety and wellbeing.
- 1.11 Designated Safeguarding Officer: Rhiannon Foote  
safeguarding@pafc.co.uk | Rhiannon.foote@pafc.co.uk | 07933 751103
- 1.12 Academy Head of Player Care: Mackenzie Brown  
Mackenzie.brown@pafc.co.uk | 07939 954509

1.13 **You can talk to any adult you trust, in or outside of the club.**

1.14 If you ever feel unsafe or are worried for someone else's safety, you can contact the police on 101 or 999 in an emergency.

1.15 You may find some of the below contact details helpful:

**CHILDLINE**

Helping those under 19 in the UK with any issues they are going through. Childline is free, and you can talk about anything. Free to call, day and night.

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**FRANK**

A UK government backed site covering all drug related questions. Free to call, 24/7.

0300 123 6600  
TEXT 82 111

**NATIONAL BULLYINH HELPLINE**

Help and advise for children being bullied.

0300 323 0169  
Mon - Fri 9am - 5pm.

**YOUNG MINDS**

Free, 24/7 text support for young people across the UK experiencing a mental health crisis.

TEXT YM to 85258

**THE MIX**

Support to anyone under 25 about anything that is troubling them.

0808 808 4994  
4pm – 11pm, 7 days a week  
[www.themix.org.uk](http://www.themix.org.uk)

**BEAT**

Support to those affected by eating disorders

0845 6341414

## 2 What is abuse?

2.1 Abuse is anything that another person does that causes harm to a child or a young person.

2.2 **PHYSICAL ABUSE**  
When someone is hurting you, things like – hitting, smacking, slapping, burning, spitting, throwing things, shaking, suffocating you.

2.3 **SEXUAL ABUSE**  
This is when someone – touches you in intimate areas, makes you watch things or makes you take part in things.

2.4 **NEGLECT**  
When you don't have things you really need to be well. Things like – food, clean clothes, medicine. It also includes things like protection from harm and dangerous people.

2.5 **EMOTIONAL ABUSE**  
When a person intentionally makes you feel bad about yourself, ignores you or puts you down. Some examples are – putting you in a dangerous situation, calling you names, being aggressive and violent to others in your presence.

2.6 **BULLYING**  
Means different things to different people. Generally, it is when you are made to feel bad or humiliated by name calling, pushing, or being threatened. This can happen online too.

2.7 **RADICALISATION**  
This is where someone starts to believe or support extreme aspirations around terrorism, political, social or religious ideas.

ABUSE IS NEVER OKAY.  
IT IS NOT YOUR FAULT AND YOU ARE NOT ALONE.  
THERE ARE PEOPLE WHO CAN HELP.

### 3 What is expected of you?

3.1 In order to keep everyone safe you are expected to:

- Respect other children and adults,
- Listen and follow instructions,
- Ask for help when you need it,
- Take responsibility for your actions,
- Be nice to and support others,
- Accept differences and value diversity,
- Tell us what you like and don't like

3.2 Don't bottle it up – speak out if someone is:

- Saying things that upset you, does something that may cause you harm, or is bullying you.
- Sending nasty messages by phone or social media,
- Threatening to send embarrassing photos of you to others, or asking for money/favours,
- Touching you in ways you do not like,
- Trying to give you cigarettes/vapes, alcohol, tablets or drugs,
- Hitting or hurting you or threatening to harm your family or friends.

3.3 We cannot keep secrets. If we need to protect you or someone else from harm, we will need to tell others who can help. If this stops you speaking out – please call Childline: 0800 1111.

## Document Details

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## Version History

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1.3	Personnel changes	Rhiannon Foote	01.01.26