

Chudography Yoga Teacher Training

Safeguarding Policy

Purpose

The purpose of this policy is to promote the safety and wellbeing of everyone involved in the Chudography Yoga Teacher Training. It sets out our commitment to safeguarding adults at risk, children and young people, and provides guidance on recognising, responding to and reporting safeguarding concerns.

Chudography is committed to creating a learning environment where every student feels safe, respected and supported.

Chudography Principle

At Chudography, we believe that creating safety is at the heart of meaningful learning.

People learn best when they feel physically safe, emotionally respected and free from fear, intimidation or discrimination. Safeguarding is more than responding to serious concerns—it is about creating a culture of awareness, respect and responsibility where the wellbeing of every individual is valued.

While we cannot remove every difficulty someone may experience in life, we can create an environment where concerns are taken seriously, people are listened to with compassion and appropriate action is taken when someone's safety may be at risk.

1. Our Commitment

Chudography is committed to:

- 1.1. Promoting the welfare of all students, tutors, guest teachers and visitors.
- 1.2. Providing a learning environment that is safe, inclusive and respectful.
- 1.3. Taking all safeguarding concerns seriously.
- 1.4. Responding appropriately to disclosures or concerns.
- 1.5. Maintaining appropriate professional boundaries.
- 1.6. Complying with relevant safeguarding legislation and guidance.

2. Scope

This policy applies to:

- 2.1. Students.
- 2.2. Tutors.
- 2.3. Guest teachers.
- 2.4. Volunteers.
- 2.5. Visitors attending the training.
- 2.6. It also applies to any Chudography activities associated with the teacher training, including workshops, online sessions, retreats and external learning events.

3. Recognising Safeguarding Concerns

A safeguarding concern may include situations where someone appears to be:

- 3.1. Experiencing physical, emotional, psychological, sexual or financial abuse.
- 3.2. Neglected or at risk of neglect.
- 3.3. Subject to coercive or controlling behaviour.
- 3.4. At risk of exploitation.
- 3.5. At immediate risk of harm.
- 3.6. Unable to protect themselves due to illness, disability or other vulnerabilities.
- 3.7. Students are not expected to investigate concerns or determine whether abuse has occurred.

4. Responding to a Disclosure

If someone shares information that raises a safeguarding concern:

- 4.1. Remain calm and listen without judgement.
- 4.2. Allow the person to speak in their own words.
- 4.3. Do not promise complete confidentiality.
- 4.4. Explain that information may need to be shared if someone is at risk of harm.
- 4.5. Record the information as accurately as possible.
- 4.6. Report the concern to the Course Director as soon as reasonably possible.
- 4.7. The role of Chudography is not to investigate safeguarding concerns but to respond appropriately and seek advice or report concerns where necessary.

5. Confidentiality

5.1. Information relating to safeguarding concerns will be handled sensitively and shared only with those who need to know in order to protect an individual or meet legal responsibilities.

5.2. Where there is concern that someone may be at risk of significant harm, confidentiality cannot be guaranteed.

6. Immediate Risk

6.1. If someone is believed to be in immediate danger, emergency services should be contacted without delay.

6.2. The safety of the individual will always take priority.

7. Professional Boundaries

7.1. Tutors and students are expected to maintain appropriate professional boundaries at all times.

7.2. Any concerns relating to inappropriate behaviour, harassment, abuse of trust or exploitation should be reported immediately.

8. Record Keeping

8.1. Any safeguarding concerns or disclosures will be recorded factually, dated and stored securely in accordance with the Chudography Data Protection Policy.

8.2. Only information necessary to protect an individual or fulfil legal responsibilities will be recorded.

9. Responsibilities

Chudography will:

9.1. Foster a culture where safety and respect are prioritised.

9.2. Respond appropriately to safeguarding concerns.

9.3. Keep accurate and confidential records.

9.4. Seek guidance from relevant agencies where appropriate.

9.5. Review safeguarding practices regularly.

Students will:

- 9.6. Treat others with respect and dignity.
- 9.7. Raise safeguarding concerns promptly.
- 9.8. Maintain appropriate professional boundaries.
- 9.9. Respect confidentiality while understanding that safety takes priority where someone is at risk.

Review

This policy will be reviewed annually or sooner if legislation or safeguarding guidance changes.