



Llywodraeth Cymru  
Welsh Government



# Staying safe when enjoying activities and using services

Across Wales, individuals, groups and organisations offer a rich and varied range of activities and services for people to enjoy. This can include more informal social groups to activities that support children or adults to enjoy sports, gain new skills or share an interest, to activities offered by faith groups. These opportunities help people to feel mentally and physically well and to enjoy positive social connections with others.

It is important that when a child or adult attends an activity or uses a service, arrangements to keep everyone safe and well are in place.

**You might be someone who is planning to go to an activity or service, you might be a parent, carer, family member or friend who supports them.**

**Ask some simple questions before you or someone you care about starts an activity or uses a service:**

- **Do they have a safeguarding policy? Ask to see it.**
- **Have checks been carried out to make sure the staff and/or volunteers can safely work with people and have they had safeguarding training?**
- **Who can you talk to if you're worried about something or about someone attending or providing the activity or service?**
- **What happens if there is an accident or medical emergency? Is there a first aider?**

You can find out more about what you should expect to be in place in the **'Working Together to Safeguard People: Code of Safeguarding Practice – For individuals, groups and organisations offering activities or services to children and adults in Wales'**