



**BRITISH  
TRIATHLON**

# 4 R's of Safeguarding

## RECOGNISE

All event staff should be able to recognise potential signs of abuse. It is not the individuals is not to decide whether abuse or harm has occurred. Their responsibility is to respond appropriately to any concerns that arise by referring these concerns to the relevant agency and/ or contact.

## RECORD

Take a note of what you have seen. Including:

What happened?

Why did it happen?

When did it happen?

What was said?

Any other notable facts you can recall

## REPORT

Once the information has been recorded, make sure to share this in the timely fashion

## REFER

Ensure that the Event Safeguarding Officer is contacted. If there is an immediate risk of harm to the individual, contact the Police, ring the Local Authority, and do not delay.