

Intimate Care Policy

Allstars

Office Address: 3 Crewe Road, Sandbach, CW11 4NE

Email: office@weareallstars.co.uk

1. Policy Statement

Allstars is committed to ensuring that all children are treated with dignity, privacy, and respect when intimate care is required. This policy sets out the procedures and principles we follow to safeguard both children and staff when providing personal care, such as toileting or changing clothes.

We recognise that some children may require additional support with intimate care due to age, medical needs, or additional needs. We approach all situations sensitively and appropriately.

2. Definition of Intimate Care

Intimate care includes any personal care that involves:

- Assisting a child with toileting or changing
- Cleaning a child who has soiled themselves
- Helping with dressing or undressing (e.g. after water play or an accident)
- Administering prescribed intimate medical care

3. Principles

All intimate care will be:

- Carried out in a respectful and professional manner
- Conducted with the child's dignity and autonomy in mind
- Delivered in partnership with parents/carers wherever possible
- Consistent with the child's individual care plan, if one is in place

4. Staffing and Safeguarding

- Only staff with an up-to-date enhanced DBS check will provide intimate care
- Wherever possible, care is provided by a **known and consistent member of staff**
- Staff will explain what they are going to do before starting any intimate care
- Another staff member will be made aware when intimate care is being carried out (though direct observation is not required unless part of a safeguarding plan)
- A record is kept of all intimate care provided, including time, date, reason, and staff member involved

5. Child Consent and Communication

- Children's views and preferences will always be considered
- We encourage independence appropriate to each child's age and ability
- Children have the right to say no or request a specific staff member where possible
- We use age-appropriate language to explain care and seek verbal consent throughout

6. Partnership with Parents

- Parents/carers are informed of our intimate care policy on registration
- Any specific care needs are discussed and agreed in advance
- Where appropriate, care plans are created in consultation with parents and reviewed regularly

7. Facilities and Equipment

- Changing areas are clean, warm, and provide adequate privacy
- Protective gloves and aprons are worn during all intimate care tasks
- Soiled clothing is double-bagged and returned to parents

- Soiled waste is disposed of hygienically and in line with local regulations

8. Staff Training

- All staff receive safeguarding training, including how to recognise and report concerns during intimate care
- Additional training is provided as needed for medical or care plans

9. Safeguarding Concerns

If a child becomes distressed, or if staff observe anything unusual or concerning during intimate care, this will be recorded and reported to the Designated Safeguarding Lead (DSL) immediately.

10. Review

This policy is reviewed annually or sooner if guidance changes or a safeguarding concern arises.

Date of next review: August 2026

Policy lead: Club Manager / DSL