



British Triathlon Safeguarding Adults

Top Tips



Top Tips for Safeguarding Adults

- Ensure safety of the adult, if the adult needs immediate medical attention call the emergency services
- Stay Calm, don't panic, do not make any promises.
- You do not need consent to discuss a concern with your Safeguarding Lead.
- If the concern needs to be referred to Adult Social Care this is when consent from the adult will be obtained.
- You do not have to be an expert in assessing capacity but try to follow the 5 principles of the Mental Capacity Act.
- Listen to what the adult has to say, reassure them, tell them what you will need to do.
- Be confidential, don't tell everyone.
- Ask the adult what they would like to happen, make sure their views, wishes and choices are listened to.
- Make sure you write down what you see, hear or are told separating fact from fiction.