

NESTA MIXED-AGE/U18 SESSION CHECKLIST

Pre-session assurance for NESTA activity involving participants under 18 and adults

Use: Complete before the session (or before the U18 joins the adult element). A tick confirms the control has been checked; it does not replace the underlying consent, suitability, role assurance or safeguarding record.

#	CHECK	WHAT MUST BE CONFIRMED	SOURCE / DEPENDENCY	✓
1	U18 PARTICIPANTS IDENTIFIED	Current attendance/register identifies every participant under 18.	Registration / attendance process	☐
2	PARENT / CARER CONSENT	Valid consent covers the activity and, where relevant, participation with players aged 18 or over.	NESTA – Parental / Guardian Consent & U18 Participation Form	☐
3	YOUNG PERSON'S AGREEMENT	The young person wants to participate and knows they can say if they are uncomfortable or want to stop.	NESTA – Parental / Guardian Consent & U18 Participation Form	☐
4	COACH / SESSION LEAD SUITABILITY	An authorised Coach / Session Lead has assessed suitability for this environment; review after a material change.	NESTA – Parental / Guardian Consent & U18 Participation Form	☐
5	NAMED SESSION LEAD	A named adult is responsible for applying session safeguarding arrangements and knows which participants are U18.	NESTA – Safe in Care – Practical Guidance for U18 Activity	☐
6	COACHES / HELPERS / REGULATED ROLES	Appointed U18 roles have been assessed; required PVG membership, training and role assurance are confirmed before the role begins.	STA Safer Recruitment & Regulated Roles Procedure	☐
7	ADULT PLAYERS UNDERSTAND THE ENVIRONMENT	Adults know U18s are participating and appropriate conduct, language, boundaries and safeguarding expectations apply. Adult participation alone does not make someone a youth coach.	NESTA – Safe in Care – Practical Guidance for U18 Activity	☐
8	CHANGING / TOILETS / ONE-TO-ONE	Arrangements are suitable for U18s and avoid foreseeable inappropriate one-to-one or changing situations.	NESTA – Safe in Care – Practical Guidance for U18 Activity	☐
9	MEDICAL / EMERGENCY INFORMATION	Relevant emergency contact and need-to-know medical/welfare information is accessible to authorised people who may need it.	NESTA – Parental / Guardian Consent & U18 Participation Form + STA Data Protection & Privacy Policy	☐
10	ARRIVAL / COLLECTION / TRANSPORT	Where relevant, arrival, collection, independent travel or transport arrangements are understood and proportionate.	NESTA – Safe in Care – Practical Guidance for U18 Activity	☐
11	COMMUNICATIONS	Approved NESTA/STA communication arrangements are used; sensitive welfare matters are handled appropriately.	STA Social Media & Digital Communications Policy NESTA – Safe in Care – Practical Guidance for U18 Activity	☐
12	PHOTOGRAPHY / VIDEO	Planned photography/video follows the current imagery arrangements and recorded permissions.	STA Photography Policy + consent record	☐
13	SAFE ACTIVITY / VENUE	Playing environment, equipment, conditions and foreseeable activity risks are checked; U18-specific issues are addressed.	STA - Generic Activity Risk Assessment / activity-specific assessment	☐
14	REPORTING ROUTE READY	Session Lead knows how to receive, reassure, record and report/escalate a concern, including conflict and immediate-safety routes.	NESTA – Report an Incident, Complaint or Safeguarding Concern + STA Responding to Concerns & Case Management Procedure	☐
15	U18 KNOWS HOW TO GET HELP	The young person knows who they can speak to if worried, uncomfortable or wanting to stop.	NESTA – Safe in Care – Practical Guidance for U18 Activity + STA Responding to Concerns & Case Management Procedure + NESTA – Report an Incident, Complaint or Safeguarding Concern	☐

SESSION SIGN-OFF

Session / activity

Date / venue

Session Lead

Signature / date

STOP / MODIFY: If a required control is not in place, the U18 should not enter that adult/mixed-age element until the issue is resolved or the activity is modified so the safeguarding risk is appropriately controlled.