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## TRAINING UNDER 18's: OUR COMMITMENT TO SAFETY & WELLBEING

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At Pinnacle Strength Lab, the safety and comfort of young athletes is one of our top priorities. We're honoured to work with young people to help them grow stronger, more confident, and better equipped for their sport. When it comes to training under-18s, we want both athletes and their families to feel completely at ease with our process and environment.

If you ever have any questions, concerns, or requests, please feel free to reach out. Your child's safety and development are at the heart of everything we do, and we're here to support them, and you, every step of the way.

### **Transparency & Trust**

We understand that trusting someone with your child's training is a big step. To help build that trust, James has a current DBS (Disclosure and Barring Service) certificate, which provides assurance of a clean background check. We're more than happy to provide a copy of this to parents during any consultation or before training begins.

### **Privacy & Optional Session Recording**

As a general practice, we do not record training sessions to protect our client's privacy. However, if you'd like additional peace of mind, we're happy to set up live streaming or recording of any session for parents or guardians with your child's agreement. Just let us know what would make you feel most comfortable, and we'll arrange it at no additional charge.

### **Open Door Policy for Parents**

We completely understand if you want to be present during training sessions. Whether you prefer to observe from inside, wait just outside our training facility, or simply check in now and then, you're always welcome. We'll never be offended by requests for additional safety measures—in fact, we encourage open communication about any concerns you may have. The safety of young athletes is as important to us as it is to you.

### **Personalised Care & Attention**

Training young athletes requires a thoughtful, individual approach. We work closely with each athlete and their family to create a training plan that suits their age, goals, and needs while maintaining a safe, supportive environment. We prioritise injury prevention, strength-building, and balanced development to ensure young athletes thrive both physically and mentally.