

CE Awareness Week: Gym Visit Checklist

Guidance for attendees – Signs of Exploitation to Look For:

A. Child Exploitation Risks

- Children attending alone or with unrelated adults.
- Adults paying for multiple child memberships or supervising children without clear relationship.
- Children appearing withdrawn, fearful, or overly compliant.
- Signs of grooming: expensive gifts, new clothing, unexplained cash.

B. Suspicious Activity

- Frequent use of lockers by individuals who do not appear to train.
- Items being placed in lockers and collected by different people.
- Loitering in changing rooms or car parks.
- Unusual late-night activity in 24-hour gyms.

C. Staff Awareness

- Ask if staff know how to report concerns.
- Check if safeguarding policies are visible and accessible.
- Confirm if staff have received exploitation awareness training.

D. Environmental Risks

- Poor CCTV coverage in vulnerable areas.
- Unrestricted access during unmanned hours.
- Lack of ID checks for entry.

* Required

Visit Information

1. Visiting Officer Name: *

2. Date of Visit *

3. Name of Gym *

4. Address of Gym *

Membership and Child Access

5. Does the gym have child members?

- Yes
- No
- Unsure

6. What is the age restriction for memberships? (Type 'none' if there is no restriction)

7. Are children supervised during visits?

- Yes
- No
- Unsure

8. Are there any restrictions on the times that children can visit the gym?

- Yes
- No

9. Are there any child-only sessions available at the gym?

- Yes
- No
- Unsure

10. If there are child-only sessions, does this require or involve a higher ratio of staff to clients?

- Yes
- No
- Unsure

Monitoring and Safeguarding

11. How are children monitored while using the gym? (e.g. staff presence, CCTV, access control)

12. Are staff trained in spotting signs of exploitation?

- Yes
- No
- Unsure

13. Is there a designated safeguarding lead at the gym?

- Yes
- No
- Unsure

14. Would you be interested in receiving free training around exploitation for staff?

- Yes
- No
- Maybe

Gym Layout and Security

15. Are gym lockers secured in anyway?

Yes

No

16. Do you think gym lockers could feasibly be used to drop off or pick up items left by other people?

Yes

No

Maybe

17. Do you think that staff would notice if lockers had been used for illicit exchanges?

Yes

No

Maybe

18. Does the gym have CCTV coverage in its key areas? (e.g. entrances, lockers, etc.)

Yes

No

Partially

24-Hour Access

19. Is the gym open 24 hours a day?

- Yes
- No
- Sometimes

20. Are staff present overnight or is the gym unmanned?

21. How is access to the gym monitored overnight if staff are not present?

Membership Abuse Checks

22. What checks are in place to prevent misuse of memberships? (e.g. children using adult memberships or membership-sharing)

23. How are identity checks carried out at entry?

24. What, if any, systems are in place that would flag suspicious membership use?

Management Details

25. Name of on-site manager:

26. Contact details for on-site manager:

27. Head office contact details (to be used for further information sharing about training):

Additional Observations

28. Were any other concerns noted?

29. Were any particular safeguarding gaps identified?

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