

DBS Eligibility Guidance – England & Wales

For Scotland and Northern Ireland, please follow the Home Nation guidance.

- This guide covers the most common DBS eligibility routes within orienteering.
- Eligibility depends on the activities undertaken and the circumstances of the role, not simply the role title.
- British Orienteering will confirm the appropriate level of check before an application is submitted.
- The rules for children and adults are different. Follow both routes if the role involves both groups, you may be eligible for two different checks depending on your role.

Please read in conjunction with the [DBS Eligibility Guidance Flowchart](#) (see below)



How to read the children route

Relevant activities include teaching, training, instructing, caring for or supervising children and, in some circumstances, advice or guidance directed wholly or mainly at children about their physical, emotional or educational wellbeing.

For these activities, the regulated activity period condition is met where they are carried out on more than 3 days in any 30-day period, or once overnight between 2am and 6am where there is an opportunity for face-to-face contact. Where the condition is met, British Orienteering requires an Enhanced DBS check in the Child Workforce with a Children's Barred List check.

Where the same relevant activity is carried out more than once but not often enough to meet that period condition, the role may still be eligible for an Enhanced DBS check in the Child Workforce without a Children's Barred List check.

Supervision is not an exemption from regulated activity with children where the other regulated activity criteria are met.

How to read the adult route

The adult route is not based on disability alone. It applies where the adult is receiving a qualifying health or social care service or activity because of age, illness or disability, and the role provides a relevant activity to that adult (or directly manages or supervises someone doing so).

Where this amounts to “work with adults” and the adult period condition is met, (at least once a week on an ongoing basis, on more than 3 days in any 30-day period or qualifying overnight activity) the role may be eligible for an Enhanced DBS check in the Adult Workforce without an Adults' Barred List check.

Certain activities are regulated activity with adults and may be eligible for an Enhanced DBS check with the Adults' Barred List even when carried out only once. These include defined personal care and healthcare provided by, or under the direction or supervision of, a regulated healthcare professional.

Healthcare and personal care

Healthcare and defined personal care can create regulated activity without a period condition. Because the legal definitions are specific, British Orienteering should confirm eligibility before an application is submitted.

Welfare Officers – Club & Association

Club Welfare Officers should refer to the current [Welfare Officer Guidance](#) for the safeguarding check requirements applying to that role.

Other roles and circumstances

Driving, overnight activities, healthcare, sports therapy, direct day-to-day management and other duties can create separate DBS eligibility routes. A role that does not meet one route in the flowchart should not automatically be treated as ineligible for every level of DBS check.

Need help?

If you are unsure which check applies, please contact safeguarding@britishorienteering.org.uk