

DBS FAQs – September 2026 regulations update

What changed on 1 September 2026?

Being supervised no longer takes a role out of regulated activity requiring the highest level of DBS check. If someone teaches, trains, instructs, cares for or supervises children often enough (or overnight), whether or not a coach or another adult is present, the role is eligible for an Enhanced DBS check with Children's Barred List.

Does this mean everyone at a club with junior members needs a DBS check?

No. It depends on the role. Only people who teach, train, instruct, care for or supervise children often enough, or overnight, are in regulated activity. Being in the same hall as juniors is not the same as working with them.

Does the law now say we must carry out a DBS check?

The change doesn't create a new blanket requirement. It makes the higher level of check available for roles that are now in regulated activity. Clubs should assess each role and follow TTE's DBS Guidelines which sets out the expectations.

What law brought in this change?

The change was made by the Crime and Policing Act 2026 to remove the supervision exemption for work with children from 1 September 2026.

Does the change apply to safeguarding adults?

No. This change only affects regulated activity with children, and the rules for adults have not changed. Regulated activity with adults depends on the type of activity (such as personal care, healthcare, or help with money or bills), not how often it happens. However, if a session is run specifically for adults because of a disability or illness, volunteers who help regularly may be eligible for an Enhanced DBS check with Adults Barred List. If you're unsure, contact the Safeguarding Team.

What does "often enough" mean?

The activity happens on more than three days in any 30 day period (so four or more days, which doesn't need to be in a row), or once overnight between 2am and 6am with the chance of face to face contact with children.

Our helpers are always supervised by a qualified coach. Do they now need a check?

If they coach, instruct or supervise juniors once a week or more, yes. Being supervised by a qualified coach no longer takes them out of regulated activity for the highest level of check, so the role is now eligible for an Enhanced DBS check with a Children's Barred List. Previously this would only have been eligible for an Enhanced DBS check.

Does the change affect umpires, referees or other officials?

No. Umpiring, refereeing or organising a table tennis competition isn't teaching, training, instructing, caring for or supervising children, so officials aren't in regulated activity simply for officiating, even at junior events. This change doesn't affect them.

Someone only helps for 15 minutes each week, such as leading the warm-up. Does that count?

Yes, if it's part of their role each week and meets the regulated activity definition. The test counts the number of days the activity happens, not how long it lasts on each day.

What about a volunteer who helps once a month, or once a fortnight?

Once a month is below the frequency test, so it isn't affected by this change. The role may still be eligible for an Enhanced check without the Barred List. Once a fortnight is usually just under the test, but cover sessions or extra dates can easily take someone over it. If a helper is a regular part of a weekly junior session and their role is within the definition of regulated activity, we recommend the enhanced DBS check with children's barred list.

Do adults who play with or against juniors in league matches need a DBS check?

No. Simply playing with or against juniors, whether in a league match, a team or a mixed session, is not regulated activity.

We run mixed adult and junior sessions. Does every adult attending need a check?

No. The coaches running the session are in regulated activity. Adult players taking part are not, unless the club asks them to coach or supervise the juniors regularly.

An adult feeds balls or does multiball with juniors. Do they need a check?

An adult who occasionally hits with a junior is different from someone the club relies on each week to coach juniors. Clubs will need to assess the role and if the role meets the regulated

activity definition and the frequency test, then an enhanced DBS with children's barred list will be eligible.

I'm a licensed coach. Does this change anything for me?

If you already hold a valid Enhanced DBS check with Children's Barred List as part of your coaching membership, nothing changes. Keep your check renewed every three years and your safeguarding training up to date.

Parents bring their own and their friends' children to the club. Do they need a check?

No. Private arrangements between families aren't organised by the club, so they aren't regulated activity. The change doesn't affect parents simply for being parents.

An adult team member gives a junior a lift to matches every week. Do they need a check?

It depends who made the arrangement. If it's agreed privately with the parent, it isn't regulated activity. If the club has asked the adult to transport juniors on a regular basis, it may be. Contact the Safeguarding Team with the details and we'll help you check.

What are the responsibilities of the club, team and parents when an under-18 plays in the league?

The club should have a Welfare Officer, a safeguarding policy, codes of conduct, and up to date parental consent and emergency contact details. Parents and carers remain responsible for their child unless another arrangement has been agreed. Adults who simply play in the same team are not in regulated activity.

Do we have to stop someone helping while their DBS check is processed?

Put sensible safeguards in place while you wait such as passing on any regulated activity to someone who is suitably qualified in the interim, not being the only adult with juniors, and not taking on overnight or transport roles until the check is back.

How do we apply and is there a cost?

Apply online through First Advantage: Know Your People, using the TTE Organisation ID and Access Code. The step by step guide and relevant codes are on this page which contain this information including the costs for your DBS check. Volunteers can join the DBS Update Service free of charge within 30 days of receiving their certificate - <https://www.gov.uk/dbs-update-service>.

Some volunteers say they don't see the point of a check. What can we tell them?

In addition to adhering to key legislation, it's standard good practice that protects children, volunteers and the club, and it shows parents you take safeguarding seriously. With the free Update Service, one check can be kept up to date. Explain the 'why' and support them through the process.

What should our club do now?

Assess roles that involve coaching, helping or supervising juniors. Check how often each one happens. Update your role descriptions, and check whether existing certificates include the Children's Barred List.

Where can I get more help?

Contact the TTE Safeguarding Team at safeguarding@tabletennisengland.co.uk or 01908 208860, option 3. You can also refer to the [Regulated Activity Flowchart](#).