



DBS QUICK FACT SHEET: England and Wales

What Is A DBS Check (formerly a CRB check)?

A DBS (Disclosure & Barring Service) Check is a report on a person's criminal history. There are different versions available – **Basic, Standard, Enhanced** and **Enhanced DBS check with a Children's Barred List** check depending on the level of vetting required. Each check will search for an applicant's criminal record, searching various types of register. The level of check you can request is determined by legislation (it's not a personal choice!)

This document applies to England and Wales. Criminal record disclosure checks in Scotland are provided through Disclosure Scotland and in Northern Ireland through AccessNI

Basic Disclosures are typically used when recruiting to fairly standard roles – such as visa applications, alcohol / premise licenses etc. An individual can apply direct to the DBS for a Basic Disclosure for themselves. A Basic Disclosure may contain unspent convictions **and conditional cautions**, not merely unspent convictions.

For aikido instructors working with children this level of check is not sufficient.

Standard Disclosure: A Standard DBS check contains spent and unspent convictions and cautions held on the Police National Computer that are not subject to filtering. Whilst this is a much more thorough check, **it will not be sufficient for those who are regularly coaching children** and individuals cannot apply for a Standard Disclosure themselves.

For aikido instructors working with children this level of check is not sufficient.

The Aikido Alliance can provide access to the following DBS checks:

Enhanced DBS check: An Enhanced DBS check contains the same information as a Standard DBS check and may also contain relevant non-conviction information supplied by local police.

An Enhanced Disclosure is usually the minimum requirement for an aikido instructor working with children.

In addition to convictions, cautions and reprimands, an Enhanced DBS check may also show information held by local police forces.

Enhanced DBS check with a Children's Barred List check: This level of check is required for those who are working in Regulated Activity. It will show if someone is legally barred from working with children.

Anyone, whether paid or unpaid, whose duties include teaching, training, or instructing children, or providing advice or guidance to children relating to their physical, emotional, or educational well-being, is eligible for an Enhanced DBS check with a Children's Barred List check if they meet the *frequency condition* for Regulated Activity.

The "Regulated Activity with children" frequency condition is met if either of the following apply:

- The instructing happens on more than 3 days in any period of 30 days, or
- once overnight between 2am and 6am with the opportunity for face-to-face contact with children.

If the coach does these activities more than once, but not often enough to meet the frequency condition, they are eligible for an Enhanced DBS check but without any Barred List check.

Welfare Officers, Class Assistants, Class Helpers are likely to come into the same classification as Coaches or Instructors.

Remember:

- actual duties and frequency determine eligibility;
- from 1 September 2026, supervision no longer excludes an otherwise qualifying role from regulated activity; and
- the eligibility tool must be used for the final determination (see below).

Important note: Alliance policy requires anyone undertaking regulated activity to have the appropriate DBS check completed and their suitability confirmed by the Alliance before starting the role

Also, someone undertaking the day-to-day management or supervision of someone in regulated activity may also be eligible for the same level of DBS check

Association Safeguarding Officers must use the DBS Eligibility Checking Tool to determine whether a role is eligible for an Enhanced DBS check and whether Children's Barred List information may also lawfully be requested.

- [DBS eligibility tool](#)
- [Enhanced with Children's Barred List guidance](#)
- [Enhanced without Children's Barred List guidance](#)