

Code of conduct

Your club should have a code of conduct for parents/carers, coaches, club staff, volunteers and participants. These guidelines should outline acceptable and unacceptable behaviour.

Child Friendly Policy

All sports clubs should have a Child Friendly Policy which will provide you with additional information on procedures to follow where you have concerns. Clubs also have a Club Welfare Officer who is there to offer you help and support should you need it.

**Remember - share
your concerns to
solve your concerns!**



Want Some Help and Advice?
Here are some useful contacts
where you can find more support.
Take action NOW!



Confidential support for all
children & young people
0800 1111
www.childline.org.uk

ChildLine is a service provided by the NSPCC.
NSPCC registered charity numbers 216401 and SC037717

Connexions

Provide support for 13 to 19 year olds
080 800 13 2 19
www.cwconnexions.org.uk



Keeping Sport Safe!

A guide for children
and young people



www.cswsport.org.uk

FUN SAFE SPORT

Sport is for everyone and is a great way to make new friends, stay fit and healthy, learn new skills and to have **FUN!**

It doesn't matter where you take part in sport as long as you feel **SAFE!**

SPORT is exciting, rewarding, challenging and competitive and gives you a great sense of achievement when you take part.

But remember sport should be fun and you should feel safe!

If you experience any of the following, or anything that makes **YOU** feel uncomfortable, then find a friend, coach, teacher, Club Welfare Officer or other responsible person and together you can sort things out:

- Bullying
- Racism
- Constant criticism
- Neglect
- Name calling
- Hitting
- Shouting
- Touching or other behaviour that makes you feel uncomfortable
- Encouragement to take drugs or alcohol
- Pushing you too hard in a training sessions
- Generally being pushed too hard and making you upset or cry
- Adults asking you to keep secrets
- Coaches or leaders taking photographs or videos of you without permission.

Find a Friend

**Remember -
asking for HELP is
a sign of STRENGTH
& maturity for
BOYS & GIRLS**

Sharing your experience with the right person can help to make things better. Find someone you trust, this could be a parent, coach, teacher or a sensible friend who will help you find the right adult. Be strong and trust that if you tell, things will get better.



Staying Safe!

Remember you have a responsibility to keep yourself safe.

Here are some DO'S & DON'TS: **DO**

- Tell parents/carers where you are going and what time you will be back
- Tell parents/carers who you are going out with
- Make sure family and friends have your mobile phone number. Keep your mobile with you and turned on
- Stay together with friends where possible
- Inform your coach and friends of any medical conditions
- Tell a trusted adult about unacceptable behaviour of any other adult or young person.

DON'T

- Leave a sports session without telling someone where you are going
- Make contact with strangers on the internet
- Accept lifts from strangers
- Accept lifts from known adults if they are on their own and your parents/carers are not aware
- Keep secrets for anyone.

