

# Be safe Enjoy your sport



When you take part in your sport, we want you to feel that

- It is fun
- You are listened to
- Your development is supported
- You feel respected
- People are there for you
- Your club is friendly and inclusive

But what if something is wrong?

What if someone else's behaviour is making you feel...

- |         |               |
|---------|---------------|
| Anxious | Sad           |
| Angry   | Uncomfortable |
| Hurt    | Unsure        |
| Lonely  | Worried       |

## You need to be safe. Talk to someone who can help.

There are lots of people you can talk to: a parent/guardian, a trusted adult, your coach, or a club welfare officer.

Speak to someone you trust. If there is no one you feel you can talk to, contact one of the organisations below.

**Childline**  
0800 1111  
[childline.org.uk](https://www.childline.org.uk)  
Calls are free of charge.

**24 hours 7 days a week**

**Club Welfare Officer details:**



Norman Thompson  
[welfare@blaydonasc.co.uk](mailto:welfare@blaydonasc.co.uk)  
07970 289496

For more information visit [swimming.org/safeguarding](https://swimming.org/safeguarding)

