

Be safe, Be happy



At your club

Do

Listen, be friendly, help others
Tell your coach if you are not feeling well
Tell an adult before you go anywhere
Try hard – see what you can do!

Don't

Mess around in your lesson
Use bad language
Bully others

Are you enjoying your club time?

When you take part in club lessons, are you:

- having fun?
- making new friends?
- learning new skills?
- being listened to?
- respected?
- feeling safe?



How are you feeling?

Grown ups need your help to understand if you are feeling:

- | | |
|--|---|
|  sad |  worried |
|  angry |  upset |
|  unsure | |

Did you know?

Your club has a welfare officer.
They are there to listen to you and help you.

You can...

talk to a grown up
you can trust like a
parent or your coach

Club Welfare
Officer details:
Kate Parkin
welfare@blaydonasc.
co.uk
07779791949



Parents and grown ups
do you need more information?

visit swimming.org/safeguarding

chat online or
on the phone with
Childline
0800 1111
childline.org.uk

