



So what can you do?

Don't worry, talk it over with someone who can help such as:

- Your parents and / or your coach.
- More senior club swimmers who have probably experienced similar problems in their years of competitions.
- Your friends at the club.

They will offer you support and advice to help you.

Issues of the behaviour of others towards you

- Sometimes you feel angry or upset with other people and how they are behaving towards you.
- You feel that another swimmer or an adult at the club is not treating you properly.
- It may be that someone is being unkind to you, they may be bullying you.
- It may be that you feel uncomfortable with what is happening in training or elsewhere in the club.
- It may be that you are unhappy about things that are happening outside of the club and want to tell an adult in the club you trust.
- It may be that someone is saying or doing things that make you feel uncomfortable, unhappy and sad.

For this reason the ASA has developed ways to help you should you have any such concerns.

- Your club can deal with bullying by other swimmers or adults.
- They can help resolve problems with the behaviour of others towards you.

Or if they can't,

- They will contact other trustworthy adults you can share your concerns with who will listen, take what you say seriously and act to help you.

So what should you do?

What is important is that you speak to an adult with whom you feel comfortable and able to tell what is happening or worrying you. Below is a list of possible people to whom you will be able to turn for assistance and reassurance.

- Your parent or guardian. They can take your concern forward for you.
- Your club Welfare Officer. The Welfare Officer's name will be on the club notice board and on your welcome letter.
- Your coach or teacher. You may feel you have a good relationship with them, better than with anyone else in the club, and they can help take your concern forward for you.
- Any member of the club committee and again they will take the concern forward for you.

Or if you don't wish to speak to someone in the club directly you can

- Ring Swimline on **0808 100 4001**, which is the ASA helpline number. You will need to be prepared with a phone number and time when one of our trained and experienced Safeguarding Team members or Swimliners can call you back. If you need to speak to someone immediately, hold on after the message and you will be put through to the NSPCC helpline.
- Send an E mail to the ASA safeguarding Team via the Child Power website or use the form on the Child Power leaflet to give to someone you trust in the club outlining your concern.

