



What will they do?

- All conversations with the club Welfare Officer, your coach or another club officer will be in confidence.

BUT

- They cannot keep what you say secret if to do so may leave you in a situation that is potentially going to hurt you or another young person.
- They will consider the concern with you and how it can be addressed and if that can be done by supporting and offering you guidance they will do so.
- Or they may decide you need help from other people and carefully consider with you who they need to share your concerns with.
- Whatever the route taken you will be supported and kept fully informed of any action to be taken.

What if I can't tell someone in the club, the ASA or my parents?

If you would prefer to speak to someone outside of the club and the ASA, the numbers below will put you in contact with people who can offer you help and guidance.

1. Kidscape - For young people who are being bullied. The Helpline is available on **08451 205 204** Monday - Friday from 10.00am - 4.00pm or visit their web page on www.Kidscape.org.uk. Calls cost no more than 5p per minute from BT landline phones but may cost more using phones from other providers.
2. Childline - www.nspcc.org.uk Need advice or just want to talk? Call Childline **0800 1111**. Calls are free, will not be shown on any phone bill and totally confidential.
3. Children's Social Care Team or the police. In an emergency **ring 999** or you can get the local Children's Social Care Team details from a trusted adult, your phone book or by calling **118 118**.



We do hope this section has proven to be both informative and useful to you as young people in swimming. We welcome your feedback on this section and any comments of how to improve it, along with anything else you would like to see in it.

To give feedback directly to the Safeguarding Team please contact Jenni at jenni.dearman@swimming.org

