

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...

Club Welfare
Officer details:

Cressida Harden,
welfare@haringeyaquatics.org.uk

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



chat online or
on the phone with
Childline
0800 1111
[childline.org.uk](https://www.childline.org.uk)

Parents and grown ups
do you need more information?

visit [swimming.org/safeguarding](https://www.swimming.org/safeguarding)