



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
Angry
Hurt
Lonely

Sad
Uncomfortable
Unsure
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:**

Cressida,
welfare@haringeyaquatics.org.uk

For more information visit swimming.org/safeguarding

