

# 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.

Parents and grown ups  
do you need more information?

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

## You can...

Club Welfare  
Officer details:

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://childline.org.uk)

