



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 | Sad |
| Angry | Uncomfortable |
| Hurt | Unsure |
| Lonely | 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:**

For more information visit swimming.org/safeguarding

