

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!

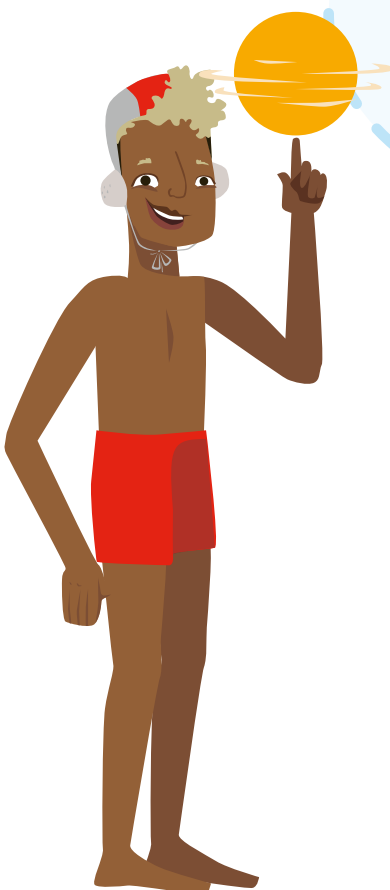
Don't

- 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



unsure



angry



upset

Did you know?

Your club has a welfare officer. They are there to listen to you and help you.

You can talk to them about anything



You can...

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

or you can call **SwimLine**
0808 100 4001



Parents and grown ups do you need more information?

visit swimming.org/safeguarding