Be safe, Be happy



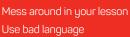
At your club



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!

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

unsure

🕡 upset

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

You can...

Club Welfare Officer details:

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



chat online or Childline 0800 1111 childline.org.uk