Be safe, Be happy

Swim England



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

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

Club Welfare Officer details:
Carolyn Asher
fst.welfareofficer@gmail.com

or you can call SwimLine 0808 100 4001

