



Your coach

Coaches must make sure that:

- They know what they're doing
- The equipment you use is safe
- You have your say
- Your activity is safe
- They treat everyone equally with respect and dignity
- They challenge all types and forms of bullying in the club
- They put your needs before winning
- They treat you as an individual.

Parents and Carers

Parents and carers should be there to support you in your activities and:

- Help out when asked
- Be enthusiastic and cheer you on but not embarrass you or put you under pressure
- Never argue with the coach or referee in public
- Listen to any concerns you have
- Not engage in abusive language or behavior towards players, coaches or others.

Who can you contact if you have any Questions or Concerns?

Sports organisations should have a designated child protection/welfare officer. They are the first point of contact if you have any concerns, alternatively you can contact the sports National Governing Body Child Protection Officer. Details of National Governing Body Child Protection Officers can be found at www.thecpsu.org.uk/scripts/orgsearch

Further information supporting this leaflet or if you want to talk over any concerns with someone outside your club/organisation you can contact the Child Protection in Sport Unit, NSPCC helpline, ChildLine or through your local County Sports Partnership.

NSPCC www.nspcc.org.uk
help@nspcc.org.uk
Child protection helpline : 0808 800 5000

Child Protection in Sport Unit
www.thecpsu.org.uk cpsu@nspcc.org.uk
Tel : 0116 234 7278

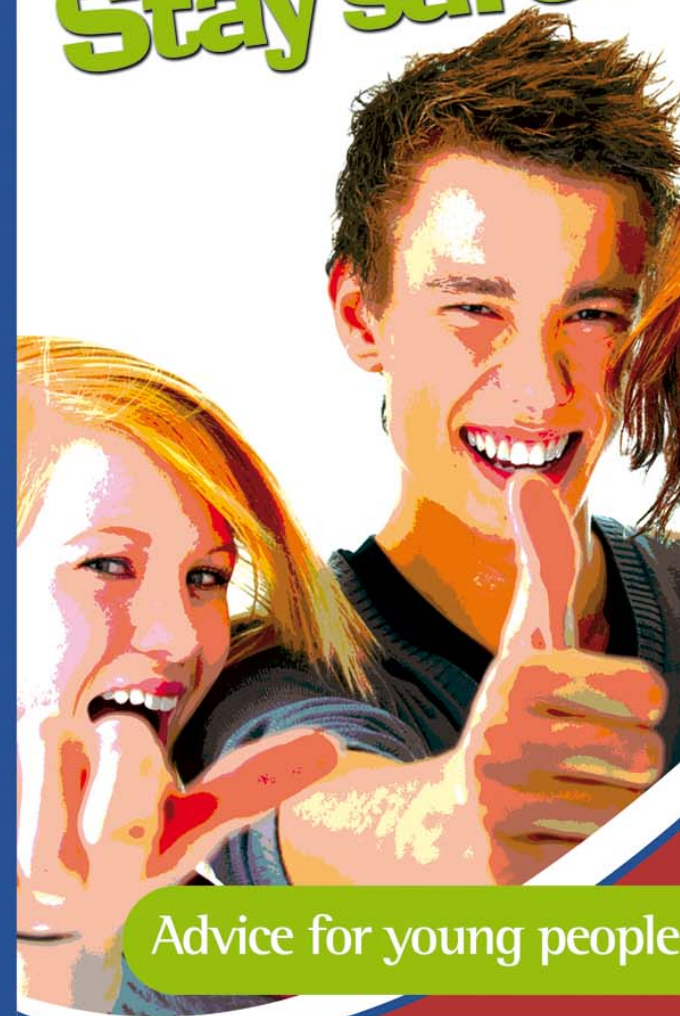
Childline provides confidential help and advice to children and young people.
www.childline.org.uk ChildLine : 0800 1111

Bullying Online provides information for parents on a variety of bullying issues.
www.bullying.co.uk help@bullying.co.uk

LIVING SPORT
(Cambridgeshire & Peterborough)
www.livingsport.co.uk Tel : 01487 841559

This leaflet was adapted from an example of good practice developed by the West of England Sport Trust and recommended by the Child Protection in Sport Unit.

Stay safe!



Advice for young people

LIVING SPORT
Cambridgeshire & Peterborough Sports Partnership
play • achieve • enjoy

Stay safe!

When joining a club or taking part in sport, you have the right to have fun and stay safe.

No-one should ever spoil this for you!



Say NO to bullying!

Bullying can mean things like exclusion, name calling, hitting, shoving, stealing or damaging another person's belongings, spreading rumours, making threats or sending nasty phone texts, pictures or emails. This can be both online and offline.

Remember

If you are not comfortable with any physical contact you have the right to:

- Say NO!
- Speak out!
- Talk to someone you trust!

Help make the place more fun for other young people:

- Say NO! to bullying
- Give your friends a second chance if they make a mistake
- Welcome new members

Your responsibility

Just like your coaches have a responsibility to make your activity fun and safe, so do you. This means respecting the coaches who are there to help you and other young people by:

- Sticking to the rules
- Being prepared and on time for the activity
- Not making insulting comments or swearing at the coach, other helpers or members of the club
- Doing your best at all times
- Thinking about what you do/say on the Internet
- Being a supportive and enthusiastic team player



**Worried?
Need to talk?**

A parent, a teacher, a welfare or child protection officer in your club, a school counsellor or nurse - these are people that children and you could turn to. Nobody around you who you can speak to?

You can contact **ChildLine 0800 1111**. **ChildLine** is a free and confidential helpline for children and young people. It is confidential because you do not need to tell them who you are if you don't want to. You could also visit the **NSPCC online advice service** for young people at www.childline.org.uk