



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

Angry

Hurt

Lonely

Sad

Uncomfortable

Unsure

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.

Swimline

0808 100 4001

Calls from a landline are free, mobiles will be charged.

Childline

0800 1111

[childline.org.uk](https://www.childline.org.uk)

Calls are free of charge.

24 hours 7 days a week

For more information visit swimming.org/safeguarding

