

# play sport stay safe



Information for young people in  
sport clubs and activity groups



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Produced by the Child  
Protection in Sport Unit.

Website: [www.thecpsu.org.uk](http://www.thecpsu.org.uk)  
For more information or copies please  
contact the NSPCC on: 028 9035 1135

Registered charity numbers 216041 and SC037717.  
ChildLine is a service provided by the NSPCC. 2960/08



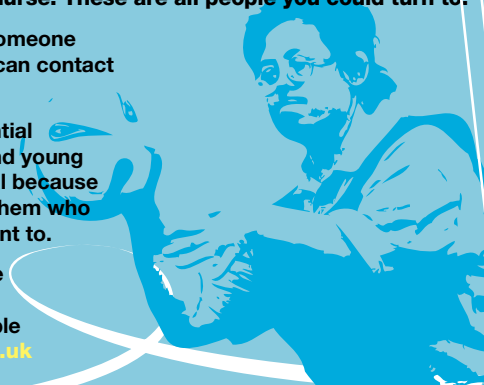
# worried? need to talk?

A parent, teacher, welfare/child protection officer in your club, a  
school counsellor or nurse. These are all people you could turn to.

If you feel there isn't someone  
you could talk to, you can contact  
**ChildLine: 0800 1111**

It's a free and confidential  
helpline for children and young  
people. It's confidential because  
you don't 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  
on: [www.childline.org.uk](http://www.childline.org.uk)



## contact

your local club welfare officer

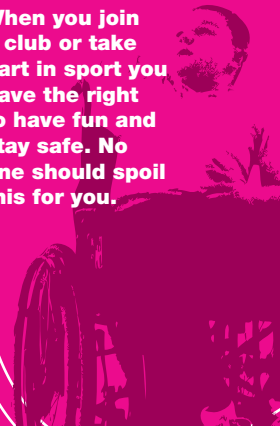
Name:

Contact details:



# stay safe

When you join  
a club or take  
part in sport you  
have the right  
to have fun and  
stay safe. No  
one should spoil  
this for you.



If you're not comfortable  
with any physical contact you  
have the right to say

# NO!

# speak-out.

Talk to someone  
you can trust.



# your coach

**Your coaches are there to make sure you enjoy and learn more about the activity and keep safe.**

It means they have to respect you as a person by:

- being reliable
- being fair
- making you feel safe
- letting you take part
- encouraging you
- being a good role model
- not showing favouritism
- making sure that you do not feel uncomfortable.

Coaches must make sure that:

- they know what they are doing
- the equipment you use is safe
- you have your say
- your activity is FUN
- they challenge all types and forms of bullying in the club
- they work to a code of conduct
- they put your needs before winning
- they treat you as an individual.

# parents and supporters

**They should be there to support you in your activities and:**

- help out when asked
- be enthusiastic and cheer you on but not embarrass you
- never argue with the coach or referee in public
- drop you off and collect you on time
- listen to any concerns you have
- make sure you have the right kit/equipment.



# your responsibility

**Just like your coaches have responsibilities to make your activity fun and safe, so do you and your friends.**

This means respecting the coaches who are there to help you and other young people by:

- sticking to the rules
- not making insulting comments or swearing at the coaches or other helpers and other members of the club
- being prepared and on time for sessions/training
- doing your best at all times
- thinking about what you do/say on the internet.

# say NO to bullying

**Bullying can mean things like name calling, hitting, shoving, stealing or damaging another persons belongings, spreading rumours, making threats or sending nasty phone texts or e-mails.**

To help make the place more fun for other young people you should:

- say no to bullying in your club
- give your friends a second chance if they make a mistake
- welcome new members.

Visit [www.bullying.co.uk](http://www.bullying.co.uk)

