

YOUR RIGHTS

You should expect :

Triathlon to be fun at all times (training and competition)

Feel safe, secure and welcome within the club.

Feel all adults (coaches or other helpers) have your welfare as a top priority.

Feel a real sense of achievement from triathlon.

Fell coaches and adults should listen to your concerns and comments

You should not:

Be bullied in any form (punched, kicked, called names etc)

Feel pressured (by coaches, your parents or carers or other young Triathletes) to do things you don't want to do

Have your belongings stolen or damaged.

Have anything done to you that make you feel lonely, upset, worried, unsafe, hurt or embarrassed.

YOUR RESPONSIBILITIES

At the club you should always:

To be polite and respect all other members. (e.g no bad language etc)

Listen to the coaches and adults who are there for your safety.

Be on time to training sessions.

Tell the coaches if you feel unwell, injured, tired or have pressures such as exams.

Tell the coach if you need to leave the session for any reason.

At the club you should not:

Train or compete if you are very tired, unwell or injured.

Do extra training beyond what the coach has set

Train if you are not being supervised, especially near the water

Touch equipment without your coach's consent and supervision

Have your mobile phone switched on during a session. (Unless you feel in danger or in an emergency)

KEEP SAFE

Always:

Make sure someone knows where you are going and what time you are to be picked up/will be back. (Coaches will have a register at all organised events)

Travel to triathlon with your parents or a friend.

Avoid quiet or badly lit areas

Be wary of parked cars with their engines running.

Walk facing the oncoming traffic,

Be visible with reflective or bright clothing when walking in the dark.

Carry a mobile phone, phone card or spare change

Never:

Talk to or take gifts from strangers.

Accept a lift from a stranger

Walk home alone at night.

Agree to meet someone you don't know on your own.

Go into a public toilet on your own.

WORRIED OR UNHAPPY?

If you are not enjoying your training Speak to your coach. Tell your coach if you are feeling tired, unwell or just not happy with the training you are doing.

If someone does something to you that hurts or makes you feel upset or unhappy, always:

Be firm and tell the person to STOP

Get away from the situation

Find out if the same thing has happened to anyone else

Tell someone you trust

Don't

Be afraid and keep it to yourself, even if you have broken a rule

Agree to keep secrets

Speak to adults you are uncomfortable with-it's fine to walk away

If you feel threatened

Make a lot of noise-yell, sound an alarm (on a bus or train)

Run away from the situation to a place where there are lots of people

Call the police (999) and then your family

REMEMBER

If you are worried, frightened or unhappy,

TELL SOMEONE YOU TRUST

Your parents or carer

A teacher, coach or leader

Your Junior Co-ordinator: Adrian Green (01379 388855)

Your club Welfare Officer Isabel Smith Tel: (01394 460288)

The NSPCC helpline Tel: 0808 800 5000

(NSPCC = National Society for Protection of Cruelty to Children)