Form 3

Dear Member

Welcome to Heath Town Swimming Club. We hope you will have an enjoyable and happy time as a swimmer at our club and that you make many new friends and enjoy training and competing with us.

Your parents have been given details of information available to you as swimmers and them as parents. Please ask them to share this information with you.

We, as an ASA swim 21 club are committed to help you achieve to a standard that is appropriate to your potential. The coaches and teachers are here to help you reach your potential and have been trained to do so in a safe and proper manner.

If you have a concern about your training please speak to your coach. If you feel unable to do this, consult your parents who will be able to raise the concern for your.

The club has a child safeguarding policy. The club Welfare Officer will have a copy of this or a copy can be obtained from the club website. The club is committed to your welfare and if you are concerned about any aspect of what is happening to you while you are at the club, either due to the behaviour of adults or other young people, you can speak to your parent or the club Welfare Officer who will help you and your parents deal with the concern appropriately.

Your club Welfare Officer is [ ]
Or you can find the Welfare Officer's name and details on the notice board or on the website.

You can also contact the Swimline helpline to talk about your concerns with a person who understands swimming and the welfare of children and young people. Swimline is contactable on 0808 100 4001. You will be asked to leave a number at which a swimliner can call you back within 24 hours. This number will also access the NCPCC/Child Line helpline number if you need to speak to someone immediately just hang on until your call is answered.

Your club does not condone bullying of any kind by adults or juniors and has an anti-bullying policy. You can ask your Welfare Officer or parents to get you a copy or go to the ASA policy on their website www.britishswimming.org.uk.

We expect all our swimmers to behave in an appropriate manner to their coaches, all club helpers, fellow swimmers and all adults and young people you have contact with in competitions. We have a code of conduct that you and your parents will be asked to sign and return to the club. If you are unsure about any aspect of the code of conduct, please feel free to ask.

We hope you will have a very happy and successful time while a member of Heath Town Swimming Club.

From [ ]
Welfare Officer

Useful websites for parents, children and young people

Kidscape – have a helpline and downloadable leaflets on what to do if your child is being bullied. The ASA have formed a relationship with Kidscape and can, when required, refer swimmers who have been bullied to attend the WIZ course in London. www.Kidscape.org.uk

Childline – Help for children and teenagers. Need advice or just want to talk? Call Childline 0800 1111. Calls are free and confidential.

Child Protection in Sport Unit (CPSU) – call 0116 234 7278/728. The CPSU have useful downloadable documents at www.cpsu.org.uk.including:

- Club safety list for parents
- Protecting your child by listening
- How you can help make sport safe
- Setting the right example