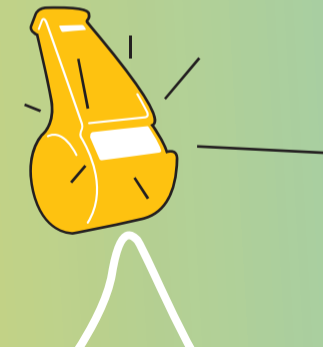


WHAT YOU SHOULD DO:

- Play your best at all times
- Always ensure you play fairly
- Use polite language at all times
- Never bully others
- Always treat others the way in which you would wish to be treated
- Understand that you should do what your coach asks you to do - as long as you feel comfortable to do so and it is within the rules of the game.
- Always be on time and be prepared for competitions, events and coaching sessions



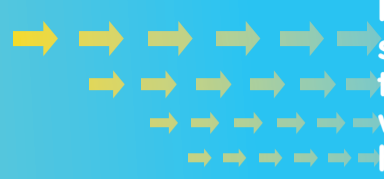
WHAT YOUR COACH SHOULD DO:

The main role of your coach is to make sure that you learn the sport safely and that you are enjoying yourself at the same time.

Your coach should:

- Recognise and treat you as an individual and not show favouritism to anyone
- Not bully you into doing things, but should encourage you

- If they need to have physical contact with you, in order to show you a technique, explain to you why this is necessary. If you are uncomfortable with physical contact you should say no and your coach should respect this.
- Have all the necessary coaching, first aid and child



If you cannot talk to someone at your club, there are other people who will listen and help you:

- protection qualifications
- Ensure that the correct equipment is available and being used
- Make sure that you are having lots of fun and enjoying yourself!



Thurrock Social Services:
01375 652802

Southend Social Services:
01702 534495

Or check out:
www.thinkuknow.co.uk

Adults Helpline:
0808 808 0700 or
www.respond.org.uk

Childline:
0800 11 11
www.childline.org.uk

sportsex:
01245 702449
www.sportsex.com

Essex Social Care:
0845 603 7634



HOW TO STAY SAFE AND HAVE FUN IN SPORT

Stay safe in sport



ChildLine
0800 1111 

WHAT TO DO IF YOU ARE CONCERNED ABOUT SOMEONES BEHAVIOUR TOWARDS YOU

In sport there are times when others may not act in the ways which have been described on the other side of the leaflet. Situations may arise where the following may occur:

- **Physical abuse** – may include being kicked, punched or another physical action which may cause injury
- **Emotional abuse** – name calling, being threatened or taunted or be subject to unnecessary criticism
- **Sexual abuse** – is when you're touched in a way you don't like

- **Neglect** – where the correct equipment is not provided and appropriate care is not taken
- **Bullying and discrimination** – this can be both physical and emotional – picking on someone because they are different is an example of discrimination

If you think that you may have experienced any of the types of abuse described above you should...

- Speak to an adult who you trust and tell them what it is you are worried about or what has happened
- They will support and listen to

- you, but that they may need to take the matter further in order to protect you
- You should always tell the truth and the full story
- You are not the one to blame and telling someone what has happened is the right thing to do
- Most importantly – do not suffer alone – there are always people to help you



And have fun!