

# Juniors

*Stay safe and have fun in rowing.*



When you're rowing, you have the right to have fun and stay safe.

## **Worried about something? Don't keep it to yourself!**

**There is someone you can turn to.**

You could speak to an adult you know and trust such as a parent, a teacher, your Club Welfare Officer, your coach, Junior Rep, a school counsellor, a doctor or school nurse.

All British Rowing clubs with junior members must have a named person responsible for your welfare.

If you feel you want to talk to someone else, you can call ChildLine confidentially on: **0800 11 11** or visit their website: [www.childline.org.uk](http://www.childline.org.uk).

Warrington Rowing Club Welfare Officer:

Allison Wright – you can contact me on 07984640931 or e-mail [allisonwright2010@hotmail.co.uk](mailto:allisonwright2010@hotmail.co.uk)



## **Don't let anyone spoil it!**

Here's some information about what you and your coach need to do to have fun and stay safe in rowing.

### **Your club**

Your club is there to help you learn the sport safely and enjoy it.

#### **What does this mean for me?**

It means my coaches respecting me as a person by:

- Treating me as an individual.
- Not bullying me to make me do things.
- Putting my needs before winning or achieving goals.
- Explaining when they need to have physical contact with me to show me a technique in rowing.
- Not speaking to me in a way that makes me feel uncomfortable.
- Making sure equipment is safe for me to use.
- Being a good role model.
- Making rowing fun!

If you're not comfortable with physical contact you have the right to say no.

### **Useful links**

#### **Resources for Young People**

We have a safeguarding leaflet for junior rowers available on our [Welfare Guidance Page](#).

- If you feel that you want to access further support, then please call [Childline](#) on 0800 1111 or [NSPCC](#) on 0800 800 5000.
- If you would like support regarding bullying, you can call [BullyingUK's](#) helpline on 0800 800 2222, or visit their website.
- If you would like support regarding your mental health, you can visit [YoungMinds](#).
- If you would like to learn more about how to keep yourself safe online, you can visit [InternetMatters](#).
- If you would like support or guidance about sexuality, you can visit [Stonewall](#).

### **You the rower**

Just as your coach has responsibilities to make rowing fun and safe, so do you!

#### **What does this mean for me?**

This means respecting the people who are there to teach me about the sport, as well as other rowers by:

- Accepting what the coach asks me to do within the rules of rowing.
- Being prepared and on time for training and competitions.

- Doing my very best at all times.
- Not making insulting comments or swearing at the coach or other helpers at the club.
- Never bullying the other rowers.  
Bullying means things like name calling, hitting, shoving, stealing or damaging belongings, spreading rumours, making threats or sending nasty texts or emails.
- Telling my parent, carer or coach where I am or if I'm going to be late.

Think about what you say and do on the Internet – the whole world can see your online profile, blog or photos!

### **And not forgetting...Parents and Helpers**

Parents and helpers are there to support you. They should:

- Never argue with the umpire; his/her decision is final.
- Be enthusiastic, get involved and cheer, but not embarrass me.
- Not take or publish photos of me without permission.
- Support me and respect everyone nearby.

For more information on Safeguarding and to see our policies and guidance documents, please see our [Safeguarding section](#).