

When you take part in rowing you have a right to stay safe and most importantly have fun!

Did you know that there is a Safeguarding Policy for Children and Young People that coaches and rowers have to abide by?

Have a look inside this leaflet for more information about your rights and what you can expect of other people

Worried about something?

Don't keep it to yourself!

The Club Welfare Officer at my club is:

I can contact them by T/E:

Other contacts:

British Rowing Iso@britishrowing.org

In emergency:

NSPCC Childline 08000 1111

www.childline.org.uk

Police 999

Information for Junior Rowers

Stay Safe

Have fun in rowing!

Your rights

- To be safe in rowing
- To be respected
- To be treated fairly
- To enjoy rowing without feeling pressured
- To raise any worries you have and be listened to

**Need to talk to someone?
The back of this leaflet has
contact details of those who
will listen to you.**

Your responsibilities

- Follow the rules of your club
- Be a model sportsperson and be respectful to your peers
- Do not engage in bullying, insulting comments or swearing
- Perform to the best of your ability
- Be prepared for sessions and tell your coach or parents if you are going to be late!

Your coach's responsibilities

- To follow your club rules and be properly qualified
- To put your welfare first
- To treat you with respect
- Not to push you into anything you do not want to do
- To keep proper boundaries, meaning that they are not abusive, don't make you feel uncomfortable through their words or actions, don't touch you inappropriately and do not use insulting language



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