

What can I expect from the Club?

- **A chance for you to become a member**
This will be explained to you when you arrive at the club. You will receive information on how much this will cost, kit you will require, rules of the club, when training sessions are and match information
- **Qualified coaches**
The coaches understand and know how to help you play the best squash you can
- **Volunteers**
Any adult working within the club will have been on training to ensure they know how to support and look after you
The club will have a First Aider, Team Managers and a Child Officer. Make sure you know who these people are and introduce yourself to them
- **Rules and laws**
There are rules for playing squash & racketball which you will learn as you play.
There will be rules of the club which you will also learn e.g.; junior members are not allowed to smoke
These are there for your safety and are not to be broken
- **Opportunities for you to play**
There will be teams and squads of boys and girls your own age that you will get to know and learn how to play squash & racketball with
- **Matches and competitions**
There will be a chance for you to train and play in your club team against other clubs
- **Anti bullying policy**
This clearly states how the club will deal with any situations of bullying, either adult to young person or young person to young person
- **Safeguarding Policies and Procedures**
This provides the club with ways of ensuring you are safe and enjoy your squash & racketball
- **Codes of Conduct**
These clearly state how club member must act towards you and support you. This includes coaches, volunteers, club officials and parents

What do the Club Expect from Me?

- **Code of Conduct**
The club will have clear messages of how they expect you to behave. This may be in the form of a Code of Conduct. The Code of Conduct will clearly state what is okay and what is not okay e.g.
 - Junior members are not permitted to smoke
 - Junior members are not permitted to drink alcohol

You have the Right To...

- Have fun when playing squash
- Be safe when playing squash
- Enjoy your squash
- Make friends at the club
- Be treated with respect by adults at the club

Are you Worried?

Something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks, punches or physically hurts you
- Touches you or does anything which makes you feel uncomfortable
- Makes suggestive remarks or tries to pressurise you into sexual activity
- Damages or steals your belongings
- Does anything that makes you feel lonely, upset worried, unsafe, hurt or embarrassed
- Threatens you

If the answer is **YES** - **Don't keep it to yourself – Ask for help from your designated child officer**

What can I do?

Try to...

- Be firm and tell the person to stop, make a lot of noise to attract attention
- Get away from the situation, find help or call the police (999)
- Tell your parents/carer or an adult you trust what has happened
- Keep a note of when, time and place, what happened, how you felt and the names of anyone who may have seen what happened
- Use the free 24hour help lines:
Child Line **0800 1111**
NSPCC **0800 800 5000**

Who should I talk to?

Talk to your **Club Child Officer** or **someone you trust so they can help you.**

It can sometimes be difficult to speak to an adult about how you are feeling.

- **You might think that an adult will not understand**
THEY WILL LISTEN
- **You may think that they will not believe you**
THEY WILL BELIEVE YOU
- **You may be scared that they will tell other people that you do not want to know**
THEY WILL ONLY TELL SOMEONE WHO CAN HELP
- **You might think they have not got time to talk to you**
THEY WILL ALWAYS MAKE TO TIME TO TALK



It is better to talk to someone:

- Ignoring your worries or concerns could make them worse
- Talking to someone will begin to tackle your worries and concerns
- You only have to share information that you want to share

Telling someone will begin to help you

What will happen if I talk to someone?

Stratford Squash & Racketball, have Safeguarding and Protection Policy and Procedures. You can ask for a copy of this at any time.

The policy and procedures help ensure that you have fun and are safe. They also support the Child Officer to know what to do to help you if you talk to them.

Confidentiality

The Club Child Welfare Officer cannot promise to keep the information you share a secret. However, they do have to keep it CONFIDENTIAL. This means that they may have to tell someone to help with the situation, but only the person/people who can help.

When you are talking to the Child Officer ask them to explain who they need to speak to and why. They may say one of the following:

- **Stratford Squash & Racketball Designated Officer**
The officer will know what to do in any circumstances in which behaviour of adult/s towards you is upsetting you or could be bullying.
Talking to the officer will begin to help the situation and ensure you can play squash in a happy and safe environment.
- **Children Social Care (Social Services) or the Police**
Social Services or the police will be called if the Child Officer thinks you may come to more harm or are in danger. This is to help you and ensure you are safe.

My Club Child Welfare Officer is: Mrs A Dickenson

**Their contact details: 9 Newbury Drive, Stratford-upon-Avon, CV37 9LZ
Or robdickenson@me.com**