**Safeguarding Policy** October 2021

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**Stay Safe!**
Netball is a great game for young people; you get to keep fit, have fun and make new friends through teamwork.

Your Netball should always be enjoyable. While you're playing Netball, whether during or after a match, in a tournament or at club training, no one should ever make you feel unhappy or uncomfortable. This includes your coaches, the umpires, other players or people watching.

You can tell if something is wrong, if someone:

* constantly teases you, shouts at you or calls you names
* threatens, hits, kicks or punches you
* touches you or does anything in a way that 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, worried, unsafe, hurt, embarrassed or uncomfortable

**What to do if you feel worried, upset or uncomfortable about something**
If you need to report a concern please contact the Club safeguarding officer - their role is to make sure the club is safe for young people, and to help you if you have any worries.

If you feel unhappy or uncomfortable about something that is happening, you should tell your parents or carers, or you can tell the Club Safeguarding Officer, who is there to help.

If you are unable to speak to the Club Safeguarding Officer you should tell an adult you trust; this could be your teacher or, if this is difficult, you could ask one of your friends to speak to an adult for you.

If you feel in any immediate danger, get away from the situation quickly, go to a public place to find help or call the police (999)

**Things you can do to Be Safe in Netball:**

* If something is worrying you, tell someone you trust, so they can help you
* Avoid being alone or with just one other person
* If your parents or carers can't take you to a match or training, travel with a friend, and avoid travelling in someone else's car by yourself. Always make sure your parents or carers know what your travel arrangements are.
* Avoid going into other people's homes by yourself
* Carry a mobile phone with you, and make sure you have enough credit. Alternatively, carry a phonecard or some spare change so you can make a call if you need to.

**ChildLine - 0800 1111**There is a free 24 hour confidential helpline you can call for help, called Childline. You can call them for free on 0800 1111. Keep trying if you don't get through straight away.

**Reverse Charge Number**Simply dial 08000 MUMDAD (08000-686-323) from ANY pay or mobile phone (even if the mobile has no credit)

Club Welfare Officer - Catriona Hauer Email: kitesmembership@hotmail.com