

We hope you have a fantastic time taking part in athletics. We want you to be as safe as possible at all times and some of the tips in this leaflet may help you or your friends now or in the future.

### Confidentiality

You have the right to share private stuff with coaches and volunteers in athletics without it being spread around or gossiped about. If you tell us something that means that you or someone else might be in danger then we will have to tell someone else, but you will also need to know that it will only be told to a few people who can help and make the situation safer. You will also be informed what is happening along the way.

### Bullying

Bullying can be anything from a joke that goes too far, right up to physical violence against you. If you are being bullied tell someone about it. You don't have to sort it out on your own.

### Massage

Massage should only be carried out by a qualified person. Before you allow anyone to give you a sports massage check that they have the required qualifications.

### Disclosure and Barring Service Checks

All UKA licenced coaches and technical officials hold a valid disclosure and barring service check. If you have any doubts ask to see the persons coach or officials licence.

## Athletics - Safe & Fun

Everyone should be treated with respect, and should give respect to others.

If you are worried about how you or someone else is being treated at the club by another young person or an adult, there is someone you or your parents can talk to:

**Club Name:**  
.....

**Welfare Officer Contact:**  
.....  
.....  
.....  
.....

**Email:**  
.....

**Phone:**  
.....



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# ATHLETICS SAFE & FUN



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[www.britishathletics.org.uk](http://www.britishathletics.org.uk)



## Cars

Be careful who you accept a lift from.

If it is a friend make sure their car is safe and that they are in a fit state to drive.

An adult from athletics should not offer you a lift home in their car on your own.

## Mobile phones

Be careful what you send as a text. Something meant as a joke can often be read as something negative or even aggressive when it appears as a text message.

Be careful who you give your number to and don't give someone else's number without their permission.

Be aware of where you are using your phone and who is watching you- they may want your phone and not worry about hurting you to get it.

## Helpful numbers

Childline 0800 1111

NSPCC helpline 0808 800 5000

IWF - Internet Watch Foundation [www.iwf.org.uk](http://www.iwf.org.uk)  
The Internet Watch Foundation (IWF) is the only authorised organisation in the UK which, amongst other things, provides an internet 'hotline' for the public to report their exposure to potentially illegal child abuse images.

An adult should not text or talk to you on social media without your parents/carers agreeing to this and copying another adult into the message.

## Internet Advice

**Remember: WWW is short for 'World Wide Web'**

So always think about what you upload before you put it on a site like YouTube or Flickr whether it's your personal information, photos or videos, as everything can be seen by the whole world.

You wouldn't give your house keys or bank PIN code to a complete stranger so be careful and don't do a similar thing on the internet.

## Message Boards and Chat Rooms

Never stay in a chat room if someone says or writes something that makes you feel uncomfortable or worried and always let your parent/carer know and report them to a moderator.

Remember that message boards/chat rooms are public places and that you may not know the true identity of anyone you meet on the internet.

If you are being bullied or abused it is not your fault. If this is happening try to

- Be firm
- Tell the person to stop
- Make a lot of noise to attract attention
- Get away from the situation quickly
- Go to a public place or call the police (999)

**Never** tell anyone you meet on the 'net' your address, phone number or details your athletics club.

**Never** send any one your picture without your parents' permission.

**Never** give your password to anyone (not even your best friend)

**Never** meet someone in person from the internet without your parents' permission.

## Emails

- Never respond to spam, suggestive or rude emails
- Always be yourself and do not pretend to be someone else

