

## SAFEGUARDING ADVICE FOR CHILDREN AND YOUNG PEOPLE

Athletics is fun – it gives you the opportunity to make new friends, try out new activities and amaze yourself with what you can do.

As a child or young person in athletics you have the right to:

- be safe and protected.
- be listened to.
- be respected and treated fairly.
- ask for help.
- be believed.
- be coached and supported by adults who are qualified and trained.

To make sure this happens UK Athletics and your club have policies and procedures that everyone must stick to. These include processes to make sure every adult who coaches or supports you in a club, or at an event, is trained and qualified and knows what to do to protect you from harm.

The coaches and volunteers at your club have rules they must stick to when they work with children and young people. For example, they should never:

- send you personal messages, including WhatsApp messages or messages on social media, on a one-to-one basis. Your parent or carer must be aware of any form of communication you have with your coach, even if your coach says its ok;
- try to have a personal relationship with you. It's great for your coach to be friendly, but they must never add you to their social media account, share personal photos with you, or invite you to meet them alone or to their home;
- ask you to share private information about yourself, or do anything that you are not comfortable with doing;
- threaten, embarrass, or shout and swear at you or any other child or young person;
- give you personal gifts. It is okay for coaches to reward you or other children or young people for outstanding achievement or behaviour, but this must only happen in front of other adults, and the reason for the reward is known by everyone;
- take or share photos or videos of you, or other children and young people, without your and your parents permission;
- touch you without your permission, unless its an emergency. Touching you to help you with a technique requires your permission. Hugging is not usually allowed, but other contact, such as 'high-fives' or 'fist-bumps' are ok if you are comfortable with it.

You can find out more about how your coach must behave by reading the codes of conduct [here](#).

### Getting help when you need it.

For some children and young people, the fun can be spoilt by adults who don't follow the rules and do or say things during athletics that may hurt or frighten them.

When this happens, UKA has a team of people whose job it is to step in and make sure the adults behaviour stops.

If something or someone is worrying you, or you want advice on keeping yourself safe, there are lots of people who can help.

For example, you can tell:

- your club welfare officer
- a parent or someone else in your family
- a coach or another member of staff at the club
- a teacher or school counsellor
- your doctor or school nurse

You can also contact the UKA Safeguarding team directly by emailing them on [safeguarding@uka.org.uk](mailto:safeguarding@uka.org.uk), or you can send the information to them [here](#).

You can visit the UKA [safeguarding](#) page for more info and advice on safeguarding in athletics.

You can also contact:

**Childline** which is a free 24/7 helpline for children and young people in the UK and you can call about any problem. Phone **0800 1111** or visit the Childline website to **chat online to a counsellor**. You might also want to take a look at Childline's **Sport and exercise** pages for info and advice on issues relating to sport.