



BRITISH TRIATHLON



YOUNG PERSON'S GUIDE

Staying Safe in Triathlon

Young people are the future of triathlon and British Triathlon is committed to ensuring that all young people involved within the sport are able to:

Make new friends within the sport

Enjoy participating in training and events and ultimately have fun

Be safe while taking part in any aspect of triathlon

Develop new skills to achieve their goals

You should always feel safe when Training, Competing and during every day activities. Triathlon should be fun and this can be difficult if you are unhappy, stressed or feel pressured. Bullying and abuse is unacceptable in our sport, whether it's by another child, young person or an adult.

If you are being bullied or abused you should always:

Keep a note of the time and place and who may have seen what happened

Tell someone you know and trust

Speak to your Club Welfare Officer

Remember it's not your Fault

Sport is for enjoyment of yourself and others. So here are some Do's and Don'ts to keep you and others safe:

- Do's**
- . Listen and Co-operate
 - . Be dedicated and follow the Rules
 - . Respect everyone's views
 - . Be friendly and help others
 - . Make sure an adult you know and trust knows where you are at all times.
 - . Tell a coach if you have any medical conditions or injuries they should be aware of.
 - . Keep in a group with others
 - . Tell an adult you trust if something is worrying, frightening or upsetting you

Don'ts

- . Shout or Swear
- . Disrupt the group/training session
- . Talk to strangers
- . Leave the session without speaking to the coach
- . Be a bully
- . Arrive late to sessions/training
- . Put yourself in dangerous situations
- . Allow yourself to be alone with an adult
- . Send or post inappropriate, unkind or threatening messages, pictures or videos via mobiles or social networking sites.

When do you know if something is wrong? If someone is:

- Constantly Teasing you, shouting at you or calling you names
- Using Violence or hurting you in any way
- Damaging or stealing your belongings
- Doing anything to make you feel lonely, upset or unsafe
- Sending inappropriate, unkind or threatening messages
- Threatening you
- pressuring you to do something you don't want to directly or online
- Always being unkind and mean to you
- Making you feel uncomfortable by touching you

Remember it's not your fault, Make a note of the time, date, place, what happened, who witnessed the incident, who was involved, take screenshots and how you felt.

Tell someone you know and trust:

- . Parents/Carers
- . Club Welfare Officer
- . Club Coach
- . A Teacher

If you are being bullied or someone tries to make you do something you do not want to do, it's not your fault and the following can help stop the behaviour:

- . Be FIRM and tell the person to STOP!
- . Say "NO!" in a very loud voice
- . Make a lot of noise to attract attention
- . Get yourself out of the situation as soon as possible
- . If the abuse is online, do not respond, report it to an adult

If you don't feel comfortable talking to someone within the club or other adults that you may know, there are other options including:

.Contacting the Home Nations Triathlon Lead Safeguarding Officer using:

Triathlon England: 01509 226159
lindahaywood@britishtriathlon.org

Welsh Triathlon: 0300 300 3128

Triathlon Scotland: 07545697841
janescott@triathlonscotland.org

Discussing the problem with Childline:
www.childline.org.uk
0800 11 11

Calls are free and will not show on phone bills. They keep conversations confidential.

You can speak with your local Children's Social Care Team - you will be able to find their details online, in the phone book or by calling

118 118

If in an Emergency you can ring the Police by calling 999

Please remember that if you speak to an adult about any concerns that you have, they will keep it confidential unless you, or someone else is potentially in danger or at risk of being hurt