



SHIVERERS SWIMMING CLUB

Fun, friendly and fast since 1920.

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Dear Swimmer,

Welcome to Shiverers Swimming Club, we hope you will have an enjoyable and happy time as a swimmer at our club and that you make many new friends and enjoy training and competing with us. Your parents have been given a letter, which includes details of your training times and lane allocation. This letter is to give you some additional information you may find helpful now or in the future.

Coaching

We, as an ASA club are committed to help you swim to enjoy your training, learn to train hard and to achieve your potential. The coaches and teachers are here to help you do that and have been trained to do so in a safe and proper manner.

You should soon get to know your coach and if you have any concerns about training do talk this over with your coach and your parents.

Safeguarding

You may wonder what we mean by safeguarding. Basically, alongside our wish for you to enjoy and succeed at your swimming, we want to ensure you are safe and happy in the club and that we act upon anything that prevents that. That is what we call safeguarding our members.

You may ask what am I being safeguarded from. So, by way of an example we want to make sure you are not being:

- Bullied
- Treated differently to others
- Hurt by another person on purpose
- Ignored

Preventing such behaviour is very important to us as a club and to achieve that we have a safeguarding policy called Wavepower. If you want to have a look at Wavepower the club Welfare Officer will have a copy, or it can be viewed and downloaded from the club website. Wavepower has a section (Section 5) specifically for swimmers that our Youth Forum has helped us to write, which you may find interesting to read. We know any bullying or poor behaviour towards you would make you feel unhappy, so please do not feel you have to just put up with it. While we will do all we can to prevent anything happening, it is important if something, or someone, causes you to be unhappy you tell someone. Tell your parent, your coach, the Club Welfare Officer or any other adult you feel happy to speak to. Any issues you raise will be dealt with.

To assist you here are some helpful details of how you can raise concerns:

- Your club Welfare Officer is Virginia Fonteyn, she can be contacted by emailing welfareofficer@shiverers.co.uk
- The ASA also have a helpline called Swimline if you want to tell someone but not anyone in the club. The number is 0808 100 4001. You will be asked to leave a number at which you can be contacted in the next 24 hours. If you feel you cannot wait that long for someone to talk to you, hang on and you will be put through to the NCPCC / Child Line helpline number who will answer your call immediately.
- Child Power is an ASA section of the ASA website just for young people. It has a message link that you can use to send a concern in writing to the ASA Safeguarding Team, who will then help



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you with whatever issue you have raised <http://www.swimming.org/asa/clubs-and-members/under-16s-advice/>

Please be aware that you can approach all of the above people even if your concern or worry is not swimming related - we are all here to listen to you and help you.

Codes of conduct

Just as we expect others to behave properly to you, we expect all our swimmers to behave in an appropriate manner to their coaches, all club helpers, fellow swimmers and all adults and young people you have contact with in training and at competitions. We have a code of conduct that you and your parents will be asked to sign and return to the club. If you are unsure about any aspect of the code of conduct please feel free to ask.

We hope you will have a very happy and successful time while a member of Shiverers Swimming Club.

Virginia Fonteyn
Club Welfare Officer