

# Putting you 1st



**S**port is about having fun and being the best you can - we want you to be safe from harm when you're involved in our activities.

This leaflet gives you the information on what that

means to you, and where to get help if you need it.

## What's all the fuss about?

Sport is brilliant, but for a few children it is spoilt by people who do or say things that hurt

or frighten them. These children may feel they have no one to talk to; no one will listen or believe what they say. Lancashire Sport Partnership wants to stop these things, which may be abuse from happening and help those affected. This is called 'Safeguarding Children'.

## Who does it help?

Safeguarding Children is for all young people under 18 regardless of colour, beliefs, sexuality or anything else. Everyone should be safe from harm.

## Where can I get help?

Here's some good advice if you think you are being abused, or have been in the past:

- Tell an adult you trust as soon as possible. A parent or family member; a teacher; your doctor or a school nurse.
- Contact one of the Child Help Lines listed below.
- Lancashire Sport Partnership has Child Protection Officers who

you can talk to about your worries. Their details are below too.

- Make sure you're not alone again with the person who has tried to harm you.

## Who can I ring?

If you ever feel uncomfortable and want to talk to someone there are people who can help.

## Helplines

NSPCC Helpline  
**0800 800 5000**

Textphone service  
**0800 056 0566**

Childline  
**0800 1111**

Lancashire Local Safeguarding Children Board  
**0845 053 0000**

Blackpool Local Safeguarding Children Board  
**01253 477668**  
**01253 477600** after 5pm

Blackburn Children's Services Social Care Referral  
**01254 587547**  
and Assessment Team  
**01254 587547**  
after 5pm

Lancashire Sport Partnership

Child Protection Officer  
Julie Gough  
**07904 187851**

Deputy Child Protection Officer  
Mark Stephenson  
**07944 795354**

If you are in immediate danger, phone **999** and ask for the Police



# Be a good sport



**A**s a young sports person you have the right to be treated fairly and to always feel safe, secure and comfortable.

As a young person you can expect a club to:

- Treat everyone fairly
- Have qualified coaches
- Be a safe and enjoyable place to participate
- Always complete police and CRB checks with employees and volunteers

As a young person you can expect an adult, coach or volunteer to:

- Be** committed, organised and always be on time
- Be** supportive and encouraging
- Be** open, honest, trusting and respectful
- Be** trained to ensure safe and correct practice
- Promote** the welfare and best interest of all young people
- Never** use foul language

As a young person taking part in sport:

### Definite do's

- DO** listen and co-operate
- DO** be dedicated and follow rules
- DO** respect everyone's views
- DO** be friendly and help others
- DO** tell your parents / carers where you're going, when you'll be home and if you're getting a lift tell them who with

- DO** give parents / carers a number that you can be contacted on
- DO** tell the coach where you're going and always inform them of any medical conditions or injuries.

### Definite don'ts

- DON'T** shout or swear
- DON'T** disrupt the group
- DON'T** talk to strangers
- DON'T** accept lifts home from strangers
- DON'T** leave the session without first informing the coach
- DON'T** be a bully
- DON'T** boast
- DON'T** arrive late

