



West Wight Swimming Club

Welcome letter to swimmers.

Dear Swimmer,

Welcome to West Wight 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 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 swim21club are committed to helping you 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 Officers 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 the ASA Youth Forum helped 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, a 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 Officers are Hanne Miller and Karen Smith and they can be contacted on:
hannewsc@hotmail.co.uk, Tel: 0757 279 9796
karensmithcounselling@yahoo.co.uk Tel: 0792 647 5344
- 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 can 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 send a concern in writing to the ASA Safeguarding Team who will then help you with whatever issue you have raised. The ASA website can be found at www.swimming.org/childpower.
- Attached is a Child Power Leaflet. You can use the "Your Voice" section to put down your concern in writing and give to a parent or trusted adult in the club if you can't tell anyone directly.

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 West Wight Swimming 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 West Wight Swimming Club.

Hanne Miller/Karen Smith
Club Welfare Officers