

## Information and Guidance to Swimmers

Swim Wales are very grateful for the assistance of the members of the ASA Youth Forum who helped in developing this section.

If you have any comments on how we can improve it further, please ask your club Welfare Officer to pass on your suggestions to the Swim Wales Welfare Officer who will then pass it on..

Swim Wales and your club are committed to you having fun and making many new friends through swimming. We are also committed to helping you develop skills in the sport that allows you to reach a level of competition that is appropriate to your ability and aspirations.

Upon joining you will have received a swimmers pack from the club including a letter from the club Welfare Officer. Please keep that in a safe place as it has information on it you may require in the future.

We know we cannot all be swimming stars and reach the Olympics. There is only one David Davies or Jaz Carlin but we can all aspire to reach such high levels in the sport. The important thing is not to be disappointed if you don't get to the 2012 Olympics or beyond! Whatever your level of achievement, be it to be a good club swimmer, a regional finalist or a national champion, you, your family and your club should be proud of your achievements.

Unfortunately at times swimmers do have problems in our clubs for various reasons. It may be that someone is being unkind to you, through bullying. It may be you feel uncomfortable with what is happening in training or elsewhere in the club. For this reason Swim Wales has developed policies to help you should you have a problem. For example your club will have an anti bullying policy in place to prevent bullying but should it happen to you there

are guidelines with which to take action and help resolve the problem.

The important thing is to tell someone you have a concern. You may just want some reassurance or you may want that person to take action on your behalf. What is important is that you speak to an adult with whom you feel comfortable and able to tell what is happening or worrying you. Below is a list of possible people to whom you will be able to turn for assistance and reassurance.

1. Your parent or guardian. They can take your concern forward for you.
2. Your club Welfare Officer. The Welfare Officer's name will be on the club notice board.
3. Your coach or teacher. You may feel you have good relationship with them, better than with anyone else in the club, and they can help take your concern forward for you.
4. Any member of the club committee if you prefer and again they can take the concern forward for you.
5. You can ring SWIMLINE, which is the Swim Wales helpline number. You will need to be prepared with a phone number and time when someone can call you back. If you need to speak to someone immediately then call the NSPCC Helpline.

All conversations with the club Welfare Officer will be in confidence unless the issue is placing you or others at risk, or likely risk, of harm. If that is the case advice and guidance will be offered to try to help resolve your concerns. If the matter is one requiring further action, the club Welfare Officer or Swim Wales will ensure you are offered support throughout

the process and are kept fully informed of any action to be taken.

If you prefer to speak to someone out of the club and Swim Wales. The numbers below will put you in contact with people who can offer you help and guidance.

1. Kidscape – The Helpline is available on **08451 205 204** Monday-Friday from 10.00am-4.00pm. or visit their web page on [www.Kidscape.org.uk](http://www.Kidscape.org.uk)  
Calls cost no more than 5p per minute from BT landline phones but may cost more using phones from other providers.
2. Childline  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
Need advice or just want to talk?  
Call Childline 0800 1111. Calls are free, will not be shown on any phone bill and totally confidential

**Remember if you have been harmed or feel you may be harmed you should contact the Children's Social Care Team or the police. In an emergency ring 999 or you can get the local Children's Social Care Team details from a trusted adult, your phone book or by calling 118 118.**