

# SAFE SPORT

Created FOR young people  
BY young people

Thanks to our young advisors at Durham Johnston School:  
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# GREAT SPORT!

Sport can be FUN, it can help you make NEW FRIENDS and it keeps you FIT and HEALTHY.

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

# WHY SPORT?

“Sport is exciting”

“It’s rewarding”

“It’s competitive and gets you motivated”

“You can try something different and get out in the fresh air”

“You can develop skills and set yourself targets”

“It gives you a great sense of achievement”

“You can socialise with friends and also make new ones”

“It teaches you team work and co-operation”

“It’s a way of improving yourself”

# WHAT SHOULD YOU EXPECT?

As a young sports person you can expect a coach or club to:

Be committed and organised

Be supportive and encouraging

Be honest, respectful and friendly

Treat everyone fairly

Have qualified coaches

Provide suitable opportunities

Never use foul language

Always be on time

Remember,  
if you EVER  
feel uncomfortable  
TELL SOMEONE.

If you want to talk to someone there are people who can help.

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## WHAT ABOUT ME?

There are certain behaviours that are acceptable and unacceptable when you take part in sport and also there are certain things that are expected of you.



## Definite dos

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 and swear

DON'T disrupt the group

DON'T talk to strangers

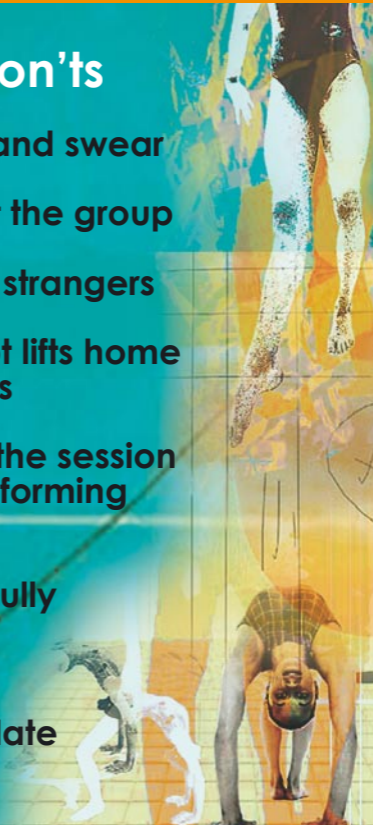
DON'T accept lifts home from strangers

DON'T leave the session without first informing the coach

DON'T be a bully

DON'T boast

DON'T arrive late



## WHO CAN I RING?

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

NSPCC Child Protection in Sport Helpline: 0116 234 7278

24 hr Child Line: 0800 1111

County Durham Social Care Direct Helpline: 0845 8505010

Local contact:

