



Ryde Rowing Club.

The Clubhouse, Appley Park, Ryde Isle of Wight. PO33 1ND.

Telephone. 01983 562127

Web Site: <http://www.ryderowingclub.co.uk/>

A registered Community Amateur Sports Club – Registration # - CASC 01512.

Stay Safe & have fun in rowing. Information for young people.

When you're rowing, you have the right to have fun and stay safe.

Don't let anyone spoil it.

Here's a leaflet about what you and your coach need to do to have fun and stay safe in rowing.

Your Club.

Your club is there to help you learn the sport safely and enjoy it.

What does this mean for me?

It means my coaches respecting me as a person by –

- Treating me as an individual.
- Not bullying me to make me do things.
- Putting my needs before winning or achieving goals.

- Explaining when they need to have physical contact with me to show me a technique in rowing.

If you are not comfortable with physical contact you have the right to say so.

- Not speaking to me in a way that makes me feel uncomfortable.
- Making sure equipment is safe for me to use.
- Being a good role model.
- Making Rowing fun!

Links.

www.there4me.com

www.chatdanger.com

www.thinkuknow.co.uk

www.childline.org.uk

www.bullying.co.uk

You the rower.

Just as your coach has responsibilities to make rowing fun and safe, so do you.

What does this mean for me?

This means respecting the people who are there to teach me about the sport as well as other rowers by –

- Accepting what the coach asks me to do within the rules of rowing.
- Being prepared and on time for training and competitions.
- Doing my very best at all times.
- Not making insulting comments or swearing at the coach or other helpers at the Club.

Think about what you say and do on the internet – the whole world can see your online profile, blog or post.

- Never bullying the other rowers.

Bullying means things like name calling, hitting, shoving, stealing or damaging belongings, spreading rumours, making threats or sending nasty texts or email.

- Telling my parent, carer or coach where I am or if I'm going to be late.

.... and not forgetting parents & helpers.

Parents and helpers are there to support you.

They should –

- Be enthusiastic, get involved and cheer, but not embarrass me.
- Never argue with the umpire, his/her decision is final.
- Not take or publish photos of me without permission.
- Support me and respect everyone nearby.

**Worried about something?
Don't keep it to yourself.
There is someone you can turn to.**

You could speak to an adult you know and trust such as a parent, a teacher, your club welfare officer, your coach, a school counsellor, a doctor or a school nurse.

All British Rowing Clubs with junior members must have a named person responsible for your welfare. You can make a note of their details below –

If you want to talk to someone else, you can call ChildLine confidentially on: 0800 11 11 or visit their website – www.childline.org.uk

The Welfare Officer at my club is –
JOSIE BULL.

Her contact number is – 01983 566481.

Mobile – 07964 424417.

E Mail – josiembull@gmail.com