

Play Sport...
Have Fun...
Stay Safe...

www.northamptonshiresport.org



You have the right to...

Have fun and stay safe when taking part in sport. Here's a leaflet about what you, your coach and your club need to do to have fun and stay safe in sport.

Stay Safe

- ▼ Make sure you know who you can talk to
- ▼ Use the right equipment
- ▼ Dress appropriately
- ▼ Take a drink with you
- ▼ Use sun screen if it's hot



Make Sure

- ▼ You let you're coach know if you have any medical conditions
 - ▼ Say thank you to your coach
- You can send a message to your coach by logging onto;

www.northamptonshiresport.org/kidz/nice-one-coach-young-peoplesviews

make Sport safe

Your Club Should

- ▼ Enable you to enjoy sport in a safe environment
- ▼ Have a welfare officer, or some one you can talk to if you are worried about something
- ▼ Have a code of conduct for young people

Your Coach Should

- ▼ Make sport fun and enjoyable
- ▼ Respect you as a person and treat you as an individual
- ▼ Be a good role model
- ▼ Ensure the venue and equipment is safe to use
- ▼ Have the right qualifications

- ▼ Explain to you if they need to have physical contact to show you a sports technique

IF YOU ARE NOT COMFORTABLE WITH PHYSICAL CONTACT YOU HAVE THE RIGHT TO SAY NO

Your coach should not:

- ▼ Bully you
- ▼ Put winning before your Safety
- ▼ Talk in a way that makes you feel uncomfortable

You Should

- ▼ Show "Good Sportsmanship" at all times in victory & defeat
- ▼ Show respect & be supportive of others
- ▼ Be passionate and competitive but NEVER behave aggressively towards others or use foul language
- ▼ Always try your hardest

- ▼ Tell your Coach or Team Manager if you have any concerns
- ▼ Have Fun!!! (You should also be aware of your own club's code of behaviour)

Worried About Something?

You could talk to an adult you know and trust, such as a parent, a teacher, or someone at your club. (Your club should have a welfare officer you can talk to). If there isn't someone you feel comfortable talking to, you can call:

Childline Tel:
0800 11 11 or visit their website:
www.childline.org.uk
NSPCC Tel:
0808 8005000 or visit their website:
help@nspcc.org.uk
Calls are FREE unless calling from a mobile, and you can call at any time day or night.

Links:

www.There4me.com
www.bullying.co.uk
<http://www.northamptonshire.gov.uk/NACPC/Young/>



This leaflet can be made available in other languages and formats upon request, such as large print, Braille and audio cassette. Please contact 01604 236976.

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