

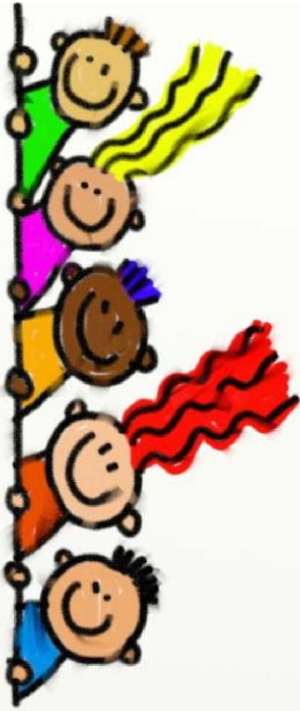


## British Ice Skating

# Child-Friendly Safeguarding Policy

In collaboration with Deeside Ice Skating Club





## What is this?

**British Ice Skating** has a Safeguarding Policy for skaters, parents & guardians, officials, volunteers and coaches.

This 'child-friendly' policy is designed for young people and this should be read as a guide to the main policy.

## What is it for?

To help you decide what could be a 'problem' and where to get help and support.

## **The four main areas of Child Protection concerns are:**

1. **Physical Abuse** – hitting, smacking, shaking, throwing, burning, biting, etc.
2. **Sexual Abuse** – this doesn't always just mean someone touching you where you do not want them to. It could be someone making you watch things that make you feel uncomfortable or encouraging you to act in an inappropriate way.
3. **Neglect** – this means things like not providing meals or warmth or clothing. Or perhaps not taking you to the doctor when you need to go. There may be lots of different reasons why a child is neglected and it is really important that we know so we can help.
4. **Emotional Abuse** – This means when someone upsets you or makes you feel bad, such as if someone in your family says horrible things to you and makes you feel sad and worthless.

**These are just a few examples for you. If you think you may have a problem that is similar to one of these or any other cause for concern, please talk to someone.**



## **BULLYING**

You must tell someone so that we can help you. Examples of people you can tell are:

- Your coach or another coach if your coach is the problem
- A family member
- Club Welfare Officer
- Any other you feel comfortable with, such as a family friend

***Please do NOT keep it a secret!***

## **SAYING HURTFUL THINGS**

Has someone said something to you, or have you heard something that you do not like or upsets you?

You must tell someone so that we can help you. Examples of people you can tell are:

- Your coach or another coach if your coach is the problem
- A family member
- Club Welfare Officer
- Any other you feel comfortable with, such as a family friend

***Please do NOT keep it a secret!***

## **INAPPROPRIATE TOUCHING**

Has someone touched you on a part of your body like your bottom, chest or anywhere else you do not like?

You must tell someone so that we can help you. Examples of people you can tell are:

- Your coach or another coach if your coach is the problem
- A family member
- Club Welfare Officer
- Any other you feel comfortable with, such as a family friend

***Please do NOT keep it a secret!***



## HITTING, PUNCHING OR SMACKING

Has someone hit, punched, smacked you or hurt you in any way?

You must tell someone so that we can help you. Examples of people you can tell are:

- Your coach or another coach if your coach is the problem
- A family member
- Club welfare officer
- Any other you feel comfortable with, such as a family friend

***Please do NOT keep it a secret!***

**If in doubt, talk to someone.**

**There are many people at the rink who you can talk to and they will help support you.**

## What are the next steps?

Sometimes a club official or coach will need to talk with the **British Ice Skating** Safeguarding Officer for advice and guidance. If they can deal with your concerns then they will.

There are times when they may need to contact some other agencies for support. These may be Children's Social Care (Social Workers) or Police. There are lots of other agencies who support children and their families as well.

These processes can be scary, but it is important that you talk to an adult that you feel safe with so that they can help you.



## People that you can contact if you do not feel safe

Organisation	Contact details
<b>British Ice Skating</b> Safeguarding Officer	JOHN MILLS British Ice Skating Safeguarding Officer <a href="http://www.iceskating.org.uk">www.iceskating.org.uk</a> Tel: 01159 888 060 / Tel: 07539 697819 E-mail: <a href="mailto:safeguarding@iceskating.org.uk">safeguarding@iceskating.org.uk</a>
<b>Police</b>	Tel: 999
<b>NSPCC Helpline (24 hours)</b>	Tel: 0808 800 5000 Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>NSPCC</b> Child Protection in Sport Unit (CPSU)	Tel: 0116 234 7278 E-mail: <a href="mailto:cpsu@nspcc.org.uk">cpsu@nspcc.org.uk</a>
<b>Local Authority Designated Officers</b> (LADO)	See local phone directories, internet search engines or via Local Authority directly
<b>Local Safeguarding Children's Board</b> (LSCB)	See local phone directories, internet search engines or via Local Authority directly
<b>Victim Support Helpline</b>	Tel: 0845 3030 900 Website: <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>
<b>ChildLine</b>	Tel: 0800 1111 Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>

