

**When you take part in rowing you have a right to stay safe and most importantly have fun!**

Did you know that there is a Safeguarding Policy for Children and Young People that coaches and rowers have to abide by?

Have a look inside this leaflet for more information about your rights and what you can expect of other people

**Worried about something?**

**Don't keep it to yourself!**

The Club Welfare Officer at my club is:

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I can contact them by T/E:

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**Other contacts:**

British Rowing [Iso@britishrowing.org](mailto:Iso@britishrowing.org)

**In emergency:**

NSPCC Childline 08000 1111

[www.childline.org.uk](http://www.childline.org.uk)

Police 999

**Information for Junior Rowers**

**Stay Safe**

**Have fun in rowing!**

## Your rights

- To be safe in rowing
- To be respected
- To be treated fairly
- To enjoy rowing without feeling pressured
- To raise any worries you have and be listened to

**Need to talk to someone?  
The back of this leaflet has  
contact details of those who  
will listen to you.**

## Your responsibilities

- Follow the rules of your club
- Be a model sportsperson and be respectful to your peers
- Do not engage in bullying, insulting comments or swearing
- Perform to the best of your ability
- Be prepared for sessions and tell your coach or parents if you are going to be late!

## Your coach's responsibilities

- To follow your club rules and be properly qualified
- To put your welfare first
- To treat you with respect
- Not to push you into anything you do not want to do
- To keep proper boundaries, meaning that they are not abusive, don't make you feel uncomfortable through their words or actions, don't touch you inappropriately and do not use insulting language



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