Safeguarding at Dart Totnes Amateur Rowing Club: a guide for young people

The safety and wellbeing of all children and young people who are involved in rowing are important to us and we work hard to make sure you feel Dart Totnes Amateur Rowing Club is a safe environment and that rowing is an enjoyable sport. We expect everyone involved with the club to help us achieve these goals and follow the rules in our Safeguarding Children and Young People policy.

This guide explains:

- What we do to ensure the safety of children and young people involved in rowing at Dart Totnes Amateur Rowing Club
- What we expect from people who work with us and what you can expect of them;
- What abuse is and what safeguarding means;
- What we will do if we find out that a child or young person has been abused;
- What you should do if you are worried about your safety or if you think you've been
- abused.

Before you begin to read this guide, it's important that you understand what certain words mean to us:

- **Abuse** – abuse is when a child or young person is intentionally harmed by an adult or another child. It can be over a long time, or a short time, or even just once. It can be physical, sexual or emotional, and it can happen in person, or online. It can also be a lack of care and attention, which is called neglect;
- **Child, children or young people** – this means anyone who has not yet had their 18th birthday;
- **Club Welfare Team** – They are the people who are responsible for making sure that Safeguarding is being implemented at Dart Totnes Amateur Rowing Club. These are the people at the Club to who you can report any concerns or worries you may have;
- **Safeguarding** – this is the work that the Welfare Team at Dart Totnes Amateur Rowing Club, and British Rowing, carry out to ensure your safety and wellbeing.

Why read this guide?

As a child or young person in rowing, it is very important that you understand;

- You have the right to be kept safe, respected and to speak up about any concerns you have;
- How you can get help if you need it;
- How to protect yourself and stay safe;
- The work that Dart Totnes Rowing Club is supposed to do to ensure your safety and wellbeing.

How does Dart Totnes Amateur Rowing Club keep you safe?

Safeguarding is everyone's responsibility. We have included some examples below of how we work to ensure your safety and wellbeing. The main objective of our work is to create a safe environment at Dart Totnes Amateur Rowing Club, and to do this, we:

- Have a Club Welfare Team who have overall responsibility for safeguarding at the Club
- Make sure that everyone who works with us is safe to work with children and young people. We do this by making sure that everyone who may come into regular contact with you has a DBS check, which is a check to make sure the individual has never harmed a child or young person before;
- Make sure that everyone who works with us, such as the members of the Club Welfare Team and our coaches, understand their safeguarding responsibilities, and know how to implement safeguarding at the Club.
- Commit to take action when we find out that a child or young person has been abused or is being mistreated

Every rowing club, including Dart Totnes, is required to follow the British Rowing Safeguarding Children and Young People policy, which has rules in place that clubs must follow to keep you safe. Our Club has its own safeguarding policy which is based on British Rowing's policy.

You should be aware of your Club Welfare Team and know that there are rules in place to keep you safe. You should also know that if you have any concerns about your safety or welfare, or want some advice on what you can do to keep yourself safe, you can talk to a member of the Club Welfare Team, or the Lead Safeguarding Officer at British Rowing whose email address is **lso@britishrowing.org**.

What we expect from the people who work with us

Our Safeguarding Children and Young People policy expects everyone who works with us, which includes members of the Club Welfare Team, Coaches, Volunteers, Officials, rowers and Parents of junior rowers, to know;

- and understand their safeguarding responsibilities;
- how to ensure you're kept safe and your wellbeing is put first;
- how to make your rowing activities safe;
- to be inclusive of every child and young person differences and treat everyone fairly;
- that they must listen to children and young people, and treat them with respect;
- how to identify safeguarding concerns, and understand what abuse is and what they must do if it has happened to you;
- that they must be a positive role model towards you and other young people in rowing.
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In our policy, we make it clear to members of the Club Welfare Team, Coaches and others, that they must never;

- send you personal messages, including WhatsApp messages or messages on social media, on a one-to-one basis.
- develop personal relationships with you. It is okay to be friends with your coach, but they must never add you to their social media network, share personal photos with you or invite you to their home or their friends home;
- ask you to share personal information about yourself, or do anything that you are not comfortable with doing;
- make arrangements to meet you anywhere without your parents'/carers'/guardians' knowledge and without your parent/carer/guardian being there, especially outside of a rowing context;
- threaten, embarrass, use foul language in front of you or any other child or young person;
- show you, or other children or young people, preferential treatment. It is unfair to children and young people if the same person is always chosen for special things or events. Every child and young person, including you, must be treated equally;
- give you personal gifts. It is okay for coaches to reward you or other children or young people for outstanding achievement or behaviour, but this must only happen in front of other people, and the reason for the reward is known by everyone;
- take or share photos or videos of you, or other children and young people, without your and your parents'/carers'/guardians' permission;
- touch your body without your permission, unless in case of an emergency. Touching you while instructing you how to achieve a certain position in a boat, or on an erg,requires your permission. Again, it is perfectly fine to make

physical contact, through ‘high-fives’, ‘fist-bumps’ or other similar gestures, if you are comfortable with this.

What is abuse?

It is important that you know and understand what abuse is, so you can spot if it is happening, or has happened, to you, or someone else. It is also important to tell someone if abuse has happened, or is happening to you, or someone else.

If you feel upset by reading any of this, you can either talk to a member of the Club Welfare Team, the British Rowing Lead Safeguarding Officer or you can call ChildLine’s confidential hotline, on 0800 1111.

There are five main types of abuse;

- Physical Abuse – is when someone hurts or injures you, or another child or young person, on purpose. For example, this could be someone who has punched or kicked you or your friend.
- Sexual Abuse – is when someone forces, pressures, or tricks you into taking part in any sort of sexual activity with another person. For example, this could be being forced to have sex, or do something sexual, with someone, or for someone. It is also important to know that sexual abuse can happen, even if you don’t have sex, or haven’t even made physical contact. If someone forces you to take a picture of yourself in a sexual nature, either in person or online, that is sexual abuse.
- Emotional Abuse – is when someone always says mean, or upsetting, things to you, shouts at you, continuously ignores you, stops you from having friends or pressures you into doing things you’re not comfortable doing. For example, this could be when someone continuously tells you you’re not good enough, or when someone always forces you to say or do things you’re not comfortable with.
- Neglect – is when you don’t get the care and help you need, from the person who is supposed to be looking after you. For example, not getting food, clean clothes, or care and attention from your parents/carers/guardians, or not getting proper safety equipment from, or being supervised by, your Coach.
- Bullying – is repeated, negative behaviour that is intended to upset you, make you feel uncomfortable, or unsafe. For example, this could be name-calling, being teased, having things stolen or hidden from you, being put down, being threatened, or having rumours spread about you. Bullying can also happen online, on social media, or on gaming platforms.

What will we do if you report abuse?

If you tell your Coach or a member of the Club Welfare Team, that you think you may have been abused, or know someone who may have been abused, you will be listened to and everything you tell us will be taken seriously and we will get you the support you need.

If you have even the slightest concern about abuse, whether you think it has happened to you, or a friend, it is important you tell someone. You can tell your parents/guardians/carers, your Coach, a member of the Club Welfare Team or another trusted adult at the Club. You should know that these concerns will need to be shared with the Club Welfare Team, unless the concern is about them. If you don't feel comfortable sharing your concerns with a member of the Club Welfare Team, you can contact the Lead Safeguarding Officer at British Rowing, whose email is lso@britishrowing.org.

Where to go for further support

There are several organisations and charities that are dedicated to providing you support. If you want to get further support from a safeguarding charity or organisation, please consider contacting some of them below;

- **Childline** - Childline is a free, private and confidential service where you can be you. It exists to help anyone under 19 in the UK with any issue they're going through. Website: www.childline.org.uk Call: 0800 1111
- **The Child Protection in Sport Unit (CPSU)** - The CPSU is a partnership between the NSPCC, Sport England, Sport Northern Ireland and Sport Wales. Email: cpsu@nspcc.org.uk. Website: www.thecpus.org.uk
- **Young Minds** – Young Minds want to see a world where no young person feels alone with their mental health, and that all young people get the support they need, no matter what. Website: www.youngminds.org.uk
- **Think U Know** – are a charity that offers advice and guidance on safe surfing and staying safe online, like social media, blogs, online gaming and group chats. Website: www.thinkuknow.co.uk