



Safeguarding Information Sheet for National Excel Athlete Information Pack

“Safeguarding is Everyone’s Responsibility”

A young person’s guide to staying safe in Netball

Being in the Excel Programme should be an enjoyable experience, which will support and encourage you to achieve your full potential in a safe and supportive environment.

During your training and at competition, something is wrong if someone (including your coach, umpires, other players or people watching)

- constantly teases you, shouts at you or calls you names
- threatens, hits, kicks or punches you
- touches you inappropriately or does anything in a way that makes you feel uncomfortable
- makes suggestive remarks or tries to pressurise you into sexual activity
- damages or steals your belongings
- deliberately makes you feel embarrassed, unhappy, lonely, unsafe or hurt

What to do if you feel worried, upset or uncomfortable about something

It is important that you:

Speak to the person in charge (e.g. the Excel Team Manager or Excel Head Coach)

If this is not possible you should tell your parents or carers, or the EN Lead Child Protection Officer (Emma Gibson 07595 863 991) or an adult you trust. If this is difficult, you could ask one of your friends to speak to an adult for you

If you feel in any immediate danger, get away from the situation quickly, go to a public place to find help or call the police (999)

ChildLine

There is a free 24 hour confidential helpline you can call for help, called ChildLine. You can call them for free on 0800 1111. Keep trying if you don't get through straight away.

And remember - Netball should be fun. If you are unhappy or uncomfortable about something, don't keep quiet about it, and always tell someone you trust. Don't give up until someone helps you, and you feel safe.

Things you can do to Be Safe in Netball:

- If something is worrying you, tell someone you trust, so they can help you
- Avoid being alone with an adult (other than parent / carer)
- If your parents or carers can't take you to a match or training, travel with a friend, and avoid travelling in an adult's car by yourself. Always make sure your parents or carers know what your travel arrangements are
- Avoid going into an adult's home (other than parent's or carer's) by yourself
- Carry a mobile phone with you, and make sure you have enough credit. Alternatively, carry a phone card or some spare change so you can make a call if you need to

Be Safe Cards

Please find enclosed your personal Be Safe Card, this contains useful contact numbers and information on keeping safe in netball. If you require further copies please contact the Safeguarding Co-ordinator: Ayesham@englandnetball.co.uk

Safeguarding and Protecting Young People in Netball

England Netball is firmly committed to creating and maintaining a safe and positive environment for all young people to play netball. It accepts its responsibility to safeguard the welfare of all young people and protect them from poor practice, abuse and bullying.

With this in mind, England Netball has developed a Safeguarding and Protecting Young People in Netball Policy, Procedures and Guidelines that applies to all individuals involved in a paid or voluntary capacity in Netball.

For Policies, Procedures and Guidelines please visit

www.Englandnetball.co.uk/safeguarding/

Anti Bullying:

Bullying can be an issue in all walks of life and netball is no different, young people have described bullying as:

- being called names
- being teased
- being hit, pushed, pulled, pinched, or kicked
- having their bag, mobile or other possessions taken
- receiving abusive text messages
- being forced to hand over money
- being forced to do things they do not want to do
- being ignored or left out
- being attacked because of religion, gender, sexuality, disability, appearance or ethnic or racial origin

Cyber Bullying

More recently cyber bullying has become an issue where young people can be bullied over the internet either by inappropriate comments, uncomfortable pictures being distributed or lies and gossip being spread.

To view the England Netball policy on anti-bullying and how to implement it in your club please visit http://www.Englandnetball.co.uk/youth/Be_Safe/Anti_Bullying_Resources

The England Netball Safeguarding Department

Lead Child Protection Officer
Safeguarding & Equity Manager
Emma Gibson
Mobile: 07595 863 991
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Safeguarding Co-ordinator
Ayesha Malik
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England Netball recognises that everyone has a responsibility to safeguard and protect all young people.

If you have a concern that you would like to write to us about please e-mail :-
besafe@Englandnetball.co.uk

