

# Gymnastics...

## Keeping your child safe

### A guide for parents

When your child is taking part in gymnastics, we want you to be confident that they can have fun in a safe environment.

Here's some useful information to help you understand what is in place and who can help you.

British  
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## Your child

It is important that your child has **FUN** and is happy whilst they are taking part in gymnastics. Parents and clubs together should create an environment where your child knows:

- Not to worry about progression or failure
- Not to try and please others rather than enjoying the sport
- What is acceptable coaching practice
- What is not acceptable coaching practice or abuse
- That they can **TELL** and talk to someone if they have a concern
- Who to **TALK** to within their club

### **Remember:**

It is important that your child knows that if they feel uncomfortable being asked to do anything, they always have the right to say no.

## You

Parents are extremely influential in a child's enjoyment and development in gymnastics. Your support is vital and if you positively support your child, you can help them to:

- Reach their potential
- Enjoy the sport
- Be motivated
- Develop life skills

### **Be positive**

- P**rovide a positive role model to all
- A**cknowledge the efforts of all
- R**eassure and praise
- E**ncourage fair play
- N**urture positive behaviour and attitudes
- T**ell club officials of concerns
- S**upport your child and the coaches

## Aim not to:

- Verbally abuse or harass anyone
- Push your child too hard, too fast
- Expect too much
- Let your child think they've let you down

Safeguarding is everyone's responsibility and if you are concerned then you should discuss and report the matter.

If the matter is not immediate you can discuss with:

- Your child's coach directly
- The Club Welfare Officer
- A member of the British Gymnastics Safeguarding team

If you think a child is in **immediate danger of abuse or risk of harm**, contact the police on **999**.

When raising a concern, you should assure your child that they did the right thing by **SPEAKING OUT** and telling you.

# Your club

Clubs work hard to ensure your child is in a safe and fun environment. Here is a checklist of what should be in place:

- A Club Welfare Officer for you and your child

write their name here for your reference

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- Safeguarding policies and procedures
- A procedure for reporting and dealing with safeguarding concerns including poor practice
- Codes of conduct for all at the club
- Parent contact details for all emergencies
- Safe recruitment process which includes criminal records checks for relevant staff
- Qualified staff with up to date safeguarding training

## For more information about safeguarding call or visit:

### British Gymnastics Safeguarding team

☎ 0345 129 7129

✉ [safeguarding@british-gymnastics.org](mailto:safeguarding@british-gymnastics.org)

### British Gymnastics advice, policies & contact details

🌐 [british-gymnastics.org/safeguarding](http://british-gymnastics.org/safeguarding)

### NSPCC

☎ 0808 8005000

🌐 [nspcc.org.uk](http://nspcc.org.uk)

### CPSU

🌐 [thecpsu.org.uk](http://thecpsu.org.uk)

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