

East Essex Tri Club and YOU



On the right Track

GUIDELINES FOR CHILDREN AND YOUNG ATHLETES



YOUR RIGHTS

You should:

- ✓ Expect triathlon to be fun in both training and competition
- ✓ Feel welcome at the club and that your needs and interests are important
- ✓ Have some input to the training that you do and the competitions that you take part in
- ✓ Feel there are adults looking after your welfare and you should always feel safe
- ✓ Gain a real sense of fun and achievement from triathlon

You should not:

- ⊗ Be bullied, teased or called names
- ⊗ Threatened, hit, kicked or punched
- ⊗ Feel pressured (by coaches, your parents or carers or other young Triathletes) to do things you don't want to do
- ⊗ Have your belongings stolen or damaged
- ⊗ Have anything done to you that make you feel lonely, upset, worried, unsafe, hurt or embarrassed.

YOUR RESPONSIBILITIES

At the club you should always:

- ✓ Be polite, respect other members of the club and their wishes
- ✓ Listen to what your coach asks you to do
- ✓ Be on time for training and work hard
- ✓ Tell the coach if you are feeling very tired or unwell, if you have an injury or under pressure (e.g. exams)
- ✓ Tell the coach if you have done a lot of physical activity already that week (e.g. at school, at the pool, on the track)
- ✓ Tell the coach if you have to leave the group for any reason-where you are going and when you will be back.

At the club you should not:

- ⊗ Train or compete if you are very tired, unwell or injured
- ⊗ Do extra training beyond what the coach has set
- ⊗ Try to train or compete at the same level as older Triathletes or seniors-stick to the levels laid down for your age group
- ⊗ Train if you are not being supervised, especially near the water
- ⊗ Touch equipment without your coach's consent and supervision



KEEPING SAFE

Always:

- ✓ Make sure someone knows where you are going and what time you are to be picked up/will be back
- ✓ Travel to triathlon with your parents or a friend
- ✓ Avoid quiet or badly lit areas
- ✓ Be wary of parked cars with their engines running
- ✓ Walk facing the oncoming traffic
- ✓ Carry a phone card or spare change

Never:

- ⊗ Talk to or take gifts from strangers
- ⊗ Accept a lift from a stranger or if you will be the only passenger without telling another adult first
- ⊗ Walk home alone at night
- ⊗ Agree to meet someone you don't know on your own or feel unsafe with
- ⊗ Go into a public toilet on your own

WORRIED OR UNHAPPY?

If you are not enjoying your training

- ✓ Speak to your coach. Tell your coach if you are feeling tired, unwell or just not happy with the training you are doing.

If someone does something to you that hurts or makes you feel upset or unhappy, always:

- ✓ Be firm and tell the person to STOP
- ✓ Get away from the situation
- ✓ Find out if the same thing has happened to anyone else
- ✓ Tell someone you trust

Don't

- ⊗ Be afraid and keep it to yourself, even if you have broken a rule
- ⊗ Agree to keep secrets
- ⊗ Speak to adults you are uncomfortable with-it's fine to walk away

If you feel threatened

- ✓ Make a lot of noise-yell, sound an alarm(on a bus or train)
- ✓ Run away from the situation to a place where there are lots of people
- ✓ Call the police (999) and then your family

REMEMBER

If you are worried, frightened or unhappy,

TELL SOMEONE YOU TRUST

- ✓ Your parents or carer
- ✓ A teacher, coach or leader
- ✓ Your club Welfare Officer Tel: Janice Brown 01702 472589 (mob 07984 465636)
- ✓ The NSPCC helpline Tel: 0808 800 5000

