

# Colchester Swimming Club

From The Membership Secretary

Dear

## **Welcome to the Colchester Swimming Club.**

We hope you will have an enjoyable and happy time as a swimmer at our club and that you make many new friends and enjoy training and competing with us. Your parents have been given details of information available to you as swimmers and them as parents. Much more information and news is available on the Club's website [www.colchester-swimming.org](http://www.colchester-swimming.org). Please ask them to share this with you.

We, as an ASA (Amateur Swimming Association) club, are committed to help you achieve to a standard that is appropriate to your potential. The coaches, teachers and helpers are here to help you reach your potential and have been trained to do so in a safe and proper manner. If you have a concern about your training please speak to your coach. If you feel unable to do this consult your parents who will be able to raise the concern for you.

The club is committed to your welfare and if you are concerned about any aspect of what is happening to you while you are at the club, either due to the behaviour of adults or other young people, you can speak to your parent or the club welfare officer. The club has a child safeguarding policy, the Club's Welfare Officer will have a copy of this and a copy can always be viewed on the Club's website. The Welfare Officer will help you and your parents deal with the concern appropriately.

The Club Welfare Officer is Mrs Lisa Baines and you can find their name and contact details on the notice board or on the website. You can also contact the Swimline helpline to talk about your concerns with a person who understands swimming and the welfare of children and young people. Swimline is contactable on 0808 100 4001.

You will be asked to leave a number at which a swimliner can call you back within 24 hours. This number will also access the NCPCC/Child Line helpline number if you need to speak to someone immediately; just hang on until your call is answered.

Your club does not condone bullying of any kind, by adults or juniors, and has an anti bullying policy. You can ask your Welfare Officer or parents to get you a copy or you can view it on the website.

We expect all our swimmers to behave in an appropriate manner to their coaches, all club helpers, fellow swimmers and all adults and young people you have contact with in competitions. We have a code of conduct that you and your parents will be asked to sign and return to the club. If you are unsure about any aspect of the code of conduct please feel free to ask.

We hope you will have a very happy and successful time while a member of the swimming club. Most of all enjoy yourself and achieve your potential.

Jackie Mackinder, Membership Secretary