



Support sheet for junior rowers: What if? What next?

What will happen if I make a complaint about my coach or another adult in my club?

It is really important you tell someone if you are being treated badly, if someone is making you unhappy, or if you are being abused or know that someone else is being abused.

You can tell your parents, your coach or your club welfare officer (CWO), or anyone you trust. It might be a teacher, a relative or a friend. There are a number of telephone lines you can phone for help like Childline (**0800 1111**), which is free. Websites such as www.there4me.com, www.donthideit.com and www.worriedneed2talk.org.uk also offer advice.

You can find the telephone number or email address for your CWO on your club notice board.

The person you tell will try to help you. They may need to tell your parents, or someone outside of the club if it is a serious matter. They will report what you say to the child protection officer at the Amateur Rowing Association (ARA). Anything you tell them will be confidential and it will only be passed on to people who really need to know to help you and other young people like you.

What if I am being bullied?

The ARA have an anti-bullying policy – it is probably like the one at your school. It is on the ARA website (www.ara-rowing.org) and it encourages you to tell and to get help to stop bullies before they hurt you more or other people too.

If you want to speak to someone at the ARA phone **0208 237 6700** and ask for the child protection officer.