

“KEEP KIDS SAFE”

Childline 0800 1111

NSPCC 0800 800500

WHAT TO DO

If you are being bullied or abused, it is not your fault. If this happens try to:

Be firm and tell the person to stop – make a lot of noise to attract attention

Get away from the situation quickly, go to a public place to find help or call the police (999)

Tell your parents/carers or an adult you can trust what has happened as soon as possible so they can help you

Keep a note of the date, time and place, what happened, how you felt and the name of anyone who may have seen what happened

Use the 24 hr free telephone helplines

CHILDLINE 0800 1111

NSPCC 0800 800500

Keep trying if you can't get through straight away.

Don't ignore what is happening – always tell someone you trust. Police stations and social service offices will have staff who are specially trained to support young people who have been bullied or abused.

Don't give up until someone helps you and you feel safe.

KEEP SAFE

To keep safe always:

Tell someone you trust, so they can help you

Trust your instincts about people you meet

Avoid being alone or with just one other person

Travel with a friend; avoid travelling in someone else's car by yourself

Carry a mobile phone, phone card or change

Junior Coordinator : Anne Harrison
Email: anne.berry@manx.net

www.cronkbourne.org.im

Cronkbourne Bacchanalians Hockey Club

Junior Section



JUNIOR CLUB RULES

CRONKBOURNE BACCHANALIANS HC is fully committed to safeguarding and promoting the well being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with any of the club officials or the Welfare Officer.

As a member of Cronkbourne Bacchanalians HC you are expected to abide by the following junior club rules:

- All members must play within the rules and respect officials and their decisions.
- All members must respect opponents.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit including mouth and shin guards for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.

Code of Conduct for Parents/Guardians/Spectators

Cronkbourne Bacchanalians H.C. encourages parents/guardians/spectators to take an active interest in their child's development within hockey and ask that every parent/guardian/spectator observe the following:

- Encourage your child to learn the rules and play within them
- Discourage unfair play and arguing with officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Set a good example by recognising fair play and applauding the good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement and help them to understand that the enjoyment of sport and fair play are more important than winning
- Use correct and proper language at all times
- If you have any queries or comments please address them to Cronkbourne Bacchanalians HC's Child Welfare Officer:

Joyce Vernon- Browne

Home: 616006

Mobile: 437633

Email: bacchaswelfare@hotmail.com

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A YOUNG PERSONS GUIDE TO CHILD PROTECTION

You have rights – Sport should be fun. You should feel safe and enjoy your sport. You can't do this if you feel unhappy – if someone is bullying or abusing you.

When do you know if something is wrong?

Constantly teases you, shouts at you or calls you names

Threatens, hits, kicks or punches you

Touches you or does something that makes you feel uncomfortable

Makes suggestive remarks or tries to pressurize you into sexual activities

Damages or steals your belongings

Does anything that makes you feel lonely, upset, worried, unsafe, hurt or embarrassed.

If any of the above happens to you, do not wait for it to happen again, act immediately.