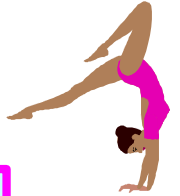


## 😊 Enjoy Gymnastics 😊

HAVE FUN



FEEL SAFE



YOU SHOULD ALWAYS FEEL  
SAFE AND HAPPY AT GYMNASTICS

### You may feel unhappy if someone:

- Bullies you
- Humiliates you
- Touches you in a way that makes you feel uncomfortable
- Makes suggestive remarks
- Tries to hurt you or fight with you

### What to do if you are not happy about the way someone is treating you:

- Always tell an adult you trust, even if you don't think it will happen again
- Tell the person to stop
- Get away from the person
- Try to remember or write down the time and place it happened

### People in the gym you can talk to if you are unhappy or have a problem:

**Simon Collisson** child Protection and Welfare Officer

**Anne Bidmead** the head coach

**Sarah White** the Recreation Manager

**Katie Mays** the Development Officer and Welfare Officer

You can speak to these people in the gym or go and talk to them in their office

OR

You can phone them on 01256 352858

If you want to talk to someone you know better you can talk to the person who coaches you

### To stay safe you should:

- Never leave the gym alone
- Make sure your coach knows if you are leaving early
- Speak to an adult if you feel unsafe
- Go into the gym and tell a coach if nobody comes to collect you

