



## A Young Person's Guide to the Club

### What can I expect from Shefford & Sandy Hockey Club?

The club will have:

- **A chance for you to become a member**
  - This will be explained to you when you arrive at the club.
  - You will receive information on how much this will cost, kit you will require, rules of the club, when training sessions are and match information.
- **Qualified coaches**
  - The coaches understand and know how to help you play the best hockey you can.
- **Volunteers**
  - Any adult working within the club will have been on training to ensure they know how to support and look after you.
  - The club will have a First Aider, Team Managers and a Club Welfare Officer. Make sure you know who these people are and introduce yourself to them.
- **Rules**
  - There are rules of the game of hockey which you will learn as you play.
  - There will be rules of the club which you will also learn, for example junior members are not allowed to smoke.
  - These are there for your safety and are not to be broken.
- **Opportunities for you to play**
  - There will be teams and squads of boys and girls your own age that you will get to know and learn how to play hockey with.
- **Matches and competitions**
  - There will be a chance for you to train and play in your club team against other clubs.
- **Anti bullying policy**
  - This clearly states how the club will deal with any situations of bullying, either adult to young person or young person to young person.
- **Safeguarding / Child Protection Policies and Procedures**
  - This provides the club with ways of ensuring you are safe and enjoy your hockey.
- **Codes of Conduct**
  - These clearly state how club members must act towards you and support you. This includes coaches, volunteers, club officials and parents.



## **What does the club expect from me?**

The club has clear expectations of how we expect you to behave. This is in the form of a Code of Conduct:

- Treat everyone how you would like to be treated - never deliberately upset a team-mate or someone in your training group, even if they have made a mistake.
- Always listen carefully to what your coach is asking you to do, particularly when they are talking about safety.
- Always compete within the rules, and respect officials and their decisions.
- Always respect opponents, and applaud good performances whether by your own team or by the opposition.
- Never use bad language while training or competing.
- Always tell your coach if you have an injury or feel unwell.
- Keep to agreed timings for training and competition. (Please inform your coach / team manager if you are going to be late or unavailable).
- If you have to leave a training session / competition early, make sure that you have told your coach or team manager.
- Be responsible for bringing to sessions and wearing suitable kit (including protective equipment e.g. shin pads, gum shields, gloves, etc) for training and competition, as agreed with your coach / team manager.
- Do not smoke or take alcohol or drugs of any kind on the club premises or while representing the club at competitions.

## **Don't keep it To Yourself**

### **You have the right to:**

- Have fun when playing hockey.
- Be safe when playing hockey.
- Enjoy your hockey.
- Make friends through hockey.
- Be treated with respect by adults involved in hockey.

### **Are you worried?**

- My coach is bullying me.
- Another adult at hockey is bullying me.
- Another member of my team is bullying me.
- One of the coaches or volunteers is threatening me.
- An adult is making me do things which I know are wrong.
- Someone is touching me and making me feel uncomfortable.
- Someone is constantly teasing me, shouting at me or kicking and punching me.
- Someone is making suggestive remarks or asking me to do things of a sexual nature.
- Someone is acting in a way which makes me feel lonely, upset, unsafe or embarrassed.

If the answer is **YES** - **don't keep it to yourself – ask for help**



## Who can I talk to?

Talk to your **Club Welfare Officer**.

It can sometimes be difficult to speak to an adult about how you are feeling.

- *You might think that an adult will not understand*  
THEY WILL LISTEN
- *You may think that they will not believe you*  
THEY WILL BELIEVE YOU
- *You may be scared that they will tell other people that you do not want to know*  
THEY WILL ONLY TELL SOMEONE WHO CAN HELP
- *You might think they have not got time to talk to you*  
THEY WILL ALWAYS MAKE TIME TO TALK

It's better to talk to someone:

- Ignoring your worries or concerns could make them worse
- Talking to someone will begin to tackle your worries and concerns
- You only have to share information that you want to share
- Telling someone will begin to help you

## What will happen if I talk to someone?

Your Club Welfare Officer will know what to do and how to help. They will be able to ensure that you are safe and they will believe you.

There are policies and procedures which they will use. These will provide information of who to contact, how to contact them and what they can do to help.

## Confidentiality

The Club Welfare Officer cannot promise to keep the information you share a secret. However, they do have to keep it CONFIDENTIAL. This means that they will have to tell only the person / people who can help. When you are talking to the Club Welfare Officer ask them to explain who they need to speak to and why. They may say one of the following:

- England Hockey Lead Child Welfare Officer  
They will know what to do if the behaviour of adult/s towards you is upsetting you. Talking to this person will begin to help the situation and ensure you can play hockey in a happy and safe environment.
- Social Services or the Police in an emergency.  
Social Services or the police will be called if the Club Welfare Officer thinks you may come to more harm or are in danger. This is to help you and ensure you are safe.

### Who is my Club Welfare Officer?

**Karen Hall**

**[rob.kaz@ntlworld.com](mailto:rob.kaz@ntlworld.com)**

**Telephone 01462 638490**



**Alternative sources of help, advice and support:**

<b>NSPCC</b>	0808 800 5000	<a href="http://www.thereforme.com">www.thereforme.com</a>	Support and advice for 12-16 yr olds via the website
<b>Childline</b>	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>	Free helpline for children and young people
<b>Kidscape</b>	0207 730 3300	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>	Support on bullying
<b>Anti-bullying</b>		<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>	Advice and guidance
		<a href="http://www.donthideit.com">www.donthideit.com</a>	Find out more about abuse and what you can do about it
		<a href="http://www.thereforme.com">www.thereforme.com</a>	Advice for teenagers (12-16yrs) on a range of issues such as abuse, bullying, exams, drugs, self-harm