



MARKET HARBOROUGH SWIMMING CLUB

MHSC Welcome Letter - Swimmer

Dear _____

Welcome to Market Harborough 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.

Coaching

We, as an ASA Swim21 Club are committed to help you swim, to enjoy your training, learn to train hard and to achieve your highest potential. The coaches and teachers are here to help you do that and have been trained to do so in a safe and proper manner. You should soon get to know your coach or teacher and if you have any concerns about training, do talk this over with them and your parents.

Safeguarding

You may wonder what we mean by safeguarding. Basically alongside our wish for you to enjoy and succeed at your swimming we want to ensure you are safe and happy in the Club and that we act upon anything that prevents that. That is what we call safeguarding our members. You may ask "What am I being safeguarded from?". So by the way of examples we want to make sure that you are not being:

- Bullied
- Treated differently from others
- Hurt by another person
- Ignored

Preventing such behaviour is very important to us as a Club and to achieve that we have a safeguarding policy called Wavepower. If you want to have a look at it the Club Welfare Officer will have a copy.

To assist you here are some helpful details of how you can raise concerns:

- Your Club Welfare Officer is Heidi Newman; she can be contacted by email at welfare.officer@marketharboroughswimclub.org.
- The ASA also have a helpline called Swimline if you want to tell someone, but not anyone in the Club, the number is: **0808 100 4001**. You will be asked to leave a number at which you can be contacted in the next 24 hours. If you feel you cannot wait that long for someone to talk to you, hang on and you will be put through to the NSPCC/Childline helpline number who will answer your call immediately.
- Child Power is an ASA section of the ASA website just for young people. It has a message link that you can send a concern in writing to the ASA Safeguarding Team who will then help you with whatever issue you have raised.

Codes of Conduct

Just as we expect others to behave properly to you we expect all our swimmers to behave in an appropriate manner to their coaches and teachers, all Club helpers, fellow swimmers and all adults and young people you have contact with in training and at competitions.

We hope you will have a happy and successful time while a member of the Market Harborough Swimming Club.

Kind Regards

Club Welfare Officer