

YOUNG PERSON'S GUIDE



What can I expect from the FALMOUTH HOCKEY CLUB?

The FALMOUTH HOCKEY CLUB will have:

A membership scheme

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 Captains and a Welfare Officer. Make sure you know who these people are and introduce yourself to them.

Rules

The game of hockey has rules, which you will learn as you play.

The club has rules, which you will also learn. For example, one rule is that junior members are not allowed to smoke. These rules are there for your safety and are not to be broken.

Opportunities for you to play

There will be teams and squads of young people your own age. You will get to know them and learn how to play hockey with them.

Matches and competitions

There will be a chance for you to train and play in your club team against other clubs.

Anti-bullying policy

England Hockey's Safeguarding and Protecting Young People 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 and Protecting Young People Policies and Procedures

These provide the club with ways of ensuring that you are safe and enjoy your hockey.

Codes of Conduct and Behaviour

These clearly state how members must act towards you and support you. This includes coaches, volunteers, officials and parents.

What does the FALMOUTH HOCKEY CLUB expect from me?

Code of Conduct

- They will give clear messages on how they expect you to behave.
- This may be in the form of a Code of Conduct.
- The Code of Conduct will clearly state what is OK and what is not OK. For example:
- Junior members are not permitted to smoke whilst engaged in any club activity
- Junior members are not permitted to drink alcohol whilst engaged in any club activity

Young Person Club Rules

- All members must play within the rules and respect officials and their decisions
- All members must respect their opponents
- Members must wear suitable kit. Shin guards are compulsory for training and match sessions. Mouth guards are strongly recommended.
- Members should keep to agreed timings for training and competitions or inform their coach or captain if they are going to be late.

Don't keep it to yourself!

You have the right to:

- Have fun when playing hockey
- Be safe when playing hockey
- Enjoy your hockey

England Hockey's Safeguarding and Protecting Young People Policy

- Make friends through hockey
- Be treated with respect by adults and other young people 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 Welfare Officer.

<p>Jeanette Coleman 01326 315958 jrcoleman@talktalk.net</p>
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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 who you do not want to know
THEY WILL ONLY TELL SOMOENE 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 yo

What will happen if I talk to someone?



England Hockey's Safeguarding and Protecting Young People Policy

Your 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 provide information on who to contact, how to contact them and what they can do to help.

Confidentiality

The 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 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 Welfare Officer thinks you may come to more harm or are in danger. This is to help you and ensure you are safe.

Remember, your Child Welfare Officer is:

Name: **Jeanette Coleman**

Phone Number: **01326 315958 or 07717 208469**

Email: Address: **jrcoleman@talktalk.net**

Alternative sources of help, advice and support

NSPCC	0808 800 5000	www.thereforeme.com	Support and advice for 12–16 year
Childline	0800 1111	www.childline.org.uk	Free helpline for children and young people