



# Be Safe

Gymnastics should be fun!  
You should feel safe and enjoy your sport

- > Trust your instincts about the people you meet
- > Never allow anyone to do things to you that make you feel uncomfortable
- > Carry a mobile phone, phone card or some change

If you have any concerns contact your Club welfare Officer

Club name: Little Socks Gymnastics

Club Welfare Officer's name: Tracey Connelly

Telephone number: 07403348632

Email address: [tashantonis@googlemail.com](mailto:tashantonis@googlemail.com)

Alternatively you can speak to someone at

Childline 0800 1111 | NSPCC 0808 800 5000 | British Gymnastics 0345 1297129

