

It's all about having fun



**SURF  
LIFESAVING  
ASSOCIATION  
OF WALES**

**CHILD FRIENDLY  
CHILD PROTECTION POLICY**

**Rhif Elusen ~ 1157762 ~ Charity Number**

**Hello to all our young members and welcome to your  
Safeguarding Policy put together, just for you.**

Currently in Surf Life Saving Association Wales we have 1136 Nippers and Junior's as of 1<sup>st</sup> June 2023 with lots more joining all the time which is fantastic.

We are spread across 26 surf life saving clubs from all across Wales

**"Every single one of you matters"**

Every member of SLSA Wales thinks that your health, safety and welfare are very important. In our organisation, we respect all children and help to protect your rights.

A child is defined as a person under the age of 18 years (The Children Act 1989 & 2004).

We do our best to ensure that all of you that attend at your Surf Life Saving clubs can participate in a welcoming and safe environment.

We provide a safe and secure environment for all of you to learn life saving skills, meet up with your friends and have fun whilst learning and competing in the sport that you have chosen.

We think it is important for you young members to know where to get help if you are worried or unhappy about something.

We also think it is important for our young members to know where to get help if you are struggling with something and need to talk to someone.

If your concern regards a member of your club, then find an adult in the club or at home that you trust to talk to.

If your concern is outside of the Surf Life Saving Organisation then find an adult that you can trust to confide in or contact ChildLine 0800 11 11



**Need to talk?**

Find an adult at your club who you feel happy to talk to. Also every club has a person dedicated to making sure that everything is done to protect your welfare and they are called your club Safeguarding Officers (SO's). Get to know who your SO is. If they are not sure what to do they come to the Lead Safeguarding Officer (LSO) who works with the SO's.

We are lucky in our organisation to have such a big safeguarding team.

However, if you feel unable to talk to a member of your family or an adult at your club then you can ring ChildLine on – **0800 11 11**

## Our promise to our young members

- 😊 As part of our promise to you Surf Life Saving Association of Wales (SLSAW) will promote and put first the safety and wellbeing of children and young people.
- 😊 The welfare of every child is very important to us so SLSAW will ensure that everyone involved in your clubs and other clubs understands their roles and responsibilities in making sure that you are kept safe and feel well.
- 😊 We will also make sure that all adults involved in your clubs receive appropriate learning opportunities to help them recognise, identify and respond to signs of abuse, neglect and other safeguarding concerns relating to all of our young members.
- 😊 All children, whatever their age, culture, ability, gender, language, racial origin, religious belief and / or sexual identity should be able to participate in Surf Life Saving in a fun and safe environment.
- 😊 We will take all reasonable steps to protect you from harm, discrimination and degrading treatment and to respect your rights, wishes and feelings.
- 😊 All suspicions and allegations of poor practice or abuse that you notify us of will be taken seriously and responded to swiftly and appropriately.
- 😊 All SLSAW and member club employees who work with our young members will go through checks to ensure that they are suitable to look after you and be given training on how to keep you safe. We will to the best of our ability prevent the employment of unsuitable people.
- 😊 We will always work together with your parents/ carers to ensure that we are working towards the same goals.

If something should happen to you, for example, you hurt yourself or you come to us with a worry or concern **we will listen to you** and take you seriously.

## What We Expect From You

- 😊 Be loyal and give your friends a second chance.
- 😊 Be friendly and particularly welcoming to new members. We've all been the new person at one point or another
- 😊 Be supportive of your team members and comment on what they can do and not what they can't do. We are all good at something.
- 😊 Don't get involved in peer pressure or push others into something they do not want to do (hazing). If this is happening to you, please talk to someone.
- 😊 Do not take your phones or any other camera or recording devices into any changing area for the purpose of photographing or recording another Nipper / Junior. **This is very serious.**
- 😊 Keep within the defined boundary of the playing/ coaching area. The sea, for example, can be dangerous so you need to listen and do what your coaches tell you to do at all times
- 😊 Play within the rules and respect the officials and their decisions at competitions.
- 😊 Have fun but play fair, don't look to win by obstructing / pushing or pulling back other competitors, either in the sea or during beach events. This is not cool behaviour and you won't truly feel like a winner.





- ☺ Take care of equipment owned by your club and other members. It costs a lot of money and takes a lot of effort to repair or replace. We don't want any of our young members using damaged or faulty equipment.
- ☺ All our young members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity.
- ☺ Don't use bad language or make racist comments. This includes bullying using new technologies like chat-rooms or texting.
- ☺ Refrain from bullying or persistent use of rough and dangerous play.
- ☺ Members must wear suitable kit for training and competition. This is to make you easily identifiable to us and also prevent you from injuring yourselves.
- ☺ Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- ☺ Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst away representing your club and SLSA Wales.
- ☺ Show respect to other youth members/leaders and show team spirit. Don't cheat or be violently aggressive.
- ☺ Keep yourselves safe. When attending events that require an overnight stay such as Nipper / Junior Camp adhere to the rules that are in place for your own safety such as stick to designated areas, no drinking alcohol, wearing of appropriate footwear and clothing and no climbing etc.
- ☺ Play fairly and be trustworthy. Respect other member's property and privacy.
- ☺ During water based races or events do not pull the feet of an opponent in the water or push their head under the water. The latter is very dangerous and can result in you being disqualified from the competition or an official complaint being made against you.
- ☺ Show appropriate loyalty and be gracious in defeat. Shake your opponent's hand.
- ☺ Challenge or report the bullying of your peers.
- ☺ Help make your club a fun place to be.

### **CHILDREN/YOUNG PEOPLE HAVE THE RIGHT TO:**

- ☺ Be safe and happy in your chosen activity.
- ☺ Be listened to.
- ☺ Be respected and treated fairly.
- ☺ Have your privacy respected.
- ☺ Enjoy your sport in a protective environment.
- ☺ Be referred to professional help if needed
- ☺ Be protected from abuse by other members or out- side sources.
- ☺ Participate on an equal basis, appropriate to your ability.
- ☺ Experience competition and the desire to win.
- ☺ Be believed.
- ☺ Ask for help.



**We take bullying very seriously so we have put together an Anti-Bullying Policy for our young members and it is important that you read and understand the importance of this policy. If you don't understand the content ask your parent / guardian to explain it to you. Any instances of bullying will be dealt with immediately and may result in members being asked to leave the club**

**The club or organisation will:**

- 😊 Recognise its duty of care and responsibility to safeguard all our young members from harm
- 😊 Make sure that this anti-bullying policy in addition to our safeguarding policy and procedures are talked about and discussed with our young members.
- 😊 Seek to ensure that bullying behaviour is not accepted or put up with and act to put a stop to it immediately.
- 😊 Require all members of the club/organisation to be given information about, and sign up to, this policy.
- 😊 Take action to investigate and respond to any incidents of bullying that have been
  - Brought to the attention of an adult.
- 😊 Ensure that your coaches are given training on how to deal with bullying / peer to peer bullying.

**We will ensure that each participant, coach, volunteer or official will:**

- 😊 respect every child's need for, and rights to, a play / sporting environment where safety, security, praise, recognition and opportunity for taking responsibility are available
- 😊 respect the feelings and views of our young members
- 😊 recognise that everyone is important and that our differences make each of us special and should be valued
- 😊 show appreciation of others by acknowledging individual qualities, contributions and progress, showing no bias, exclusion or favouritism
- 😊 be committed to the early identification of bullying, and prompt and collective action to deal with it
- 😊 ensure safety by having rules and practices carefully explained and displayed for all to see

**Bullying**

All forms of bullying will be addressed

- 😊 Everybody in the club/organisation has a responsibility to work together to stop bullying
- 😊 Bullying can include online as well as offline behaviour bullying can include:
  - 😊 Physical pushing, kicking, hitting, pinching etc.
  - 😊 Name calling, sarcasm, spreading rumours, persistent teasing and emotional torment through ridicule, humiliation or the continual ignoring of individuals
  - 😊 Posting of derogatory or abusive comments, videos or images on social network sites.
  - 😊 Devices with cameras are not allowed into changing rooms for the purpose of taking photographs of your fellow club members in a changing environment. This situation is dealt with very seriously.



- 😊 Racial taunts, graffiti, gestures, sectarianism
- 😊 Sexual comments, suggestions or behaviour
- 😊 Unwanted physical contact
- 😊 Children with a disability, from ethnic minorities, young people who are gay or lesbian, or those with learning difficulties are more vulnerable to this form of abuse and are more likely to be targeted.

## Defining Child Abuse

### Introduction

It's important to us that our young members know how to recognise what child abuse is. Child abuse is any form of physical, emotional or sexual mistreatment or lack of care that leads to injury or harm, it commonly occurs within a relationship of trust or responsibility and is an abuse of power or a breach of trust. Abuse can happen to a child regardless of their age, gender, race or ability.

There are four main types of abuse that are explained in your Child Safeguarding Policy:

- 1 physical abuse**
- 2 emotional abuse**
- 3 neglect**
- 4 sexual abuse**

**Physical Abuse:** where adults or other children physically hurt or injure a child e.g. Hitting or shaking, throwing, poisoning, burning, biting, scalding, suffocating, and drowning. Giving children alcohol or inappropriate drugs would also constitute child abuse.

- 😊 Physical harm may also be caused when a parent or caregiver fabricates or induces illness in a child whom they are looking after.
- 😊 In a sports situation, physical abuse may occur when the nature and intensity of training disregard the capacity of the child's immature and growing body.

**Emotional Abuse:** the persistent emotional ill treatment of a child, likely to cause severe and lasting adverse effects on the child's emotional development. It may involve telling a child they are useless, worthless, unloved, and inadequate or valued in terms of only meeting the needs of another person. It may feature expectations of children that are not appropriate to their age or development. It may cause a child to be frightened or in danger by being constantly shouted at, threatened or taunted which may make the young person frightened or withdrawn.

Ill treatment of children, whatever form it takes, will always feature a degree of emotional abuse. Emotional abuse in sport may occur when the child is constantly criticised, given negative feedback, expected to perform at levels that are above their capability. Other forms of emotional abuse could take the form of name calling and bullying.



Bullying may come from another young person or an adult. Bullying is defined as deliberate hurtful behaviour, usually repeated over a period of time, where it is difficult for those bullied to defend themselves.

There are three main types of bullying.

It may be

- 😊 Physical (e.g. hitting, kicking, slapping)
- 😊 Verbal (e.g. racist or homophobic remarks, name calling, graffiti, threats, abusive text messages)
- 😊 Emotional (e.g. tormenting, ridiculing, humiliating, ignoring, isolation from the group) or sexual (e.g. unwanted physical contact or abusive comments made).

In sport bullying may arise when a parent or coach pushes the child too hard to succeed, or a rival athlete or official uses bullying behaviour.

**Neglect:** occurs when an adult fails to meet the child's basic physical and/or psychological needs, to an extent that is likely to result in serious impairment of the child's health or development e.g. failing to provide adequate food, shelter and clothing, also failing to protect from physical harm or danger, or failing to ensure access to appropriate medical care or treatment.

Neglect in sport could occur when a coach does not keep the child safe, or exposing them to undue cold/ heat or unnecessary risk of injury.

**Sexual Abuse:** occurs when adults or other children (male and female) make children do something against their will.

### **Talk PANTS and you've got it covered**

PANTS, is a really easy way for you to explain the Underwear Rule to your child:





- **P**rivates are private
- **A**lways remember your body belongs to you
- **N**o means no
- **T**alk about secrets that upset you
- **S**peak up, someone can help

*Please see link for Let's Talk Pants*

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

In sport, activities which might involve physical contact with children could potentially create situations where sexual abuse may go unnoticed. Also the power of the coach over young athletes, if misused, may lead to abusive situations developing.

### **Code of Conduct for Youth**

All our young members are expected to abide by the rules of the Surf Life Saving Wales Youth Code of Conduct. If you are an E Junior or an F transition Junior you can complete and sign to say you have read and understood yourself and hand the form back to your club Safeguarding Officer. If you are younger and maybe unsure of the words or their meanings, then you can ask your parents / guardians to explain the form to you before either you or your parent / guardian sign for you. Please see your club Safeguarding Officer or club notice body for a copy

### **Social Media Policy**

We also have a social media policy to protect our young members from the possible risks that social media can have.

### **Risks include:**

- **bullying** or berating by peers and people they consider 'friends' – in sport this can include negative comments or reactions to their performance or achievement
- Feelings of exclusion if not part of or excluded from a social media group
- being encouraged to create or share inappropriate or harmful material of themselves or others, including sexting (sexual images or video)
- encouragement to take part in violent behaviour or harmful trends
- communicating with people they don't know, including potentially dangerous individuals





**Here are practical tips to help you minimise the risks of using social media.**

Keeping children safe online | NSPCC

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe young people will be when using them.

Work through safety and privacy features on the apps that you use, or might use. Make sure you understand the point of these and how to use them. If you're a parent reading this, don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

**For parents**

**Ask your child to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.

**Explain** to them how you can use privacy settings to make sure only approved friends can see posts & images.

**Check if any of their apps have 'geo-location' enabled**, sharing their location unintentionally.

**Show them how to report offensive comments** or block people who upset them.

**Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.

Encourage your child to **come and talk to you** if they see anything that upsets them.

Keep talking and **stay involved** with your child's social media activities

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media. Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues.

Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

**For young people**

People may not always be who they say they are online.

It is unwise and even dangerous to meet anyone in the real world that you've only ever met online?



Even if you think your messages are private, remember that words and images can always be captured and broadcast and can never be retracted once posted. **THINK BEFORE YOU POST!** 🤔

People present themselves differently online – do they really look like that or have they used filters? Are they always having that good a time really?

Be aware that screens, and especially being anonymous, can lead people to say things they wouldn't say to someone's face.

What does being a good friend and a likeable person online look like?

There can be pressure to be part of a particular group online or to be seen to be following a certain set of ideas. How can you take a step back and make your own decisions.



Surf Life Saving Association of Wales has a Social Media Policy that all members should sign to agree they have read and understood the content.

Ask your club Safeguarding Officer to put a copy on the club notice board or send you a copy



*If there is something worrying you,  
don't keep it to yourself!*

There is always someone to turn to: a parent, a teacher, a sports club  
children's officer, a school councillor or nurse, a doctor

or contact: **the NSPCC Child Protection helpline: 0808 800 5000**  
**Childline: 0800 11 11**

### **Other useful numbers**

#### **Surf Lifesaving Association of Wales.**

Julie Wisden (Lead Safeguarding Officer)  
c/o 39 Bryn Henfaes, Broadlands, Bridgend CF315EW  
01656 645291 / 07853 000457  
[safeguarding@slsawales.org.uk](mailto:safeguarding@slsawales.org.uk)

#### **Surf Lifesaving Association of Wales.**

Liz Wong (Deputy Lead Safeguarding Officer)  
07967 671628

### **Useful contacts**

#### ***Childline***

0800 1111  
childline.org.uk  
Free 24-hour helpline for children and young people in the UK.  
[www.childline.org.uk](http://www.childline.org.uk)

#### ***Child Exploitation and Online Protection***

<https://www.ceop.police.uk/safety-centre/>

#### ***The Mix***

themix.org.uk  
Online guide to life for 16–25-year-olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room.

#### ***Asian Helpline 0800 096 7719***





### ***NSPCC***

helpline (adults): 0800 800 5000  
helpline (children and young people): 0800 1111  
help@nspcc.org.uk  
nspcc.org.uk  
Specialises in child protection and the prevention of cruelty to children.

***Deaf User's Text phone 0800 056 0686 www.nspcc.org.uk***

### ***The Samaritans 116 123***

### ***Papyrus***

helpline: 0800 068 41 41  
papyrus-uk.org  
Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

### ***Parenting and Family Support- Family Lives (formerly Parentline Plus)***

Helpline: 0808 800 2222  
familylives.org.uk  
Support to anyone parenting a child.

### ***Samaritans***

24-hour helpline: 116 123 (freephone)  
jo@samaritans.org  
samaritans.org  
Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA.  
Emotional support for anyone feeling down, experiencing distress or struggling to cope.

### ***Youth Access***

020 8772 9900  
youthaccess.org.uk  
Operates a network of membership organisations that provide local information, advice and counselling services. The Youth Access website and helpline can direct you to services in your area.

### ***Young Minds***

020 7089 5050 (general enquiries)  
0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)  
youngminds.org.uk  
National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people



<https://youngminds.org.uk/find-help/get-urgent-help/>

If you need urgent help text YM to 85258

All texts are answered by trained volunteers, with support from experienced clinical supervisors  
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and  
Telecom Plus.

### **Don't keep it a secret if someone is:**

Bullying you

Saying things to you that you do not like or that upsets you

Touching you

Trying to give you tablets, cigarettes, drugs or alcohol

Hitting you or hurting you

Sending you unkind messages over the internet or to your phone.

There is **always** someone you can talk to.

People should never hurt children.

**It is not your fault if someone hurts you.**

**This policy has been reviewed and endorsed by the NSPCC  
Child Protection in Sport Unit**



### **Surf Life Saving Wales**

Members are encouraged to download this policy via the SLSA Wales website

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<http://www.slsawales.org.uk/>

Child Protection Policies should be reviewed every 3 years by SLSA Wales Lead Child protection Officer and a review panel or whenever there are changes in the organisation or new relevant legislation.

Next review 2027

SLSA Wales - Child Friendly, Child Safeguarding Policy introduced in 2016 by Julie Wisden

Lead Safeguarding Officer for Surf Life Saving Association of Wales

# QUIZ?

**How many of our other Surf Life Saving Clubs do you know and where are they based.**

**What are their club colours? Would you know what club your opponent was from?**

<b>Club</b>	<b>Hat Colours?</b>	<b>What Area Are They From?</b>
<b>Aberavon</b>		
<b>Aberporth</b>		
<b>Aberystwyth</b>		
<b>Centurions</b>		
<b>Cold Knapp</b>		
<b>Colwyn Bay</b>		
<b>Langland Bay</b>		
<b>Llanelli</b>		
<b>Llanfairfechan</b>		
<b>Llantwit Major</b>		
<b>Mumbles</b>		
<b>Newgale</b>		
<b>Newport</b>		
<b>Pen y Bont</b>		
<b>Poppit Sands</b>		
<b>Porthcawl</b>		
<b>Porthmawr</b>		
<b>Rest Bay</b>		
<b>Rhoose</b>		
<b>Rhosneigr</b>		
<b>Sker &amp; Pink Bay</b>		
<b>Southerndown</b>		
<b>Tenby</b>		
<b>Vale</b>		
<b>Whitmore Bay</b>		







**This page has been left intentionally blank. We would like out young members to feel free to contribute any ideas on what you would like to see in your Child Protection Policy.**

