

When do you know  
if something is wrong?  
If someone is...

- Using violence or hurting you in any way.
- Damaging or stealing your belongings.
- Doing anything to make you feel upset or unsafe.
- Sending/sharing inappropriate or unkind messages or images.
- Always being unkind and mean to you.
- Making you feel uncomfortable by touching you.
- Pressuring you to do something you don't want to do directly or online.
- Threatening you.

If you are being bullied or someone  
tries to make you do something you  
don't want to do, you should:

- Be FIRM and tell the person to STOP!
- Say "NO!" in a very loud voice.
- Make a lot of noise to attract attention.
- Get yourself out of the situation as soon as possible.
- Report it to an adult.

Tell someone you know and trust:

- Parents/carers.
- Club welfare officer.
- Club coach.
- A teacher.

If you don't feel comfortable talking  
to someone within the club or other  
adults that you may know, there are  
other options including:

Contacting the Home Nations Triathlon  
Safeguarding Officer using:

- TRIATHLON ENGLAND 01509 226 159
- WELSH TRIATHLON 0300 300 3128
- TRIATHLON SCOTLAND 07545 697 841

**CONTACT CHILDLINE**

**24 hours 7 days a week on 0800 11 11  
or online at [childline.org.uk](http://childline.org.uk)**

Calls are Free and won't show on the phone bill.  
Childline keep all conversations confidential.

**IN AN EMERGENCY RING THE  
POLICE BY CALLING 999**

If you are in immediate danger contact the Police.

[www.britishtriathlon.org](http://www.britishtriathlon.org)

BritishTriathlon @BritTri /BritishTriathlon BritTri



BRITISH  
TRIATHLON

**YOUNG PERSON'S GUIDE**  
Staying safe in triathlon

TRIATHLON  
ENGLAND

TRIATHLON  
SCOTLAND

WELSH  
TRIATHLON  
CYMRU

TRIATHLON  
TRUST

As a young person you are the future of the sport and British Triathlon, together with the Home Nations are committed to ensuring all young people involved in the sport are able to:

- ☺ Make new friends within the sport.
- ☺ Enjoy taking part in training and events.
- ☺ Have fun.
- ☺ Be safe while taking part.
- ☺ Develop new skills to achieve your goals.

You should always feel safe when training, competing and during triathlon activities. Triathlon should be fun and this can be difficult if you are unhappy, stressed or feel pressured. Bullying and abuse is unacceptable in our sport, whether it's by another child, youth or an adult.

**YOU CAN DO SOMETHING TO STOP ABUSE**



**Sport is for the enjoyment of yourself and others. So here are some Do's and Don'ts to keep you and others safe:**

### 👍 DO...

- ✓ Listen.
- ✓ Be dedicated and follow the rules.
- ✓ Respect everyone's views.
- ✓ Be friendly and help others.
- ✓ Make sure you tell an adult you know and trust where you are at all times.
- ✓ Tell a coach if you have any medical conditions or injuries they should be aware of.
- ✓ Always stay in a group.
- ✓ Tell an adult you trust if anything is worrying, frightening or upsetting you.

### 👎 DON'T...

- ✗ Shout or swear.
- ✗ Disrupt the session.
- ✗ Talk to strangers privately.
- ✗ Leave the session without permission.
- ✗ Be a bully.
- ✗ Put yourself in a dangerous situation.
- ✗ Allow yourself to be in a room with an adult alone.
- ✗ Send or post unkind or threatening messages, pictures or videos via mobile or social media sites.