

## **YOUNG PERSON'S GUIDE**

### **What can I expect from the Dudley Ladies Hockey Club?**

The Dudley Ladies 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 Managers 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 boys and girls 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**

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 Dudley Ladies 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
- Junior members are not permitted to drink alcohol

#### **Club Rules**

Enter any relevant club rules here

### **Don't keep it to yourself!**

You have the right to:

- Have fun when playing hockey
- Be safe when playing hockey
- Enjoy your hockey
- Make friends through hockey
- Be treated with respect by adults and other young people involved in hockey

## ***England Hockey's Safeguarding and Protecting Young People Policy***

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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.

WELFARE OFFICER – BEV SMITH PHONE: 07979 367567
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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 you

### **What will happen if I talk to someone?**

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.

**England Hockey's Safeguarding and Protecting Young People Policy**

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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:  
 Phone Number:  
 Email: Address:

**Alternative sources of help, advice and support**

<b>NSPCC</b>	0808 800 5000	www.thereforeme.com	Support and advice for 12–16 year
<b>Childline</b>	0800 1111	www.childline.org.uk	Free helpline for children and young people
<b>Kidscape</b>	0207 730 3300	www.kidscape.org.uk	Support on bullying