



Dear Diver,

Welcome to South West London Diving (SWLD). We hope you will have an enjoyable and happy time as a member of our organisation and that you make many new friends and enjoy training and competing with us.

Your parents have been given a letter which includes details of your training times and lane allocation. This letter is to give you some additional information you may find helpful now or in the future

### Coaching

As an ASA club we are committed to helping you swim, to enjoy your training, learn to train hard and to your reach your potential. All our coaches are here to help you do that, and have been trained to do so in a safe and proper manner. You most likely know your coach already and if you have any concerns about training do talk things over with your coach and your parents.

### Safeguarding

You may wonder what we mean by safeguarding. Essentially, alongside our wish for you to enjoy and succeed at your sport, we want to ensure that you are safe and happy at SWLD and that we act upon anything that prevents that. That is what we call 'safeguarding our members'. You may ask what you are being safeguarded from. So for example, we want to make sure you are not being:

- Bullied.
- Treated differently to others.
- Hurt by another person on purpose.
- Not being listened to.

Preventing such behaviour is very important to us as an organisation and to achieve that we have a safeguarding manual called Wavepower. If you want to have a look at Wavepower, the welfare officer will have a copy that you can read or it can be viewed and downloaded from SWLD's website or from [www.swimming.org](http://www.swimming.org). We know any bullying or poor behaviour to you would make you feel unhappy, so please do not feel you have to just put up with it. While we will do all we can to prevent anything happening, it is important if something or someone causes you to be unhappy that you tell someone. Tell your parent, your coach, the welfare officer or any other adult you feel happy to speak to. Any issues you raise will be dealt with. To assist you here are some helpful details of how you can raise concerns:

- I am the welfare officer and I can be contacted at [welfare@swld.org.uk](mailto:welfare@swld.org.uk)
- The ASA also have a helpline called Swimline if you want to tell someone but not anyone in SWLD. The number is 0808 100 4001.



You will be asked to leave a number at which you can be contacted in the next 48 hours. If you feel you cannot wait that long for someone to talk to you, hang on and you will be put through to the NCPCC/ ChildLine helpline number who will answer your call immediately.

Child Power is an ASA section of the ASA website just for young people like you. It has a message link so that you can send a concern in writing to the ASA Child Safeguarding Team who will then help you with whatever issue you have raised.

Attached is a Child Power Leaflet. You can use the Your Voice section to put down your concern in writing and give to a parent or trusted adult in SWLD if you can't tell anyone directly.

Codes of conduct

Just as we expect others to behave properly to you, we expect all our members to behave in an appropriate manner to each other as well as their coaches, all helpers, and all adults and young people you have contact with in competitions. We have a code of conduct that you and your parents will be asked to sign and return to SWLD.

If you are unsure about any aspect of the code of conduct please feel free to ask.

We hope you will have a very happy and successful time while a member of SWLD.

Yours sincerely

Jenny Blacklock  
Welfare Officer  
South West London Diving