

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

Plymouth Swallows Gymnastics Club

Club Welfare Officer's name

Jodie Fisher

Telephone number

07791 180496

Email address

welfare@plymouthgymnasticsclub.co.uk



Alternatively, you can speak to someone at

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