



# 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**

**Club Welfare Officer's name**

**Telephone number**

**Email address**

Alternatively, you can speak to someone at  
**ChildLine 0800 1111 | NSPCC 0808 800 5000 | British Gymnastics 0345 1297129**