



Team Bath Athletic Club



Safeguarding and welfare at Team Bath AC

You have rights. Sport should be fun. You should feel safe and enjoy your sport. You can't do this if you feel unhappy – if someone is bullying or abusing you.

You know when something is wrong if someone:

- Constantly teases you, shouts at you or calls you names
- Threatens, hits, kicks or punches you
- Touches you or does anything else, in a way that makes you feel uncomfortable
- Makes suggestive remarks or tries to pressure you into sexual activity
- Damages or steals your belongings
- Does anything that makes you feel lonely, worried, unsafe, hurt or embarrassed

If this happens it is not your fault. You should:

- Be firm and tell the person to stop- make a lot of noise to attract attention
- Get away from the situation quickly, go to a public place or call the police (999)
- Tell your family, Club Welfare Officer or a trusted adult as soon as possible
- Record the date the time, what happened, how you felt, and the name of any witnesses
- Call your Club Welfare Officer
- Or use the 24 hour free phone helplines Childline 0800 1111 NSPCC 0800 800 5000

Club Welfare officers: You can choose to speak to either of us



Tom Hutchison

I am a father of three grown up athletes and grandfather of five. My day job was a doctor for children with disabilities and social disadvantage. I have been an athlete all my life and a club member since 2003. I am also a qualified road running coach and TBAC executive committee member
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Philippa Spruit

I have been a member of Team Bath for over 20 years and train there weekly. All 3 of my children have attended 365 and one now trains regularly. I am a qualified Counsellor and also run a fitness club in Bath
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