

Who should I contact if I have a safeguarding concern?

You should take a common-sense approach if you have a concern and decide at what level you need to raise the concern depending on the seriousness of the worry.

- **Coach:** The coach should be the first person you consider talking to as they will know your child best in the club, if needed they can redirect you.
- **Club Welfare officer:** Every organisation should have a named welfare officer and promote their contact details. If talking to the coach is not an option or there is an unsatisfactory response talk to a welfare officer in the club.
- **Sport Federation or Governing body welfare officer:** If you want to talk to someone outside the club, try the governing body/ sports federation. They should have a person who is responsible for safeguarding/welfare issues. In some countries it's even mandatory.
- **Professional helplines:** Most countries have their own professional helplines either run by voluntary or statutory services. In every club there should be at least one person who knows them well, to help a child (and you) find the right help if needed.
- **Police:** In cases of serious physical, psychological, or sexual violence you should contact the police directly.

Well-run clubs should be prepared to listen and advise parents what to do if they have any concerns.