



LRS

**LEICESTER-SHIRE
& RUTLAND SPORT**
SPORT & PHYSICAL ACTIVITY

stay safe in sport

Do you feel safe?

As a young person involved in sport you have a right to:

- Be treated fairly
- Enjoy your sport

Not happy about something?

There should be someone at your School or Club you can talk to. If not, speak to an adult you trust who will help you.

Remember say...

**“NO to bullying”
speak out!**



You can
expect your
Coach to:

- Be organised and on time
- Treat you with respect
- Support and encourage you
- Never use bad language



ChildLine

0800 1111



Need to talk?

Free and confidential help
www.childline.org.uk

For more information about Safeguarding in Sport visit
www.lrsport.org/safeguarding