



SWANSEA HARRIERS ATHLETICS CLUB



ANTI-BULLYING INFORMATION FOR CLUB MEMBERS

Swansea Harriers is a caring and friendly athletics club, committed to safeguarding and promoting the welfare of our athletes and volunteers. All our club members, athletes and volunteers alike, have the right to train, compete, coach, officiate and undertake many other roles within our club, without the fear of being bullied, mistreated, humiliated or intimidated by others. We all learn best and perform best when we feel happy and safe. The aim of this pamphlet is to provide club members of all ages with a greater understanding of bullying and how to support vulnerable members of our club.

WHAT IS BULLYING?

Bullying occurs when a person is persistently and intentionally nasty to another person, with the victim unable to defend themselves. One off incidents of hurting or quarrelling between individuals who can defend themselves should not be considered as bullying.

BULLYING IS NOT THE ODD OCCASION OF:

- Falling out with friends
- Name calling
- Arguments

TYPES OF BULLYING

- **Emotional** – e.g. ignoring, leaving out, ridiculing / humiliating;
- **Verbal** – e.g. humiliating, shouting, name-calling, threats, provoking;
- **Physical** – e.g. hitting, kicking, pushing, spitting, biting etc;
- **Racial** – unwanted taunts or comments based on race, culture or religion;
- **Disability** – unwanted taunts based on a disability or a learning difficulty;
- **Homophobic** – unacceptable or inappropriate comments based on sexuality;
- **Sexual** – unwanted, unacceptable and inappropriate comments or contact;
- **Material** – having possessions damaged or stolen;
- **Cyber** – misuse of social media to carry out any of the above forms of bullying.

IT IS NOT ALWAYS EASY TO REPORT YOUR WORRIES TO THE RIGHT PEOPLE.

If you are a junior athlete or volunteer who thinks that you or someone else is being treated wrongly or bullied by another member of the club, you can:

- Speak to another club member or adult who you trust within the club;
- Speak to a friend within the club who can help you to tell a trusted adult;
- Speak to your parents who will then contact the club.

If you are a senior athlete or volunteer who thinks that you or someone else is being mistreated or bullied within the club, you can:

- Speak to another club member or trusted adult within the club;
- Speak to a friend within the club who can help you to tell a trusted adult.

CLUB WELFARE OFFICERS

Please remember that Swansea Harriers Athletics Club has two trained Welfare Officers who are always ready to listen and offer support.



Male Welfare Officer: **Ian Griffiths**

07772111989

tigriffiths@hotmail.co.uk



Female Welfare Officer: **Lynne Brier**

07769941610

lbrier@icloud.com

PLEASE REMEMBER THAT WE ALL HAVE THE RIGHT TO ENJOY OUR SPORTING ACTIVITIES IN AN ENVIRONMENT WHERE WE FEEL SAFE, COMFORTABLE, RESPECTED AND CARED FOR.