

## **Safeguarding Children Maidenhead Rowing Club Website**

As a child or vulnerable adult taking part in rowing you have a right to stay safe and most importantly have fun.

Coaches and rowers have to abide by Safeguarding Policies [for Children](#) and for [Vulnerable Adults](#) which help to create a safe environment and deliver a positive and enjoyable experience.

Here is some information about your rights and what you can expect of other people at Maidenhead Rowing Club.

### **Your rights**

To be safe in rowing  
To be respected  
To be treated fairly  
To enjoy rowing without feeling pressured  
To raise any worries you have and be listened to

### **Your responsibilities**

Follow the rules of the club  
Be a model sportsperson and be respectful to your peers  
Do not engage in bullying, insulting comments or swearing  
Perform to the best of your ability  
Be prepared for sessions and tell your coach or parents if you are going to be late.

### **Your coach's responsibilities**

To follow your club's rules and be properly qualified  
To put your welfare first  
To keep proper boundaries, meaning that they:

- Are not abusive;
- Don't make you feel uncomfortable through their words or actions;
- Don't touch you inappropriately; and
- Do not use insulting language.

You can talk to your captain or coach if you are worried about any of these matters. If you prefer, or you have a serious welfare, child protection or safeguarding concern, please contact:

Dawn Davies  
Club Welfare Officer  
Maidenhead Rowing Club  
[welfare@maidenhead.org.uk](mailto:welfare@maidenhead.org.uk)

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