

Sailing, windsurfing and powerboating should be

Safe & Fun!

The RYA is committed to the safeguarding of children and young people...

You have the right to feel safe and be treated with respect, and show respect for others.

If you're feeling unhappy, worried, unsafe or concerned about the way another young person or an adult is treating you or someone else, there are people you can contact who offer **FREE** confidential advice to you or your parents/carers, and websites to look at for information and advice:



childline

ONLINE, ON THE PHONE, ANYTIME

0800 1111

childline.org.uk

NSPCC

088 800 5000

nspcc.org.uk

RYA

02380 01 2796

safeguarding@rya.org.uk
rya.org.uk/go/safeguarding

RYA
Cymru • Wales

02380 01 2796

safeguarding@rya.org.uk
rya.org.uk/go/safeguarding



Dealing with bullying...
kidscape.org.uk



Mental health and wellbeing...
youngminds.org.uk



Health concerns...
healthtalk.org/young-people-experiences

Your Club Welfare Officer Contact

Club/Centre/Event: **Welsh Regional Junior Championships**

Name: **Sarah McGovern**

Email: **Sarah.mcgovern@ryacymruwales.org.uk**

Phone: **07823 338374**

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