

U18 Athlete Guide

 British Ski and Snowboard



BRITISH
SKI * SNOWBOARD

Congratulations on your squad selection and welcome to British Ski & Snowboard!

We want you to do your best, but most of all, we want you to **stay safe** and **have fun**.

Your **Coach** is there to make sure you learn your sport safely and enjoy it. On training and competition camps, your **Camp Welfare Officer** is there to make you feel welcome, supported and offer a friendly ear if you need it.



What we expect from you:

- Treat others as you would like to be treated - bullying will not be tolerated.
- Abide by the [Athletes Code of Conduct](#).
- Follow the safety instructions of your Coach at all times.
- Respect the non-mixed sleeping arrangements - boys and girls are not allowed into each other's rooms at all.
- Sexual relationships are prohibited.

What you can expect from us:

- Staff fully qualified for the job.
- You will be put first, before winning or achieving goals.
- You will be treated as an individual.
- We will not bully you to make you do things.
- We will not speak to you in a way that makes you feel uncomfortable.
- If your coach needs to have physical contact with you to show a technique, they will explain this to you first.

If you're not comfortable with physical contact you have the right to say no.

It is your right...

- To take part in all BSS activities with support and encouragement.
- To be treated equally and with respect.
- To enjoy your time with us - don't let anyone spoil it!





What should I do if I have a problem?

Tell an adult that you trust. This might be your Coach, the Camp Welfare Officer or your parents. They will listen and try to help solve the problem.

If you don't feel like you can tell any of them, our **Lead Welfare Officer** is Bridget Owen. If you have any concerns, you can contact her directly on:

Phone: **+44 (0) 1303 840095**

Email: **owensafeguarding@gmail.com**



If you can't talk to someone at BSS, you may wish to try one of the following contacts:

ChildLine

+44 (0) 800 1111 (free from UK) | www.childline.org.uk

24 hour confidential helpline for children and young people..

Get Connected

+44 (0) 800 808 4994 (phone) 80849 (text) | Open 1-11pm every day | www.getconnected.org.uk

Confidential helpline service (free from UK) for young people under 25 who need help, but don't know where to turn.

Kidscape

+44 (0) 207 730 3300 | www.kidscape.org.uk

For advice on how to deal with bullying.



free confidential help for young people under 25



If you are worried about something, don't keep it to yourself. There is always someone who can help.

