



aquatic achievers  
swim schools

# KEEPING YOU **SAFE** AT SWIMMING



# WHAT IS SAFEGUARDING?

Safeguarding is making sure you feel safe and cared for. It includes protecting you from being hurt and, listening to you if you don't feel safe, or are worried about something.

## YOUR WELLBEING

The United Nations, a group of people from lots of countries in the world, came together and decided what was important for children to live a healthy and good life. They wrote 54 articles called the 'Convention on the Rights of the Child' that explain these rules called human rights, that are just about kids!



# RIGHTS OF THE CHILD

See below these special set of rights that help guide how children are taken care of, all around the world, so that they become the best version of themselves.



## A RIGHT TO FEEL SAFE

It is everyone's job to treat other people with respect and kindness. That includes our team, people in your community, your friends and family, and even you!



# YOUR RIGHTS AT SWIMMING

## SAFETY

- No one can do or say things that make you feel unsafe.

## PRIVACY

- No one is allowed to touch you or take photos of your body in a way that makes you embarrassed, upset or frightened.
- No one can share information about you without permission from a person who cares for you (like your parents).

## RESPECT

- Your needs and feelings are acknowledged and respected.
- No matter who you are, your ability, or where you are from you, you are treated with same level of care.

## A VOICE

- You are asked about things that matter to you and have a say in what you do.
- Adults listen to you and take what you say seriously.
- You know who to talk to if you feel unsafe, upset, worried or are hurt by another person.

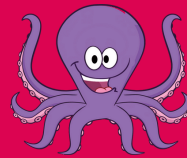


# HOW OUR TEAM KEEPS YOU **SAFE**

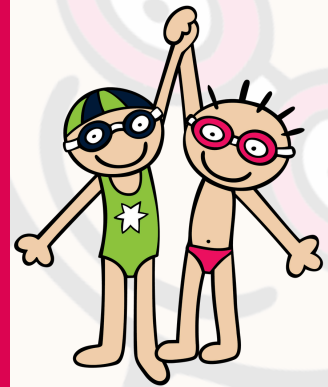


Make sure  
the spaces  
around you  
are safe.

Support how  
you choose to  
express your  
culture or  
beliefs.



Teach our  
team how to  
help you when  
you don't feel  
safe.



Act in a way  
that keeps  
you safe &  
feeling  
happy.

Talk to your  
family and  
those around  
you about  
your safety.



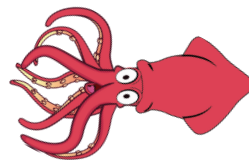
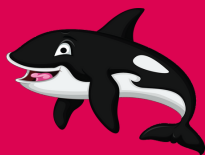
Help you to  
learn about  
your rights &  
respecting  
others.

Treat you  
fairly & learn  
about you as  
a unique  
person.



Let you know  
how and why  
we do certain  
things.

Make changes  
when  
something  
isn't working.



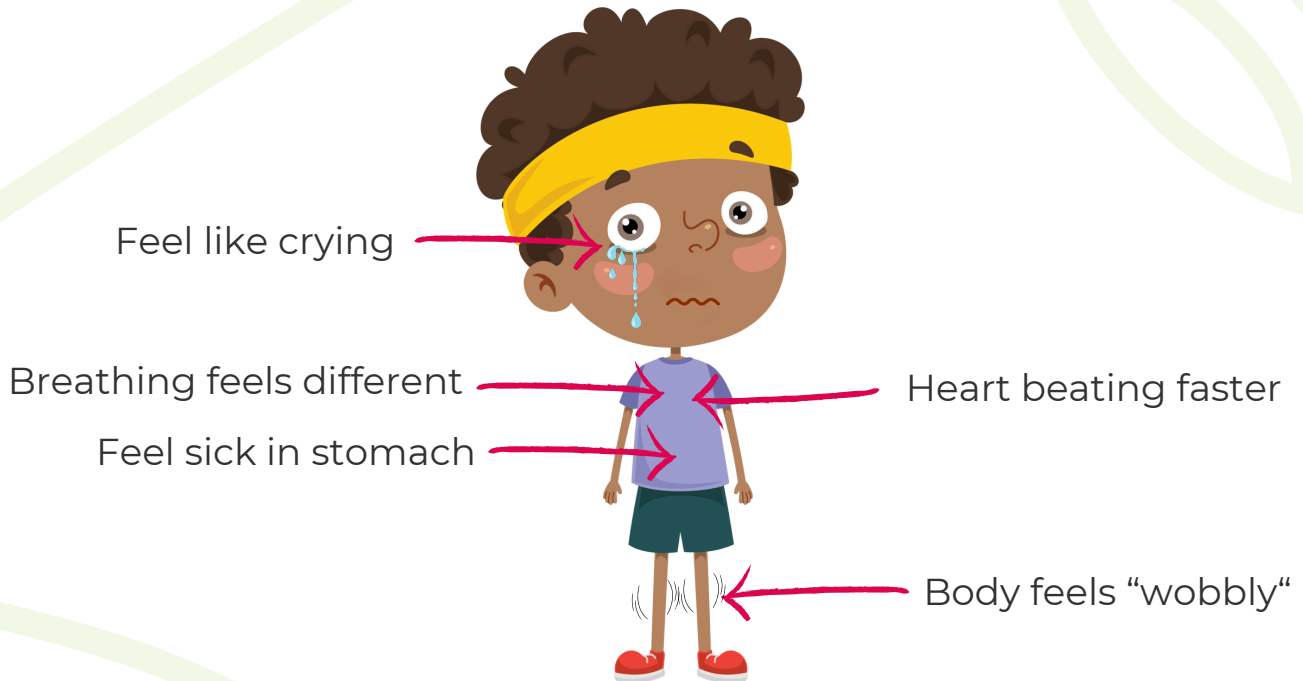
Listen to you  
& what you  
care about.

Make sure we  
have the  
right people  
on our team  
to look after  
you.



# WHEN TO SPEAK UP

Your body tells you when something doesn't feel right or safe.



## WHY SPEAK UP?

- We listen to you & take what you say seriously.
- We help keep you (or others) safe and supported. This can involve telling other trusted grown-ups or people whose job it is to help.

## WHO DO YOU SPEAK TO?

If you are worried because of how someone is acting, please tell a trusted grown-up.

Some examples...

