

All on the water activities should be

Safe & Fun



The RYA is committed to the safeguarding of children & 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

 0808 800 5000

 nspcc.org.uk

Children 1st
SCOTLAND'S NATIONAL CHILDREN'S CHARITY

 08000 28 22 23

 children1st.org.uk

RYA

 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](http://healthtalk.org/young-people-experiences)



Your Club Welfare Officer Contact

Club/Centre/Event: Cransley Sailing Club

Name: Caroline Neve

Email: welfare.cransleysailingclub@gmail.com

Phone: [07787 131698](tel:07787131698)

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