

# Be Safe.

Gymnastics should be fun

You should feel safe and enjoy your sport

- Trust your instincts about the people you meet
- Never allow anyone to do things to you that you feel uncomfortable with
- Carry a mobile phone, phone card or some change



Club Name

**Truro Gymnastics Club**

Club Welfare Officer's Name

**Rebecca Frost**

Telephone Number

**07918246411**

E-mail Address

**trurogymnasticsclub@gmail.com**

If you have worries or concerns contact your Club Welfare Officer or speak to someone at:

ChildLine on **0800111111**

NSPCC on **0800 500 9900**

British Gymnastics on **0345 129 7129 ext 2347**