

BeSafe.

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

Heather Rees

Telephone Number

07754157470

E-mail Address

Heatherrees121@outlook.com

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

ChildLine on **08001111**

NSPCC on **08088005000**

British Gymnastics on **03451297129**