

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 make you feel uncomfortable
- Carry a mobile phone, phone card or some change

If you have any concerns contact your Club Welfare Officer

Club name

Maldwyn Dragons Gymnastics Club

Club Welfare Officer's name

Joanne Humphreys / Elin Sunderland / Vicki Lewis / Olivia Allport

Telephone number

07956244884

Email address

welfare@maldwyndragons.org.uk



Alternatively, you can speak to someone at

ChildLine 0800 1111 | NSPCC 0808 800 5000 | British Gymnastics 0345 1297129

**British
Gymnastics**
More than a sport

NSPCC