



If you are worried about something don't keep it to yourself. There is always someone who can help.

If you can't talk to someone at GBS, you may wish to try one of the following contacts:

ChildLine +44 (0) 800 1111



24 hour confidential helpline for children and young people. Calls are free from the UK and won't show up on any phone bill.

www.childline.org.uk

The Mix +44 (0) 808 808 4994 (free from UK)



Crisis Text Service: THEMIX to 85258 and webchat available

Confidential for U25s to help with any challenges you're facing.

www.themix.org.uk

Kidscape +44 (0) 207 730 3300



For advice on how to deal with bullying.

www.kidscape.org.uk



Information for young people with mental health problems

Urgent help text YM to 85258

<https://youngminds.org.uk/>



U18 Athlete Guide

>>> GB Snowsport



What should I do if I have a problem?

Tell an adult that you trust. This might be your Coach, a House Parent or your parents. They will listen and try to help solve the problem.

If you don't feel like you can tell any of them, our **GBS Welfare Officer** - Bridget Owen. If you have any concerns, you can contact her directly on:

Phone: **+44 (0) 07807 026247**

Email: bridget.owen@gbsnowsport.com



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Congratulations on your selection to a GB Snowsport camp

We want you to do your best, but most of all, we want you to **stay safe** and **have fun**.

This guide is here so that you know what to expect from us, and what you need to do to ensure your time with us is rewarding and enjoyable.

It is your right...

- To take part in all GBS activities with support and encouragement.
- To be treated equally and with respect.
- To enjoy your time with us - don't let anyone spoil it!



Your **coach** is there to make sure you learn your sport safely and enjoy it.

On training and competition camps, your **House Parent or Team Manager** is there to make you feel welcome, supported and offer a friendly ear if you need it.

What you can expect from us:

- Staff fully qualified for the job.
- You will be put first, before winning or achieving goals.
- You will be treated as an individual.
- We will not bully you to make you do things.
- If your coach needs to have physical contact with you to show a technique, they will explain this to you first.
- ***If you're not comfortable with physical contact you have the right to say no.***

We will not speak to you in a way that makes you feel uncomfortable.



What we expect from you:

- Treat others as you would like to be treated
 - bullying will not be tolerated.
- Abide by the Athletes Code of Conduct.
- Follow the safety instructions of your Coach at all times.
- Respect the non-mixed sleeping arrangements - boys and girls are not allowed into each other's rooms at all.
- Sexual relationships are prohibited.

Being an elite athlete may be tough at times, and expectations will be high. You may sometimes feel angry or upset with how other people are behaving towards you. You may feel like you are being pushed too hard during training. You may feel someone is saying or doing something that makes you feel uncomfortable or that you know is wrong. **If you have a problem or want to talk, turn over to see what you should do.**

