

Child Safe Policy

Child friendly edition



2023



Northern Districts Gymnastic Club

5 Whipple Street, Balcatta, 6021

PO Box 797, Balcatta, 6914

P: (08) 9240 6861 E: info@ndgc.org.au W: www.ndgc.org.au

1. Introduction

The safety and wellbeing of children and young people is the number one focus at Northern Districts Gymnastic Club (NDGC). We want children and young people to feel safe and respected when they participate in our programs and visit our gym.



2. Your Rights at Northern Districts Gymnastic Club

At NDGC, you have a right to:

**Feel safe, happy
and welcomed at
NDGC**

**Tell us what you
enjoy and what
makes you happy
at NDGC**

**Speak up and tell
us your ideas and
thoughts**

**Speak up and tell
an adult you trust
if you do not feel
safe**

**Tell us what you
do not enjoy at
NDGC**

**Know what
actions and
behaviours are
right and wrong**

3. Keeping Safe at Northern Districts Gymnastic Club

We have rules in place to keep you safe at NDGC.

- If someone says or does something that physically hurts you or makes you feel upset, then you should tell the coach that is closest to you straight away so that they can help you.
- If a coach or someone else at NDGC makes you feel worried, scared or unsafe, you should tell a trusted adult like your parents, or another coach at NDGC about what is worrying you.
- If you are confused, have lost your parents or are left alone at NDGC, you should tell a coach straight away and they will help make sure you are safe.

If you are worried about anything, coaches and staff at NDGC are here to listen. You can always contact us if you are feeling unsafe at NDGC. We will never get you in trouble for asking for help or for asking a question.



4. What is, and is not okay?

Our staff and coaches follow a set of rules at NDGC which are in place to keep you safe. If one of the staff or coaches breaks one of the rules in front of you or when they are teaching your class, then you should tell a trusted adult straight away so they can help you.

At NDGC our staff follow these rules to keep you safe:

- We will do everything we can to keep you safe
- We are here to help you learn new skills in a safe environment
- We will always listen to what you have to say and treat you with respect
- We will create a fun and inclusive environment for you
- We will always do the right thing and will never make you feel unsafe

If you feel that a staff member or coach has done something that has made you feel worried, upset or uncomfortable, you should tell another staff member or coach that you know straight away. If you prefer, you can ask your parents to tell us what happened so we can fix the problem.

5. What do I do if I feel upset, worried or unsafe?

If you feel unsafe at NDGC, then you should speak to one of our Child Safety Officers below. Our Child Safety Officers will do their best to help you fix your problem and keep you safe.



Ben Barnard

Child Safety Officer

Member Protection Information Officer

Competitive Programs Manager

P: 08 9240 6861 M: 0431 445 889 E: ben@ndgc.org.au



Nikki Colev

Child Safety Officer

Member Protection Information Officer

Gymnastics For All 2IC & Senior Coach

P: 08 9240 6861 M: 0414 513 257 E: nikki@ndgc.org.au

6. You can talk to us

If you have any questions or need help with anything happening at NDGC, you can talk to any of the coaches that you know and trust.





If you would prefer to not speak to a coach or staff member, then you can always leave us a message at the **Suggestion Box** located to the right of the front door in reception or complete the feedback form in the same place.



[We also have a report form on our website too if you would like to complete this form.](#)

7. Where else can I go for help?

If you would like more help with any worries or concerns that you have, there are some other people you can talk to.

	<p style="text-align: center;"><u>Kids Helpline</u></p> <p style="text-align: center;">Free 24/7, confidential and private phone and online counselling service for young people aged 5 to 25.</p> <p style="text-align: center;">1800 55 1800</p>
	<p style="text-align: center;"><u>Lifeline</u></p> <p style="text-align: center;">Provides all Australians access to crisis support and suicide prevention services.</p> <p style="text-align: center;">13 11 14</p>
	<p style="text-align: center;"><u>Headspace</u></p> <p style="text-align: center;">Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12–25-year-olds. Headspace can help young people with mental health, physical health and work and study support.</p> <p style="text-align: center;">www.headspace.org.au</p>
	<p style="text-align: center;"><u>Reachout</u></p> <p style="text-align: center;">Reachout helps under 25's with everyday questions through to tough times.</p> <p style="text-align: center;">www.au.reachout.com</p>