

## Anti-Bullying Policy...



Be  
Gymnastics

The following information has been modified from the British Gymnastics Child Protection and Safeguarding Policy and is fully adopted by our club, Be Gymnastics.

Our priority is always the happiness, safety and well-being of our gymnasts, volunteers and coaches.

Bullying is a behaviour, usually repeated over time, that intentionally hurts another individual or group of individuals; physically or emotionally. An imbalance of power makes it hard for the victim/s to prevent or deal with the behaviour which can lead to the damage caused by bullying to be frequently underestimated. Bullying can cause considerable distress to children and young people, to the extent that it affects their health and development and can sometimes result in significant harm.

Bullying may take many forms and may be conducted in person or through actions either from the individual or through another person. Some examples include:

- **Emotional:** being unfriendly, excluding/singling out individuals, tormenting, name-calling, sarcasm, spreading rumours, teasing/taunts
- **Physical:** pushing, kicking, hitting, punching or any use of violence
- **Sexual:** unwanted physical contact or sexually offensive comments
- **Cyber:** email, social media and internet chat room misuse, mobile phone threats by text messaging, calls or misuse of technology e.g. photography or video footage
- **Racist and religious based bullying**
- **Homophobic/bi-phobic/trans-phobic bullying** because of an individual's sexual orientation, perceived or actual gender
- **Disablist bullying** based on a particular aspect of an individual's disability

### Examples of bullying in gymnastics could be:

- A gymnast who intimidates fellow gymnasts inappropriately
- A coach who adopts a win-at-all costs philosophy
- A parent who pushes their gymnast too hard
- An official/coach who places unfair pressure on a person

### Strategies to discourage bullying:

- ✓ Create an open environment and provide adequate supervision at all times

- ✓ Encourage children to speak out and share concerns with the person/coach in charge, the club welfare officer or another responsible adult
- ✓ Take all signs/allegations of possible bullying seriously
- ✓ Display posters/educate children and gymnasts on bullying and inform them that it is not tolerated under any circumstances

#### **Responding to victims of bullying:**

1. Anyone becoming aware that a child or young person is being bullied should offer reassurance and try to gain their trust. Explain that a person of authority such as the welfare officer may need to be informed
2. Accurate records of what's happened, names of individuals involved and any action taken should be kept. Any concerns should be reported to an adult in charge
3. Confront the bully by explaining the situation and trying to get them to understand; seek an apology; inform the bully's parents; insist that any items taken are returned; encourage bully to change their behaviour; impose disciplinary action; report and record all actions
4. Provide support for the victim e.g. providing a 'buddy' for the gymnast, extra support may be required from outside of the club for example
  - **Kidscape**, a charity that offer support to bullied children as well as day courses to help them deal with bullying and its after effects.  
[info@kidscape.org.uk](mailto:info@kidscape.org.uk) or **0207730 3300**

Should you wish to raise any concerns or queries regarding our anti-bullying policy, please contact us at [begymnasticsclub@gmail.com](mailto:begymnasticsclub@gmail.com) or alternatively, contact our Club Welfare Officer at [begymnasticswelfare@gmail.com](mailto:begymnasticswelfare@gmail.com)