

Dungannon Amateur Swimming Club

ANTI-BULLYING POLICY

STATEMENT

Dungannon amateur Swimming Club is committed to providing a caring friendly and safe environment for all members. Bullying of any kind is unacceptable in the club. If bullying does occur all members should be able to tell, and know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, the child protection officer or a member of the committee.

WHAT IS BULLYING?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim. Bullying hurts and everyone has the right to be treated with respect. Bullying can be

- Emotional – being unfriendly, excluding or tormenting
- Physical – Pushing, kicking, hitting or any use of violence
- Racist – racial taunts, graffiti, gestures
- Sexual- - unwanted physical contact or sexually abusive comments
- Verbal – name-calling, sarcasm, spreading rumours, teasing
- Cyber – all areas of internet, such as email, Facebook & chat room misuse, mobile phone threats by texting or calls, misuse of all associated technology e.g. camera and video facilities

OBJECTIVES OF THE POLICY

- The committee, coaches, swimmers and parents should have an understanding of what bullying is
- The committee and coaches should know what the policy is on bullying, and follow it when bullying is reported
- All parents and swimmers should know what the policy is on bullying, and know what they should do if bullying arises
- As a group Dungannon Swimming Club takes bullying seriously, and swimmers and parents should be assured that they will be supported when bullying is reported
- Bullying will not be tolerated

SOME SIGNS AND SYMPTOMS OF BULLYING

- A member is frightened to come to swimming training
 - A member becomes withdrawn, anxious, lacking in confidence or swimming ability deteriorates
 - A swimmer has nightmares or cries themselves to sleep
 - A swimmer is afraid to use the internet or mobile phones
- (These are only some examples)

PROCEDURE

- Report incidents of bullying to a coach, child protection officer or a committee member
- The incidents will be recorded and dealt with
- In serious cases, parents will be informed and asked to come to a meeting to discuss the problem with the child protection officer
- The bullying behaviour must be investigated and the bullying stopped

OUTCOMES

- The bully may be asked to apologise
- The bully may be excluded from Dungannon Swimming Club if the incident is deemed to be serious enough
- If possible the swimmers will be reconciled
- After the incident has been investigated, there will be monitoring to ensure repeated bullying does not occur

PREVENTION

All members of Dungannon Swimming Club should abide by the Code of Conduct for Swimmers