

# We are a club...

We encourage you to talk openly about the Whyte Review amongst the gymnastics community and about the challenges you have experienced. You may find the advice below as helpful support during this time.

## WHAT CAN I DO?



Take the time to consider what the Whyte Review means to you; how do you feel, how might this impact **you**.



**Encourage** your gymnast or workforce to **speak** with someone they feel comfortable with. This may include:

- ★ Friends and/or family.
- ★ Their coach, colleague, manager, and gymnastics family.
- ★ Other trusted adults such as club welfare officer or school teacher.

## HOW CAN WE SUPPORT MEMBERS OF OUR CLUB?



- ♥ **Club line** - In addition to the support available to parents and coaches, clubs can call our dedicated Club Line on 0345 515 0680 and you will be put through to an advisor who will be able to support you.
- ♥ **DAS Law** - All of our registered clubs have free access to professional legal advice from our partner, DAS Law. DAS Law operate a free 24-hour telephone advice line and their advisors can offer guidance on a number of employment and commercial law topics. This service is for all registered clubs and for those responsible for specific legal matters affecting the club. You should contact them as soon as an issue becomes apparent and then keep them updated until it is resolved.

As part of your policy with us, DAS provides a confidential counselling service 24 hours a day, 365 days a year to you and members of your immediate family – providing they live with you and are over the age of 18 (or aged between 16 and 18 and in full-time employment). DAS counsellors are members of The British Association for Counselling and Psychotherapy and are covered by their code of Ethics and Practice.

**Contact DAS LAW** - 0117 933 0617

- ♥ **Personal counselling helpline** - DAS Law also operate a free 24-7 counselling helpline for all members over 18. Any information shared will remain strictly confidential between DAS Law and the member.

**DAS Counselling helpline** - 0117 934 2121

For complaints related to conduct you can email [integrity@british-gymnastics.org](mailto:integrity@british-gymnastics.org) or for safeguarding concerns email [safeguarding@british-gymnastics.org](mailto:safeguarding@british-gymnastics.org)