



Information for Adults Participating in Snowsport

Snowsport is a sport for all ages and we are committed to safeguarding all participants in our great sport.

At your club there will be Club Welfare Officer who can be approached if you have any concerns about yourself, another adult, or a child. We encourage you to speak out if something is worrying you and is affecting your enjoyment of Snowsport.

Many of us may be feeling anxious, depressed or sad at some time in our lives and we hope participating in Snowsport may help you by getting out and about and taking exercise; all factors that are proven to improve our mental health and wellbeing. Feel free to discuss this with your Club Welfare Officer who, although not experts in counselling or mental health and wellbeing, should be approachable and caring and want to listen. Snowsport England has a range of resources we can signpost you to, should you want them.

Snowsport England has a zero tolerance policy of abuse in any form and this includes anyone acting or speaking in a way that causes you or others distress. We have policies on our website that we expect our clubs to follow including an anti-bullying and harassment policy and **SnowSafe** Adults, our Safeguarding Adults Policy.

What you can expect if you report a concern about yourself? Your club should listen to you, and work with you to find the solution if it concerns you. They will probably discuss it with the Snowsport England Safeguarding Lead, to ensure they are following best practice, but won't usually report a serious concern to Police or Social Services without your consent. If the concern is about a coach, or other worker within Snowsport, they may have to report it in order to safeguard others in our sport. Our aim is to keep everyone happy and safe within our sport.

See our safeguarding pages and resources here: [Safeguarding](#)

See our main policies and procedures here: [Governance](#)

See our mental health and wellbeing pages here: [Wellbeing](#)

We work closely with the Ann Craft Trust, the experts in safeguarding adults in sport and they have some very good resources on their website: [Directory of Organisations and Useful Contacts \(anncrafttrust.org\)](#)

If you want to find a bit more out about safeguarding adults in sport, watch this [6 minute video](#).

Any questions? Please email the Snowsport England [Safeguarding Lead](#)