

Rushmoor Royals Swimming Club follows the guidelines in the [Swim England Wavepower Anti-Bullying Policy](#).

Statement of Intent

Rushmoor Royals want all swimmers to feel they are in a friendly club which makes them feel safe and cared for so they can swim in a relaxed and happy way.

We are a telling club which means that:

If we know bullying is occurring we tell the club welfare office or any Committee member (or the coach, if preferred, who will in turn tell the club welfare officer) so they can deal with it.

What is bullying?

Bullying is being aggressive towards other people with the intentions of hurting or upsetting them.

Bullying can include:

Verbal: name calling, persistent teasing, mocking, taunting and threats.

Physical: any degree of physical violence including hitting, kicking and pushing. Intimidating behaviour, theft or the intentional damage of possessions.

Emotional: excluding, tormenting, ridiculing, humiliation, setting people up and spreading rumours.

Cyber: the misuse of digital technologies or communications to bully a person or a group, typically through messages or actions that are threatening and/or intended to cause offence, anxiety or humiliation.

Rather than repeating the content of the Wavepower guidelines here readers are advised to read the relevant 'Anti-Bullying Policy' in the latest version of the document from the [Swim England website](#).