



# Helensburgh CC

Junior Section Welcome Pack

# A Warm Welcome To Helensburgh CC

The aim of this pack is to provide parents and players, both new and existing, with information about the club, the coaching and what you and your children can expect.



# General Information

Helensburgh Cricket Club provides opportunities for all young people, their parents and volunteers to become involved in cricket.

The club encourages fun, participation, sportsmanship and the social aspects of sport to anyone interested in participating. All we ask in return is that you respect the other members of the club, other teams and officials who support the game.

Helensburgh Cricket Club is part of Cricket Scotland, the National Governing Body of the sport. The Junior teams of the club participate in national cup competitions organised by Cricket Scotland and league/cup competitions administered by the WDCJU.



# Training Dates and Times

Training for children is held at the following times at **Lomond School Gym, Rhu Road Higher, G848YG**.

Team Name/Age Group:	Dates:	Times:	Team Contact
Helensburgh Juniors	Fridays, 16th January - 10 April	15:30 – 17:30	John McKeirnan - 07922098418

## Pick Up and Drop Off

Training starts at 1530 and ends at 1730. Coaches are setting up and are not able to be available to supervise children dropped off earlier than 1530. Late arrival causes disruption and affects the quality of training; however, we understand situations can arise.

Children must be collected at 1730 prompt and where parents/carers are happy to allow their children to make their own way home, the Junior Convener or coach should be informed in advance.

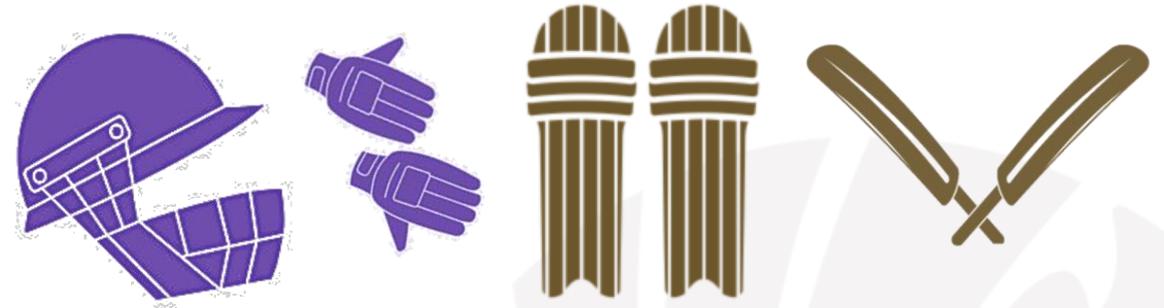
If you are running behind for pick-up, please notify the contact listed on the previous page **John McKeirnan** via text message or phone call on 07922098418 as soon as possible.



# Equipment and Protection

Our junior members are welcome to train in whatever they feel comfortable in, as long as it is safe. This generally means comfortable fitting clothing and closed toes trainers/shoes.

We also have Helensburgh training and playing kit that can be viewed and ordered at Gray Nicholls.



We aim to provide club equipment that members can borrow at our sessions.

Regardless of whether using their own or club equipment, juniors must **always wear a helmet** when batting against a cricket ball, compliant to the current BS safety standards and in reasonable working condition.

Although we aim to have a functional range of pads, gloves, bats and helmets for our members to access (with the necessary sanitisation protocols in place), abdominal protectors cannot be shared. Members wishing to use these must bring their own.

# Communication and Social Media

Every participant in Junior Cricket must have a Partnership with Parents/Carers Form completed prior to them attending training or games.

The form can be accessed at [helensburghcrfc.co.uk](https://helensburghcrfc.co.uk)

Please complete the form and give it to the Junior Convener.

**This form allow us to:**

- Have emergency contacts for your child
- Be aware of any relevant medical conditions
- Gain permission (or decline) for photographing your child
- Gain permission (or decline) to contact you and/or your child via social media

# Meet the Club Family

As with most sports clubs, Helensburgh Cricket Club is run by volunteers. These people are players, parents and supporters who give their time to ensure children benefit. They administer the club, conduct the coaching and help transport children to activities and games.



## Club Executives

President... Euan Ramsey  
Contact Number...07912994912  
Email... [president@helensburghcrfc.co.uk](mailto:president@helensburghcrfc.co.uk)

Cricket Chairman... David Wynne  
Contact Number...07740828629  
Email... [Cricket-chairman@helensburghcrfc.co.uk](mailto:Cricket-chairman@helensburghcrfc.co.uk)

Secretary... Cameron White  
Contact Number...07903384064  
Email... [Cricket@helensburghcrfc.co.uk](mailto:Cricket@helensburghcrfc.co.uk)

Junior Convener... John McKeirnan  
Contact Number...07922098418  
Email... [Cricket-juniors@helensburghcrfc.co.uk](mailto:Cricket-juniors@helensburghcrfc.co.uk)

# Putting a Face to a Name

Head Coach  
Dave Wynne



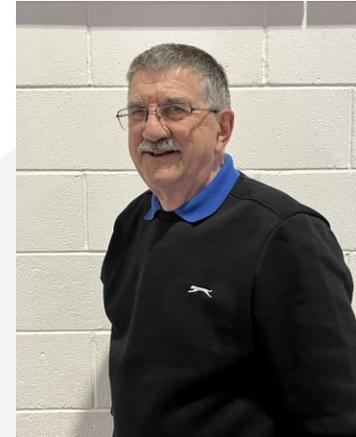
Child Well-Being and  
Protection Officer... Wendy  
Quinn



Junior Convenor  
John McKeirnan



Head Girls Coach  
Steve Wall



Contact Details:



07740828629



Contact Details:



07590681838



Contact Details:



07922098418



Contact Details:



07367585991

# Child Wellbeing and Protection Policy Statement

Helensburgh CC is fully committed to safeguarding, promoting and supporting the protection and wellbeing of all children in our care. We recognise our responsibility to promote safe practice and to protect children from harm, abuse and exploitation. We embrace difference and diversity and respect the rights of all children and young people. Everyone at the Club will be made aware of the policies and procedures in place to protect children in our care and to promote their wellbeing.

## Underpinning principles:

- A child is recognised as someone under the age of 18
- A child has the right to relax, play and join in a wide range of sporting activities
- The protection and wellbeing of all children in our care is everyone's responsibility
- A child, whatever their age, culture, disability, gender, language, racial origin, socioeconomic status, religious belief and/or sexual identity has the right to protection from all forms of harm and abuse
- A child has the right to express views on all matters that affect them, should they wish to do so
- A child's rights, wishes and feelings should be respected and promoted
- The best way to promote the wellbeing, health and development of a child is to work in partnership with the child, parents/carers and other relevant organisations

# Child Wellbeing and Protection Policy Statement

To keep children safe in our Club we will:

- Promote the wellbeing of children through opportunities to take part in cricket safely
- Put in place policies and procedures to promote the wellbeing and protection of children
- Appoint a Club Child Wellbeing and Protection Officer
- Recruit, train and support our cricket volunteers/staff to prioritise the wellbeing of children who take part in our activities and protect them from harm
- Require our cricket volunteers/staff to adopt and abide by the child protection policy and procedures including the Code of Conduct for working with children
- Respond to any child wellbeing or protection concerns in line with our policy and procedures.
- Monitor, review and evaluate the implementation of the child wellbeing and protection policy and procedures regularly If you have any concerns about the wellbeing of a child at our Club, please do not hesitate to contact the Club Child Wellbeing and Protection Officer (CWPO)



For more information on our Child Wellbeing and Protection Policy, please contact Wendy Quinn on Cricket - [CPO@helensburghcrfc.co.uk](mailto:CPO@helensburghcrfc.co.uk) or 07590681838

# What Does Great Look Like?

The Children's Parliament asked kids what wellbeing and protection looked like to them.

See what they said by scanning the QR code or going to <https://tinyurl.com/2tjk2t4x>



# Helensburgh CC Code Of Conduct



Helensburgh Cricket Club requires all members and players to observe the following standards of practice, including verbal and non-verbal actions when involved in activities with children. All concerns about a breach of these Codes of Conduct will be taken seriously and responded to in line with Helensburgh Cricket Club Procedures for Responding to Concerns about Child Abuse.

# Code of Conduct - Our Promise To You

Helensburgh CC coaches, volunteers will embody Good Practice towards all its junior members by...



...being role models – welcoming, positive, encouraging and respectful



...making cricket fun, enjoyable and promote fair play



...implementing and championing Club Safe in Cricket Guidelines



...treating all children equally, with respect, dignity and fairness



...involving parents/carers wherever possible



...building balanced relationships based on mutual trust

# Code of Conduct - Our Promise To You

Helensburgh CC coaches, volunteers will embody Good Practice towards all its junior members by...



...including children in the decision-making process whenever possible



...working with children in a public place, wherever possible



...putting the wellbeing of each child first before winning or achieving



...giving enthusiastic and constructive feedback



...recognizing the developmental needs and capacity of children



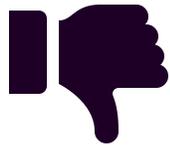
...challenging instances of poor practice, abuse or bullying

# Code of Conduct – What's Not Accepted

Unacceptable practice within Helensburgh CC includes...



...putting excessive pressure on children, pushing children against their will



...giving only negative feedback



...unequal treatment that could lead to resentment, jealousy or misinterpretation



...taking photographs without the appropriate consent



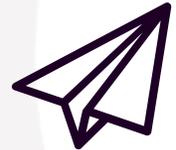
...spending a lot of time alone with children away from others



...assisting with bathing or dressing tasks that children can do for themselves



...smoking, drinking alcohol, misuse of illegal substances or the use of foul or offensive language



...failing to pass on a disclosure from a child about potential abuse

# Code of Conduct – What's Not Accepted

Unacceptable practice within Helensburgh CC includes...



...inviting or allowing children to stay with you at your home or sharing a bedroom alone with a child



...allowing allegations or observations of bullying or abuse to go unchallenged, unrecorded or not acted on



...touching a child in a sexually suggestive way, playing sexually provocative games or making sexually suggestive comments to a child, even in fun



...threatening, coercing or bullying a child or deliberately reducing a child to tears as a form of control



...unofficial communication with a child through telephone or social media



...forming intimate emotional, physical or sexual relationships with children



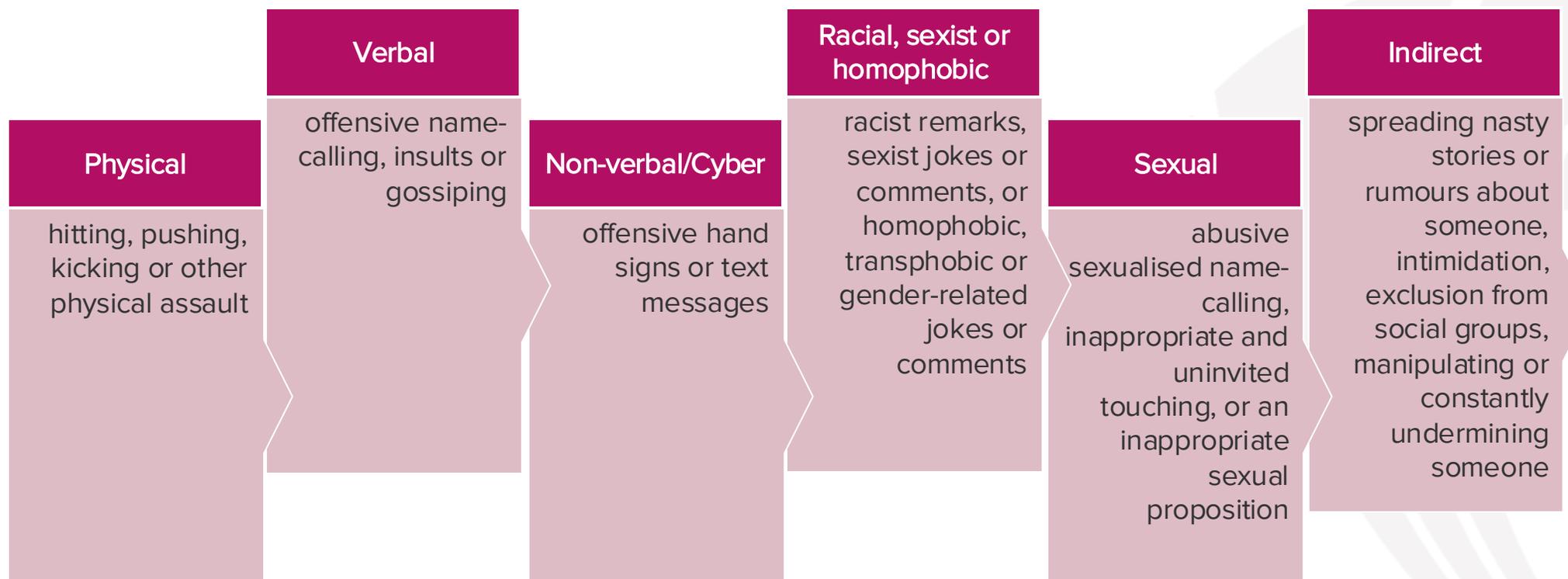
...allowing the use of swearing, sexualised, racist or homophobic language by staff/volunteers or children



...rough physical contact or games between adults and children

# Helensburgh CC Anti-Bullying Policy

Helensburgh CC is committed to providing a caring, friendly and safe environment for all our children so that they can train, and play, in a relaxed and secure place. Bullying can take many forms, none of which are acceptable at our Club.



# Responding to Bullying

Bullying results in pain or distress to the victim. Helensburgh Cricket Club is committed to ensure, as far as is reasonably practical, the prevention of all forms of bullying among members. Any instances of bullying can be reported by the victim or onlookers to the CWPO, a coach or another committee member. Any reports follow the process outlined below.

Report bullying incidents to the Club Child Wellbeing & Protection Officer, a coach, or a member of the committee



In cases of serious bullying, the incidents will be referred to the CS for advice.



Parents should be informed and will be asked to come to a meeting to discuss the problem.



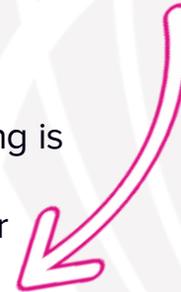
If necessary and appropriate, police will be consulted.



The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly.



An attempt will be made to help the bully (bullies) change their behaviour



If mediation fails and the bullying is seen to continue the club will initiate disciplinary action under the club constitution or where appropriate under (Club Name) Disciplinary Procedures.

# Feelings Cards

 <p><b>WORRIED</b> anxious, overwhelmed, uncomfortable, unsafe, fearful</p>	 <p><b>PROUD</b> self-reliant, strong, empowered, pleased</p>	 <p><b>CALM</b> quiet, relaxed, peaceful, serene</p>	 <p><b>HAPPY</b> loved, joyful, safe, cheerful, hopeful</p>
 <p><b>SAD</b> unhappy, disappointed, miserable, hopeless, gloomy</p>	 <p><b>BRAVE</b> courageous, fearless, empowered, strong, daring, independent</p>	 <p><b>ANGRY</b> annoyed, frustrated, cross, outraged, hurt, mad</p>	 <p><b>SCARED</b> frightened, terrified, fearful</p>
 <p><b>DISAPPOINTED</b> unhappy, sad, upset</p>	 <p><b>CONFUSED</b> overwhelmed, puzzled, muddled</p>	 <p><b>LONELY</b> sad, overwhelmed, ignored, forgotten, unhappy, hurt</p>	 <p><b>SHAME</b> unhappy, unsafe, guilty</p>
 <p><b>GUILTY</b> shame, confused, unhappy, uncomfortable</p>	 <p><b>EMBARRASSED</b> confused, worried, sad, uncomfortable, shy, unhappy</p>	 <p><b>EXCITED</b> happy, joyful, thrilled, curious, silly, interested</p>	 <p><b>CONFIDENT</b> relaxed, secure, comfortable</p>

## Feeling Emotions

- Cricket is a sport for everyone. It is important for all players to feel included. All coaches understand that you will feel differently every time you join us. Let us know how you feel at each session.
- If you are worried about something don't keep it to yourself. Speak to an adult who you know and trust such as a parent, teacher, the Child Wellbeing and Protection Officer at the Club, a guidance teacher, doctor or school nurse.

# Further Information and Support

- [Cricket-cpo@helensburghcrfc.co.uk](mailto:Cricket-cpo@helensburghcrfc.co.uk)
- <https://www.helensburghcrfc.co.uk>
- <https://childreninscotland.org.uk/>
- <https://www.children1st.org.uk/help-for-families/child-wellbeing-and-protection-in-sport/>
- <https://thecpsu.org.uk/>
- <https://www.gov.scot/policies/girfec/>

