



Salto Gymnastics Club: Mental Health & Wellbeing Policy Statement

We at Salto Gymnastics respect the rights and dignity of all our young athletes and acknowledge that everyone involved with our organisation has mental health and wellbeing needs.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we are working towards making sure that;

- We support our staff to hold some level of mental health and wellbeing awareness training. We demonstrate how our staff can be welcoming towards people experiencing a problem with their mental health and wellbeing
- We respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others.
- In our organisation we have Welfare officers who are happy to discuss how our sport can be adapted to suit your mental health and wellbeing needs or how we can be more inclusive. They are also able to point individuals in the right direction if they think they require a different level of support
- We regularly ask all our young members if they are happy with the level of support, they receive from us and whether it could be improved in any way
- As an organisation, we recognise how the pressure of competitive sport can affect young people's mental health and wellbeing.
- All staff know the details of the mental health and wellbeing support services available to both staff and young people.
- All staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures (if you believe a child is at immediate risk of harm call emergency services on 999)
- Support and information on mental health and wellbeing continues to be shared as young people progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play