



LIFE AFTER LOCKDOWN: SUPPORT FOR PLAYERS

There is a lot of uncertainty in the world at the moment due to COVID-19 and the lockdown period has been tough for everyone. It is important to remember that you are not alone. The Safeguarding Team are here to support players of all ages and are here if you need any help with your return to training.

Returning to training

You may experience a range of different feelings about returning to training after lockdown. You may feel excited and be looking forward to getting back to training, but you might also feel anxious about some of the following things before you return:



- ? What the campus will be like when you go back
- ? Catching up on work, training and fitness
- ? Seeing your teammates again
- ? Starting a new routine, or dealing with being away from home
- ? Keeping safe and following social distancing rules on campus
- ? Coping with problems at home or at school

If you are worried or anxious about returning to training, here are a few things you can do that might help:



Write down your worries

Write down a list of everything you're looking forward to about returning to training and everything that might be worrying you. You can then show this list to an adult you trust such as a parent or a member of staff at the Club and they can help you deal with those worries.



Ask questions

Ask your parents, carers or coaches about anything you're not sure about. You could ask about things you'll need when you return to campus, who will be in your training sessions or anything else that's on your mind. There are no stupid questions, so please don't be afraid to ask us anything you are not sure about.



Talk about your experience of lockdown

A lot may have happened while you were off and everyone's experience of lockdown will be different. Whatever has happened, talking about it to a trusted adult or a friend can help.



Prepare yourself for going back

Make sure you pack your bag before going back, you've got your kit ready and anything else you need for your training like food and water. Make sure you have read all of the return information provided to you by the Club.



Follow instructions about social distancing

The Club will tell you and your parents/guardians how they're keeping you safe on campus, it's important to follow any instructions and to ask if you're not sure about something.



Take your time

It can take time to adjust to being back, and it's okay if it doesn't feel comfortable at first. Even when you're back at training, make time every day to do something you enjoy.

Online Safety

During lockdown, you may have spent more time going on the internet, gaming or using social media apps. While the online world is a great way to stay in touch with your family and your friends, take part in virtual training sessions or complete your schoolwork it can also bring risks such as unwanted contact from strangers or online bullying.

Constant updates about COVID-19 on the news and on social media apps may also cause a lot of anxiety and it is important to always talk to a trusted adult if you are unsure if what you have read is true or false.

If you are ever worried about something you've seen online or if someone has said something or acted in a way that has made you feel uncomfortable please talk to a parent or another adult you trust. You can also talk to the following organisations who can help:

	Think U Know https://www.thinkuknow.co.uk/parents		UK Safer Internet Centre https://www.saferinternet.org.uk/
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Loss of a loved one

The death of someone you care about can be very difficult especially during lockdown. It's natural to have strong reactions when someone you love or are close to dies. Whatever you are feeling is ok and it is important to take care of yourself by eating well and getting plenty of rest. It might help to talk to someone about how you feel and this could be one of the members of staff at the Club like your coach or someone in the Player Care Team or Safeguarding Team.

Whatever is worrying you, we can help.

If you ever have any worries no matter how big or how small please come and speak with a member of the Safeguarding Team using the contact details listed below. We work closely with the Player Care Team who will also be able to provide you with any support you may need.

Kim Mundy
Safeguarding Manager
Tel: 07471 902 940
E: kmundy@saintsfc.co.uk
E: safeguarding@saintsfc.co.uk

Laura Sherman
Safeguarding Coordinator
Tel: 07384 256 005
E: lsherman@saintsfc.co.uk
E: safeguarding@saintsfc.co.uk

Ian Herding
Staplewood Campus Academy
Safeguarding Lead
Tel: 07880 314 533
E: iherding@saintsfc.co.uk

Alexia Jones
Bath Academy
Safeguarding Lead
Tel: 07903 003 214
E: amjones@saintsfc.co.uk

Martina Heath
Girls & Women's Teams
Safeguarding Lead
Tel: 07392 084 576
E: mheath@saintsfc.co.uk

If you would prefer to talk to someone outside of the Club then there are lots of organisations you can access online or by phone including the below:

	Childline Website: https://www.childline.org.uk/ Telephone: 0800 11 11
	NSPCC Website: https://www.nspcc.org.uk Telephone: 0808 800 5000
 	Sporting Chance – Heads Up Website: https://www.sportingchanceclinic.com/heads-up Telephone: 07500 000 777 Email: talk@sportingchanceclinic.com