

## **Cumberland FA Referee**

**Supporting you in your Role on all Safeguarding Matters**



**Designed to help inform to ensure you enjoy your refereeing experience whilst keeping you safe**

### **Dear Referee**

Cumberland FA wants to ensure you are aware of the support you can access should you have any concerns over your safety and welfare while carrying out your refereeing duties. Please read the information below in full and keep it and the contact details safe in case you need them.

It is important to remember that the vast majority of football is played in safe and friendly environments where everyone can enjoy taking part. However, we appreciate that there may be occasions when you would like additional help and support.

### **Concerned about something you've seen or heard?**

Tell an adult you trust if you are concerned about something you have seen or heard, if something doesn't feel right, or if you are worried about comments someone has made to, or about, you via text or social media.

It's really important that if you are concerned about your own safety, or the safety of another child or young person, that you let the Cumberland FA Designated Safeguarding Officer or the Cumberland FA Referee Development Officer know as soon as possible to ensure we can support you. Feel free to contact a member of Cumberland FA development team on 01900 511800

If you or someone else is in immediate risk of harm, then this should be reported to the police via 101 or 999 phone numbers.

You can also contact Childline for advice and support on tel. 0800 11 11 or go online to

[www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

### **Disciplinary Matters**

It's really important that all match day disciplinary matters are reported to Cumberland FA as soon as possible. In most cases this is a simple and speedy process that can be completed online. However, should you need assistance in compiling a report contact Emma Sharrock, Cumberland FA's Football Services Officer.

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In the unlikely event of a very serious disciplinary matter, you may wish to speak to somebody about it. Our Referee Development Officer or Designated Safeguarding Officer can be contacted for advice and support on the below numbers.

#### Feel threatened?

In the unlikely event you feel threatened whilst refereeing; your own safety must be your priority. Find a supportive adult and ensure you can leave the venue safely. Avoid doing or saying anything that might make things worse. At the first opportunity please report these events to our Disciplinary and Designated Safeguarding Officer department. Our Referee Development Officer will contact you when he/she has been informed about the incident.

#### Attending a disciplinary hearing

During the course of your refereeing career you may need to attend a disciplinary hearing to give evidence. Don't worry about this as you will be offered guidance and support by Cumberland FA's Discipline team. If you are under 18 we take your age into account and ensure the environment is as supportive as possible. Referees under 18 can be accompanied by a parent/carers or colleague. If they prefer, our Referee Development Officer or Designated Safeguarding Officer can be on hand to offer this assistance.

#### Inclusion

If you have a disability or impairment or believe there are restrictions in place preventing you from fully accessing and enjoying refereeing then please inform us. Football is inclusive and that applies to refereeing too. If you would like to chat about this please contact the County FA Referee Development Officer or Designated Safeguarding Officer and we can help to remove the barriers to your full participation.

Contact name	Title	Email/telephone
<i>Currently Vacant / Fred Conway</i>	RDO/ Cumberland FA Chairman	<a href="mailto:Fred.Conway@CumberlandFA.com">Fred.Conway@CumberlandFA.com</a> / 07786 361337
Gill Shields	Designated Safeguarding Officer	<a href="mailto:Gill.Shields@CumberlandFA.com">Gill.Shields@CumberlandFA.com</a> / 07458 043681
James Reid	Deputy Designated Safeguarding Officer	<a href="mailto:James.reid@CumberlandFA.com">James.reid@CumberlandFA.com</a> / 07918083637
Emma Sharrock	Discipline Departments	<a href="mailto:Discipline@CumberlandFA.com">Discipline@CumberlandFA.com</a> / 01900 511800