

Well-being & Inclusion



The London Mets is an inclusive space and everyone is welcome regardless of their sex, race, gender*, sexuality*, disability, religion. We promote that everyone should feel safe and welcome at all times. Please remember:

1. **Sexism, racism, queerphobia, hate speech, aggressive/abusive behaviour will not be tolerated.** If you see this behaviour report it and/or call it out if you feel comfortable. Active bystanders can play important roles in supporting each other.
 2. **All coaches voices are valid.** We have Male, Female & Non-binary coaches. Do not just seek out male coaches for validation. We are proud to give voices to coaches of lots of different identities.
 3. **Supporting your mental health is important.** If you are experiencing mental health issues directly from sporting activities please seek out support. You can contact the safeguarding officer directly or head to our website for signposting to mental health organisations.
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If you want to raise a concern regarding safeguarding or wellbeing please email safeguarding@londonmets.org or head to our website to file a report. All reports are private.

*Gender/sexuality is a spectrum and we recognise and respect all members of the LGBTQ+ community.