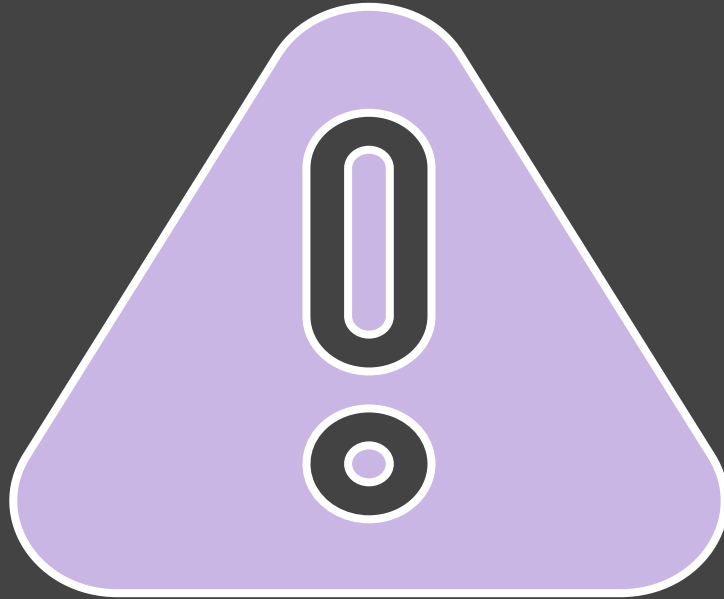


SAFE SPORT PRESENTATION

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! WARNING !



this presentation goes over sensitive topics so if you begin to feel uncomfortable, please feel free to leave and join back once you feel comfortable again thanks. :)

WHAT IS SAFE SPORT?

- USA Swimming Abuse Prevention Program for protection of athletes
- this is a program used by USA swimming to keep swimmers safe
- this is a very important topic to PCA and we think it's important for you guys to understand :)

WHY IS IT IMPORTANT?

- best possible environment for athletes
 - fun, healthy, and safe for all swimmers
 - members of PCA and USA swimming
- prevents and stops abuse/misconduct so it doesn't continue



SCENARIOS

SCENARIO 1

Your friend on your team just turned 18 and wants to room with you and a few other friends for an outer island meet. But you and some of your other friends are under 18.



SCENARIO 2

A kid on the team keeps snapping your suit, in and out of the water. This makes you really uncomfortable and you've asked him to stop but he keeps doing it. You're starting to dread coming to practice because you know he's just going to start up again. He is the best swimmer on the team and his mom is always volunteering and helping out.

SCENARIO 3

Your shoulder has been bothering you ever since short course training. You have an appointment with the doctor scheduled for next week and until then you think maybe you should just kick during practice. Your coach tells you that she doesn't want you to miss that much of the workout and she can stretch it for you so you can swim.

SCENARIO 4

A mom is screaming at her daughter in the locker room. You can hear it from outside on deck. The mom storms out and you notice she's not with her child. You go into the locker room to use the restroom and the girl is quietly crying as she gets dressed. It's not the first time you've seen this mom do this.

SCENARIO 5

A family on your team complains that their daughter is being bullied by another girl on the team. The family's concerns are that the girl stole their daughter's clothes in the locker room, and is spreading several rumors about their daughter.



SCENARIO 6

Prelims just ended and your team goes back to the hotel to rest before finals. You are all going to hang out in Jenny's room and watch a movie. When you get to Jenny's hotel room, there are six or seven people already in her room. Three of your teammates are lying on one of the beds, two of your teammates and your coach are lying on the other bed and one teammate is on the floor in between the two beds. Everyone is arguing about what movie to watch.

SCENARIO 7

You are in the Senior Group and your sister is in the White Group. Your group practices from 4:30–6:30 after school and your sister's group practices from 5–7. When practice is over, you usually sit in the stands on deck and wait for her. Sometimes your coach sits with you while you wait. You talk about swimming, school, and generally what's going on in your life.

SCENARIO 8

You're at a local swim meet and a parent from your team comes to tell you that the guy they've been sitting next to in the stands all morning is weird. The parent goes on to explain that he's been sitting by himself, doesn't have a heat sheet, and no child has come to talk to him in over three hours. He's also been taking pictures of the swimmers all morning.

SCENARIO 9

You and your teammate are roommates at Sectionals. When you get back from finals she says she's going to the other girl's room to watch a movie. You have an early swim the next morning so you decide to go to bed early. You don't hear her come back to the room and when you get up to leave for your swim, her bed is still made. You figure she just fell asleep in the other girls' room. You get ready to go to the pool and head out to the elevator. Down the hall you see your roommate come out of a room, see you, and dart back into the room. A minute later the door opens again and your coach comes out of the same room.

SCENARIO 10

You are the president of the Board of Directors. Three of your kids have swam for this team and your fourth and last is a senior looking at schools. The head coach founded the program 25 years ago. You check the club's mail one day and open a letter from a swimmer who graduated the program 20 years ago. It explains that the head coach inappropriately touched him from ages 11-13. He lists the names of a few other guys he thinks could have experienced the same thing.

**HOW DO I DEAL WITH
MY CONCERNS?**

INAPPROPRIATE COMMUNICATION

examples:

- 1) sexual misconduct
- 2) sexual harassment
- 3) explicit or inappropriate

communication through social
media

if you experienced any of these things
there are two ways you can handle with
situation:

- 1) you can fill out a report form
- 2) you could call this number: (720)
524-5640

BULLYING

examples:

- peer to peer bullying
- adult to athlete bullying
- parent issues
- violations of team rules and team code of conduct

there's two things you can do if you experience any of these things:

- report the problem to the head of your team
- fill out the proposed letter or correspondence (found on USA swimming)

VIOLATION OF PERSONAL SPACE

examples:

- criminal charges
- drug use
- physical abuse
- inappropriate touching
- coaches sharing hotel-
w/athletes
- rubdown/massages by coaches
- inappropriate pictures being
taken

if you experience any of these you can:

contact Liz Hahn at
ehahn@usaswimming.org



<https://www.youtube.com/watch?v=DBlRIOtB-Es>

QUESTIONS?

THANKS FOR LISTENING !