PRA members are registered USA Swimming members and as such are bound by USA  
Swimming’s rules regarding bullying as follows:

*Bullying is prohibited. For these purposes, the term “bullying” shall mean, regardless of*  
*when or where it may occur, the severe or repeated use by one or more USA Swimming*  
*members of an oral, written, electronic or other technological expression,* *image, sound, data or intelligence of any nature (regardless of the method of* *transmission), or a physical act or gesture, or any combination thereof, directed at any* *other Member that to a reasonably objective person has the effect of: (i) causing physical* *or emotional harm to the other Member or damage to the other Member’s property; (ii)* *placing the other Member in reasonable fear of harm to himself/herself or of damage to* *his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA* *Swimming activity; or (v) materially and substantially disrupting the training process or*  
*the orderly operation of any USA Swimming activity (which for the purposes of this* *section shall include, without limitation, practices, workouts and other events of a* *member club or LSC).*

Reporting:

1. Talk to your parents
2. Talk to a PRA Coach or Board Member
3. Send an email to a Coach or Board Member
4. Make a report to the USA Swimming Staff.

There is not any time limit to initiating a complaint. Every effort should be made to bring the complaint to the attention of PRA as soon as possible.

Handling:

1. STOP ON THE SPOT, get help and report the situation
2. Separate the people involved
3. Make sure everyone is safe
4. Meet any immediate medical or mental health needs
5. Stay Calm and reassuring
6. Be respectful when intervening
7. Review the USA Swimming definition
8. Determine if behavior is bullying or something else
9. Follow the team’s procedures
10. Contact parents and set up meetings
11. Make sure all sides feel safe and supported
12. Resolve all issues to move forward
13. Follow up with all parties to make sure situations are good