



Safe Sport

What is Safe Sport?

USA Swimming is committed to fostering a fun, healthy and safe environment for all of its members. For that reason, they have created a Safe Sport program and put in place a detailed Code of Conduct. Safe Sport also provides policies, education, a reporting structure, and tools that are intended to serve all members as we work together to maintain this environment. To learn more about Safe Sport, visit the [USA Swimming Safe Sport Home Page](#).

Additionally, USA Swimming provides free training videos for parents and athletes. Parents, we highly encourage you to sit down with your athletes and review these training videos.

Dealing with a Concern

If your concern deals with any of the following and you have followed the Conflict Resolution Policy:

- Peer to Peer Bullying
- Adult to Athlete Bullying
- Parent Issues
- Violations of team rules and/or team code of conduct

Please make a report to our head coach and exec board or at the LSC level the following email address: IESSAFESPORT@GMAIL.COM. USA Swimming has provided a [template letter](#) to assist you in beginning this process.

For more serious concerns, please visit the [USA Swimming website](#) to find out how best to address your concern.

Free Training for Parents

Parents are a critical component to our overall goal of protecting children from sexual abuse. The comprehensive online programming includes information about how offenders operate; how to recognize and respond to boundary violations, myths and facts about child sexual abuse and USA Swimming's Athlete Protection Policies and Procedures.

[Athlete Protection Training for Parents](#)

Free Training for Athletes (Ages 12 and older)

The training course covers:

- Inappropriate Contact

- Physical, emotional, and behavioral boundaries
- What to do if your boundaries are violated
- Who to tell
- How USA Swimming can be a resource

[Free Athlete Protection Training for Athletes](#)

Free Safe Sport Activity Book for Athletes (Ages 11 and younger)

Parents, coaches, and swimmers will be able to use the books to start a conversation about positive team culture, maintaining an environment of support and safety, and all the reasons to love the sport of swimming!

Download [Safe Sport Activity Book](#)

Links and Resources

[Safe Sport Topic of the Month](#)

[Safe Sport Best Practice Guidelines](#)

[USA Swimming Code of Conduct](#)

TCCC Safe Sport Policies