



For your **SENIOR** team athletes, read this scenario:

A swimmer brings whiskey to practice in his water bottle and tells his friend. His friend laughs about it doesn't tell the coach. They give the whiskey-filled water bottle to another swimmer who is getting a drink. The swimmer takes a big gulp before realizing that it's alcohol.

### **Discussion Questions:**

What do you think of this?

*>Safe Sport says: This kind of behavior is wrong. Tricking someone into doing something unhealthy and illegal goes against the hallmarks of a positive team culture.*

What kind of boundary does this cross?

*>Safe Sport says: Behavioral boundary. We have three types of boundaries: physical (who can touch you and where; your personal bubble), emotional (how close you feel to someone; what you will or won't share with them), and behavioral (things you will or won't do; actions within your character). This scenario crosses a behavioral boundary, because it's getting the swimmer to do something that he wouldn't usually do.*

If you see this happen—say you're in the same lane or next lane over—what do you do?

*>Safe Sport says: Interrupt this conversation and tell the coach immediately. Even if you're in the middle of a set, this is something the coach will want to know right away.*

### **Bonus Question:**

What do you do if you are the one who took the big gulp of whiskey unknowingly?

*>Safe Sport says: Get yourself out of the situation, either by getting out of the pool, asking another teammate for support, or creating a distraction. Tell coach what happened.*

### **Wrap It Up:**

What does it mean to be a good teammate?

*Use this time to talk about your team's values and how you want to treat each other. This includes motivating each other in practice, as well as calling out negative behaviors and holding one another accountable to team rules and norms.*

**\*For Coaches: If your team does not have an honor code or athlete code of conduct, it's a good time to create one! If you have questions, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**