



### **Read this scenario to your athletes:**

You're at a huge, outdoor, summer invitational meet. There are restrooms and changing cabanas, but everything is crowded and you need to change. One of your teammates suggests that you go behind the bleachers and change there. What do you do?

### **Discussion Questions:**

Should you deck change?

*>Safe Sport says: Deck changing is against the rules! Athletes must use the designated changing facilities.*

What if your friend suggests that you change into your bikini tops by pulling on a large t-shirt to change?

*>Safe Sport says: This is deck changing, and it is against the rules. Insist that you go into the designating changing area where there is more privacy.*

What do you do if someone from another team does a deck change?

*Kids might say to ignore it or tell their coach*

*>Safe Sport says: No one wants to be a tattle-tale but this is clearly against the rules. If you can see what team they're on, tell that to your coach or an official.*

Who do you tell?

*>Safe Sport says: You can tell your coach or an official. If you're not comfortable confronting the person who is doing the deck change, tell an adult. The environment on deck matters, and this includes making sure that everyone follows all the rules.*

### **Bonus Question:**

What do you do if you are caught deck changing?

*>Safe Sport says: You were breaking the rules. Admit that you made a mistake, and use the changing facilities in the future. If your coach or official tells you that there is a consequence for breaking the rules, accept it.*

### **Wrap It Up:**

How does speaking up and following the rules fit within our team's culture?

*Ask your swimmers to tell you what your team values are (sticking up for each other, respecting each other and our facilities, making sure that everyone has the best chance for success, etc.).*

**\*For Coaches: if you know in advance that a facility's changing areas are limited, warn your athletes, and tell them to come prepared to be crowded or to stay in their suits for the duration of the meet. Tell them that deck changes are against the rules, and that you expect them to follow the rules.**