# Disaster After Trauma Support

**Purpose**: How to respond to an emergency after the incident passes to support all athletes, coaches, and official involved.

**Why**: we currently do not have a procedure in place to address these factors.

**What**: Operational Risk report of occurrence (ROO) goes to USA Swim so that corporate sees the incident and determine the one and follows up with the family. The other copy goes to Organizational Risk – also follow up with family and coaches.

**When**: After the incident passes. Days/Weeks/Months etc.

## Trauma Immediately After Process

**Contact USA Swimming Insurance**: who submits the paperwork – Meet Referee. Reach out to insurance summarizing incident. Follow up with the insurance and make sure the claim to be paid.

**Contact USA Swimming**: Liz Haan – Brook reach out to her to see if there is anyone we could talk to; Terry Jones – stated hired new mental health professional.

**Reach out to parties involved** on a regular basis until – not necessarily the parents immediately. But the officials, coach involved.

## After trauma care (Athlete/Coach support):

Address the swimmers directly; honestly. Not dumb down. Do not neglect/ignore feelings. Respond not just with “great job” but also acknowledge feelings of person responding to the emergency.

Swimmers

Coaches –

Family

**CISM**: specific help for the <https://icisf.org/cism-team-listings/>.

What is the information that CISM will need? Age range for support.

**Psychological Counseling**: Not excluded (insurance covered?) Medical doctors require referral. USA Swimming provided.

**Psychological First Aid (PFA)**: teaches you how to how to have those conversations. Trainings have these people.

## Additional Resources

**Michael Phelps Foundations**: how to be kind to each other. On the theme of mental health.

**USA Swimming**: Mental training and awareness. Compassionate swimmer; <https://www.usaswimming.org/parents/popular-resources/mental-health-and-wellness/mental-training-wellness-results?category=Mental>