See an accident, injury or other concern?

Need Help?
Who might help? Lifeguard, Meet Marshal, Coach or Official

How to get help:
- Can’t move? Ask bystander (not swimmer in next heat) to get help or notify the “person blowing the whistle.”
- Heat in the water? Try to honor those competing by doing assigned position and getting help
- Emergency? Wave hands over pool and call out to lifeguard or referee

Head Injury?
Follow Utah Swimming Concussion Management Plan (tinyurl.com/UTConcussion)

Safe Sport Violation?
- No camera or other recording device use behind blocks or in locker rooms
- No Deck Changing
- No Rubdowns/Massages (except by non-coach Licensed Massage Therapist)
- Athletes may not sit on non-family coach or non-athlete member laps
- See Something, Hear Something, Say Something
  - If you see or hear something suspicious, or that makes you uncomfortable, please ask that it stop and/or report to Meet Marshal, Meet Director or Referee immediately
  - www.usaswimming.org/report

PREVENT  RESPOND  REPORT

usaswimming.org/protect   tinyurl.com/UTSafeSport  usaswimming.org/RiskManagement