

Montana Swimming- Safe Sport Update
Oct 2018

Reminder that ALL NEW COACHES AND VOLUNTEERS must have a background check.

I have been sending out SAFE SPORT MONDAYS scenarios, and **STRONGLY** encourage every coach to take 5 minutes to discuss these with your team! Being aware is the first step to keeping team members safe. This is an incredibly important issue, as we've all seen in the news lately.

Working on getting the SAFE SPORT tips included in the meet programs, and would like to make this a standard inclusion. Thoughts on doing this without having to notify each registrar individually?

Take the time to make sure all the coaches and volunteers are aware of your team's policies regarding travel, communication between staff and swimmers, and photography around the pool.

If you have an issue or safety concern regarding swimmers, you may report these online at [usaswimming](http://usaswimming.com) through safe sport tab, or to myself and I will forward your concerns to usa swimming.

The USA Swimming's Safe Sport Initiative has been growing and doing great things for athletes nationwide! Here are a few ways that your team can be a part of the action to make swimming safe!

1. **Take the online Safe Sport training.** [\(CLICK HERE\)](#) It's FREE and there is a Parent version and Swimmer Version (Created for swimmers 12 and up), and a Bully prevention course too!
2. **Take the Safe Sport Self Assessment** [\(Click Here\)](#) for your team to see where you need improvement.

"What you permit is what you promote." ***Be willing to have candid and respectful conversations that make swimming safe for kids.*** Here are some examples:

- Ask someone respectfully to **put away their phone in the locker room** to respect the privacy of others.
- **Educate your swimmers why giving coach a hug every day is not the best idea.** Coaches WANT to build relationships with your kids, but they are BEST done through hand shakes, high fives, and words of encouragement....doesn't seem to make sense to you? Follow #1 and watch the online training and you will understand what makes this important!
- **Discuss with your swimmer what to do if they feel unsafe**—Tell someone!
- Use Safe Sport's "**See something, Hear Something, Say Something**" **Safe Sport Monday scenarios** with your swimmer. [CLICK HERE](#) to be directed to the latest Scenarios! There is a new one each month!
- **Post signs** at your practice facility and during events the following key information. This will help empower kids to make good choices, and know what the expectation is. [\(Click Here for printable posters\)](#)
 - NO CELL PHONES in locker rooms
 - NO photos allowed behind the blocks
 - NO Deck Changing-please use designated changing areas
 - Bullying is NOT Tolerated here
 - Team Communication should always be positive and appropriate.
 - **Teach kids that they need to create a positive online footprint** for their future. Remind them that what they post becomes a part of their lives.

Montana Swimming- Safe Sport Update
Oct 2018

- **Encourage kids to let you know if they feel unsafe.** Help them pick 5 adults they can trust if they feel unsafe or need someone to talk to. Use their hand as a visual to help them remember the 5 people that are safe. Remind them if they get an “uh oh” or gut feeling, they should tell someone what is going on.
- **Be sure your team is up to date on the following policies.** [CLICK HERE](#) to be directed to USA Swimming’s policies as your template for your team’s policy.
 - Communication Policy
 - Travel Policies
 - Anti-Bullying
 - Coaches should follow “USA Swimming Best Practices”
 - Photography
 - Locker Room Monitoring Policy

1. Questions? Here are some important Safe Sport Names and Contact Info:
 - a. Montana Swimming Safe Sport Coordinator: Janel McCormick 406-360-8304, nellybean@aol.com
 - b. USA Swimming Support:
 - i. Online form for reporting: [Click Here](#)
 - ii. Liz Hoendervoogt (Assistant to the Director) ehoendervoogt@usaswimming.org or
 - iii. Maggie Vail (educational services) mvail@usaswimming.org

USA Swimming has a new **Safe Sport Activity Book** available, a good way for coaches and parents to talk to young swimmers about safety.