The USA Swimming’s Safe Sport Initiative has been growing and doing great things for athletes nation wide! 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)](https://www.usaswimming.org/resources-home/resource-topic/resource-subtopic) 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)](https://www.usaswimming.org/articles-landing-page/2017/02/10/safe-sport-team-assessment) 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](https://www.usaswimming.org/articles-landing-page/2017/02/10/safe-sport-mondays) 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)](https://www.usaswimming.org/resources-home/resource-topic/resource-subtopic)
* 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.
* **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](https://www.usaswimming.org/resources-home/resource-topic/resource-subtopic) to be directed to USA Swimming’s policies as your template for your team’s policy.
  + - Communication Policy
    - Travel Policies
    - Anti-Bullying
    - Photography
    - Locker Room Monitoring Policy
    - Coaches should follow “USA Swimming Best Practices”

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1. Questions? Here are some important Safe Sport Names and Contact Info:
   1. Montana Swimming Safe Sport Coordinator: Janel McCormick 406-360-8304, [nellybean@aol.com](mailto:nellybean@aol.com)
   2. USA Swimming Support:
      1. Online form for reporting: [Click Here](https://fs22.formsite.com/usaswimming/form10/index.html)
      2. Susan Woessner (Director of Safe Sport) [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)
      3. Liz Hoendervoogt (Assistant to the Director) [ehoendervoogt@usaswimming.org](mailto:ehoendervoogt@usaswimming.org) or
      4. Maggie Vail (educational services) [mvail@usaswimming.org](mailto:mvail@usaswimming.org)

I am new to this position , and this report was received from Shelly Sobek, prior Safe Sport chair.

USA Swimming has a new Safe Sport Activity Book available, a good way for coaches and parents to talk to young swimmers about safe sports with puzzles and activities

In the last month one incident involving safe sport was reported to me by one team, and it was forwarded to the USA swimming safe sport personnel.