

Montana Swimming- Safe Sport Update

April 7, 2017

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](#)) 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.
 - **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: Coach Shelly Sobek, coachsobek@gmail.com, 406-671-8027
 - b. USA Swimming Support:
 - i. Online form for reporting: [Click Here](#)
 - ii. Susan Woessner (Director of Safe Sport) swoessner@usaswimming.org
 - iii. Liz Hoendervoogt (Assistant to the Director) ehoendervoogt@usaswimming.org or
 - iv. Maggie Vail (educational services) mvail@usaswimming.org