



WHAT IS SAFE SPORT?

Safe Sport is an initiative designed to foster a fun, healthy, and safe environment for our athletes to compete and train. Safe Sport's goal is to Prevent and Respond to abuse and misconduct.

5 TIPS FOR PARENTS

(By USA SWIMMING)

1) GET EDUCATED:

Education is the most important tool for combatting misconduct. Look for resources that can help you understand how abuse occurs and what you can do about it.

2) CREATE HEALTHY BOUNDARIES:

It's important to establish healthy boundaries between athletes and coaches and have clear expectations about the coach's role. A coach is a teacher & mentor, not a friend or peer.

3) IDENTIFY & ADDRESS HIGH RISK AREAS:

For misconduct to take place, an offender needs privacy, access, and control. Some high-risk areas include travel, locker rooms & electronic communication.

4) SPEAK UP:

If you recognize questionable behaviors, say something! RSA's designated representative is Laura Hubbard. Contact her at laura.hubbard@swimrsa.org or (919)271-8163 .

5) TALK TO YOUR KIDS!:

Physical & sexual misconduct can be a hard topic for parents to talk about with their children. Having these conversations is extremely important in helping your child from becoming a victim of abuse.

RESOURCES

SAFE SPORT ACTIVITY BOOK (Ages 6-11)

[https://www.teamunify.com/nctac/_doc_/safe-sport-activity-book-sp18%20\(1\).pdf](https://www.teamunify.com/nctac/_doc_/safe-sport-activity-book-sp18%20(1).pdf)

TRAINING FOR PARENTS & ATHLETES

<http://www.usaswimming.org/learn>

US CENTER FOR SAFE SPORT

<http://www.uscenterforsafesport.org>

USA SWIMMING SAFE SPORT

<https://www.usaswimming.org/Home/safe-sport>

*(MORE SAFE SPORT INFORMATION TO COME.)
