

## Red Bank Swim Team Safe Sport Practices

1. Red Bank parents are encouraged to appropriately support their children's swimming experience.
2. All swimming practices are open to observation by parents at all locations.
3. Red Bank practices are two-deep Leadership: One coach member and at least one other adult who is not in the water will be present at all practices and other sanctioned club activities whenever at least one athlete is present. The coaching staff and parent board evaluate their seasonal plans and map out how to best accomplish this strongly recommended guideline.
4. All locations are Open and Observable Environments: An open and observable environment is maintained for all interactions between adults and athletes. Private, or one-on-one situations, are avoided unless they are open and observable. Common sense will be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
5. Red Bank coaches will not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
6. During Red Bank team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments will be maintained.
7. Red Bank athletes will not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
8. During overnight travel with our National Team, our athletes are paired with other athletes they shall be of the same gender and will be a similar age. There will be floors designated for male athletes and separate floors designated for female athletes with same gender coaches.
9. When only one athlete and one coach travel to a competition, at the competition the coach and athlete will attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
10. Communications between non-athlete adult members and athletes will not include any topic or language that is sexual or inappropriate in nature.

11. Non-athlete adult members will respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.

12. Red Bank will not tolerate relationships of a peer-to-peer nature with any athletes. For example, coaches should avoid sharing their own personal problems with athletes.

13. Coaches and other non-athlete adult members will avoid horseplay and roughhousing with athletes.

14. When a coach touches an athlete as part of instruction, the coach will do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes will be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction include high fives, fist bumps, side-to-side hugs and handshakes

15. Coaches will not engage in sexual intimacies with a former athlete for at least two years after the cessation or termination of professional services. Because sexual intimacies with a former athlete are frequently harmful to the athlete, and because such intimacies undermine public confidence in the coaching profession and thereby deter the public's use of needed services, coaches should not engage in sexual intimacies with former athletes even after a two-year interval except in the most unusual circumstances. The coach who engages in such activity after the two years following cessation or termination of the coach-athlete relationship bears the burden of demonstrating that there has been no exploitation, in light of all relevant factors, including:

1. The amount of time that has passed since the coach-athlete relationship terminated;
2. The circumstances of termination;
3. The athlete's personal history;
4. The athlete's current mental status;
5. The likelihood of adverse impact on the athlete and others; and
6. Any statements or actions made by the coach during the course of the athlete-coach relationship suggesting or inviting the possibility of a post-termination sexual or romantic relationship with the athlete or coach.
7. Both the athlete and the coach must be 18 years of age or older