



### **Read this scenario:**

The team is traveling, and a swimmer gets sick one night at the hotel. The swimmer's parents are not on the trip.

### **Discussion Questions:**

What should happen?

*>Safe Sport says: The sick swimmer and/or their teammate should let the coach know what is going on. If the swimmer needs medical attention, the coach should make that happen and get in touch with the swimmer's parents.*

What's your team's travel policy?

*>Safe Sport says: Each USA Swimming member team is required to have a policy regarding team travel. This policy should cover who can be in whose room, what to do during emergencies, and how communication with parents should work.*

What needs to happen for this situation to be okay with the travel policy?

*>Safe Sport says: The coach should respond to any immediate safety concerns, including calling 911 if the situation is critical. The coach should also make sure another adult is involved with the situation, calling another coach or chaperone into the room to establish two-deep leadership, which is a Safe Sport best practice. If the coach and athlete are alone in a room (before the second adult gets there), the door should be propped open to create an open and observable environment, which is another Safe Sport best practice. The swimmer's parents/guardians should be notified about the situation.*

### **Bonus Question:**

What do you do if you know someone is breaking your team's travel policy (guys in girls' rooms, etc.)?

*>Safe Sport says: Tell someone in charge. Holding one another accountable to the rules is part of being on a team. The policy is in place to create safe and supportive environments, and it's important that everyone on the team follows the policy.*

### **Wrap It Up:**

What do you think should be in the travel policy for our team that isn't there already?

*Use this time to talk about your team's travel policy and the unique situations that your team is in when it travels together. Get athlete feedback on the current policy and ask them what else should be included.*

**\*For Coaches: If you have questions about developing a travel policy, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**