

# USA SWIMMING ATHLETES:



You've been taught how to be safe in and around water.

*But how do you stay safe out of the water?*

USA Swimming and the Athlete's Executive Committee are pleased to announce the release of **USA Swimming's Safe Sport education for athletes.**

USA Swimming has developed a free education program for you to participate in!

Go to [www.usaswimming.org/protect](http://www.usaswimming.org/protect) to take Safe Sport Training for Athletes and learn about

- Inappropriate contact
- Physical, emotional, and behavioral boundaries
- What to do if your boundaries are violated: why and who to tell
- How USA Swimming can be a resource for you

By learning how to protect yourselves, you also learn how to protect your peers; and together you can make the sport safer for everyone.

If you have questions, please contact any of the athlete representatives or contact Maggie Vail ([mvail@usaswimming.org](mailto:mvail@usaswimming.org)) at USA Swimming.

[usaswimming.org/protect](http://usaswimming.org/protect)