

Colorado Swimming Inc. Safe Sport Presentation for Seasonal Swim Clubs

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USA Swimming

- **What is Safe Sport and Why Should We Care?**

Safe Sport training created by USA Swimming's partner, Praesidium, educates us on what is safe behavior and what is not safe behavior

USA Swimming gives us tools to help us create a safe environment for all our members

Safe Sport guidelines help protect our swimmers, coaches, officials, and adults involved in our sport

Safe Sport training helps us understand what are safe boundaries and what are not

Safe Sport gives us a way to let others know about potentially unsafe issues



Safe Sport Information

- **USA Swimming wording requirements to be included in a Meet Announcement for sanctioning a swim meet and must be enforced at the meet:**
 - Visual recording devices are NOT allowed behind or adjacent to the starting areas
 - Deck changing is prohibited
 - Using audio or visual recording devices, including a cell phone camera, is not allowed in the changing areas, restrooms, or locker rooms
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. Exceptions may be granted with prior written approval by the VP of Program Operations.



Safe Sport Information

- What are some examples of Safe Sport Conduct Violations?
 - Bullying/False Accusations – not just unsafe behavior
 - Inappropriate Electronic Communication
 - E-mail
 - Facebook
 - Twitter
 - Stalking Behavior



Safe Sport Information

- What to do as a coach/Board member before you are confronted with negative or dangerous behavior:

Educate yourself and your parents on the information already available on the USA Swimming and/or CSI websites. Examples of documents:

- How to Respond When An Athlete Discloses Abuse
- Preventing False Allegations
- Responding to Reports of Red Flags



Safe Sport Information

- What to do as a coach/Board member before you are confronted with negative or dangerous behavior:

Have, at a minimum, the following team policies in place and posted on your team website; educate your coaches, parents, and swimmers about those policies:

Team Travel

Electronic Communication

Action Plan to Address Bullying

If your team does not have these policies in place already, USA Swimming has model documents that can be easily adapted for your own use.



Safe Sport Information

- What to do as a coach/Board member before you are confronted with negative or dangerous behavior:

Tips to help prevent false accusations:

1. Follow team policies
2. Keep your boundaries with swimmers clear
3. Avoid time alone with a lone swimmer
4. Treat all swimmers with courtesy and respect
5. Don't pick favorites
6. Respond directly to anything unusual and tell your supervisor and/or your Club President



Safe Sport Information

- Tips for coaches in setting healthy boundaries:
- DO:
 - Use the types of physical contact authorized by USA Swimming and your club
 - Use appropriate language with athletes and other adults
 - Consider what your behavior would look like to others



Safe Sport Information

- Tips for coaches in setting healthy boundaries:
- **DON'T:**
 - Engage in inappropriate verbal or physical interactions with athletes
 - Engage in unmonitored or unauthorized electronic communications (texts, emails, social networking, etc.)
 - Discuss details of your personal life with athletes
 - Discuss sexual or other private matters
 - Give gifts to athletes (unless you give something to everyone)
 - Go to an athlete's home unless another adult is present



Safe Sport Information

- **How to respond when an athlete discloses abuse:**
 1. **Listen** – stay calm and let the person talk; ask a few questions if more clarification is needed
 2. **Reassure** – use simple supportive comments
 3. **Protect** – make sure the swimmer is safe; let the athlete know you will be sharing the information with others who can help
 4. **Report** – write down quickly what information is shared with you using the athlete's words – not your own interpretation of those words

USA Swimming requires that its members promptly report any incident regarding sexual misconduct to USA Swimming's Safe Sport staff. Your club may also have its own reporting policies and in most states the law requires you to report suspected abuse to the police and child protection authorities.



Safe Sport Information

- Coaches interactions with swimmers:
- Try to keep your interactions with swimmers in the presence of others, in open and observable areas.
- If you must be with a lone swimmer:
 - Keep your office door open and your windows free from obstructions
 - Avoid unnecessary contact
 - Keep your conversations strictly about coaching issues
 - Don't make a habit of being alone with the same swimmer



Safe Sport Information

- Responding to reports of red-flags:
 1. Respond quickly
 2. Find out as much as you can about the situation
 3. Review your findings with management
 4. Based on what you find out, take the necessary disciplinary action
 5. Thoroughly document what you learned from your investigation and what actions you took to respond
 6. Decide who else needs to know about the situation
 7. Use the situation to strengthen training, monitoring, and supervision and your policies.



Safe Sport Information

- **Bullying** - The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.
- See USA Swimming's Rulebook – Rule 304.3.7 for the definition and details on bullying



Safe Sport Information

- What to do when bullying is reported:
 1. Get the facts
 2. Determine if it is bullying
 3. Support the kids who are being bullied
 4. Address bullying behavior
 5. Support bystanders who witness bullying



Safe Sport Information

- Seasonal team coaches who are also competing athletes for the team:
 1. As a USA Swimming coach, he/she is required to follow all the rules/guidelines set for USA Swimming coaches.
 2. Boundaries between the coach and his/her athletes must be maintained at all times during the season.
 3. Examples where maintaining clear boundaries and a professional attitude are necessary: locker room conduct, team travel trips, electronic communication with athletes, physical contact with athletes, interaction between coach and athletes, etc.



Safe Sport Information

- What can be done to foster a safe sport environment for your coaches, athletes, officials, and parents:
- Take steps to educate coaches, swimmers, officials, and parents on the club's goals to maintain a safe sport environment for everyone
- Distribute the educational documents to your coaches and parents that USA Swimming has provided which have more details on the safe sport topics of abuse, red-flags, and false allegations
- Use the First Monday of the Month Safe Sport Scenarios; discuss them with your swimmers to develop awareness of what Safe Sport is, how to conduct themselves, and what to do if they see violations of safe sport behavior



Safe Sport Information

- What can be done to foster a safe sport environment for your coaches, athletes, officials, and parents:
- As Meet Marshals check in for their volunteer shift at the meet, give them the CSI Meet Marshal document to read so they clearly understand their role and responsibilities.
- If your club does not have all the key policies in place, set up a meeting with the LSC Safe Sport Chair to work with your Board - go through what you have and what you might still need. Post finalized policy documents on your team website.
- Have the Board work with the LSC Safe Sport Chair to complete the USA Swimming online Safe Sport Inventory Self-Assessment document for your team



Safe Sport Information

- What can be done to foster a safe sport environment for your coaches, athletes, officials, and parents:
- Tell your coaches, athletes, officials, and parents to come by the Safe Sport Table at the LSC Seasonal Championship August 4th, 2017 to learn more about USA Swimming's Safe Sport program. Activities will be available for swimmers.
- If you have questions about Safe Sport issues, contact the LSC Safe Sport Chair at 303-324-9874.



Safe Sport Information

Thank you for attending the
CSI Safe Sport Webinar

Any questions?