

Safe Sport
BOD
December 12, 2017

Safe Sport Mondays:

These are great ways to foster discussions on your team. You can get past months on the USA Swimming website.

Read this to your athletes:

“No act of kindness, no matter how small, is ever wasted.” –Aesop

How we treat each other on this team is important. We may not think about it very much, but it’s nice to show appreciation and kindness to each other. Let’s take a team challenge this month to do random acts of kindness for one another.

Discussion Questions:

What can you do to show kindness to your teammates?

>Safe Sport says: Kindness can be encouragement during a tough set. It can be picking up a teammate’s equipment. It can be complimenting someone’s work ethic. Kindness can also mean standing up for a teammate and making them feel included.

What can you do to show kindness to your coaches?

>Safe Sport says: Kindness can mean respect, listening, and working hard.

What can you do to show kindness to the lifeguards and/or janitors?

>Safe Sport says: Kindness can be leaving them a thank-you note on the whiteboard. It can mean that you clean up the pool deck of all equipment and make sure that the locker room is tidy when you leave.

Bonus Question:

What can we do as a team to pledge kindness to each other this month?

A great idea is to do a “secret buddy” week. Have swimmers draw names of their teammates and do one or two really nice things for that teammate during the week. At the end of the week, talk with the team about what they noticed by carrying out acts of kindness for their teammates, and discuss how this attitude can contribute to creating a great team culture.

***For Coaches: for more information and resources on team culture, visit www.usaswimming.org/toolkit. To report concerning behavior, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**

Athlete Protection Training:

USA swimming has a new on line Education hub. You will need to get 75 points to pass. The *Safe Sport: Ready Set Go* is worth 50 points and then you must take at least one 25 point course. Your options at this time are: *Preventing Bullying* or *What Would You Do?* You may take both courses. USA Swimming will be adding more 25 point courses for you to choose from.

New Materials:

Safe Sport Activity Booklets for ages 6 - 11. There is a copy for each club. You can order more through USA Swimming or run off pages from the book.

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