

Safe Sport Report
BOD
April 17, 2018

How do you “do” Safe Sport:

Simple: Set, Direct, Protect

Set: Be intentional, Learn how to make your team a Safe Sport team.

Direct: Communicate to teach your team’s members about Safe Sport.

Protect: When something comes up address it and correct it right away.

Safe Sport Monday - April

Read this:

You just swam your personal best in your best event! Everyone is cheering and high five-ing you when Suzy rushes up and gives you a big celebratory hug. This has made you feel very uncomfortable.

How do you tell Suzy that you are uncomfortable with her hugging you?

Safe Sport says: You can say: “Suzy, thanks for helping me celebrate , but I’m not comfortable with hugs.”

What is consent?

“Safe Sport says: Consent is clear, freely given, enthusiastic YES to something. When you ask someone if you can give them a hug, sit next to them at lunch, or hold their hand, you’re asking for consent. If they say yes, great! If they say no, respect that.”

What do you say if someone doesn’t give you consent?

Safe Sport says: “Say, “I respect that.” For example, Allie said, “you look sad. Can I give you a hug?” Robin says “No thanks.” Allie says, “I respect that. What can I do to help you feel better?”

Read this:

One of the older swimmers is helping your group learn a new stroke technique. As you watch this older teammate work with the other kids in your group, you are feeling uncomfortable with the activity. As it gets closer to your turn, you are really nervous.

How do you tell the older swimmer that you are uncomfortable with the activity?

Safe Sport says, “it’s important that you know that you don’t have to do anything that makes you uncomfortable or unsafe. You can say, “I’m going to pass. I’ve been watching, and I think I got it.”

Do you have to tell your coach?

Safe Sport says: It’s a good idea to tell your coach if someone is making you feel uncomfortable.

Wrap it Up:

Your body is yours! If someone is making you feel uncomfortable, speak up. If someone tells you that they don’t want a hug, say “I respect that.” This video shows a great way to think about consent. It is geared for younger kids, but people of all ages can learn from it. You Tube - Consent for Kids.

For Coaches - Always ask your athletes for consent before making contact for technique demonstration. (“Is it okay if I move your arms?” “Is it okay if I touch your shoulder?”) If the swimmer says no say, “I respect that” and find another way to demonstrate the technique.

Eastern Zone Workshop: I attended the Eastern Zone workshop April 13 - 15. Some of the topics covered for Safe Sport:

- There will be a new training video posted for athletes to be followed by one for the parents
- There was continued talk about a Safe Sport Coordinator for each club
- We worked on the items to be included in the Safe Sport "toolbox" for meets

Marlene Curtis

Safe Sport Chair

NJ Swimming