

SAFE SPORT TIPS FOR ATHLETES



OK

- ✓ Training with other athletes and your coach
- ✓ Team/Group electronic messaging
- ✓ Transportation with other athletes and coaches
- ✓ Receiving feedback from your coach in an open area
- ✓ Exercising for training and development
- ✓ Coach touching you to demonstrate proper technique with your permission
- ✓ Your coach entering the changeroom for an emergency
- ✓ Asking an official, opponent, or coach respectfully for clarification/feedback
- ✓ Sharing a room with an athlete the same gender identity and close in age
- ✓ Being in your room before curfew and two coaches/chaperones doing room-check
- ✓ Participating in activities in groups
- ✓ Team/Group social gatherings
- ✓ Reporting maltreatment/misconduct
- ✓ Helping create a safe, equitable and inclusive environment

NOT OK

- ✗ Training alone with your coach where others can't observe
- ✗ One on one (direct) messaging with your coach
- ✗ Being alone with your coach during transportation
- ✗ Receiving feedback from your coach in a closed office or hotel room
- ✗ Exercising as a form of punishment for not achieving results
- ✗ Coach touching you unexpectedly or frequently for no reason
- ✗ Your coach being in the changeroom while athletes are changing
- ✗ Using insulting or offensive language/actions towards others
- ✗ Sharing a room with a coach and/or chaperone
- ✗ Missing curfew, or only having one coach do your roomcheck at night
- ✗ Going places alone or without permission
- ✗ Hanging out with your coach alone or at their home
- ✗ Not telling someone if something happens (to you or someone else)
- ✗ Being part of an environment that is not positive, safe, and fun