



### Read this scenario to your athletes WHO ARE 12 AND OLDER:

You are on deck at a meet. You see a coach massaging an athlete.

#### Discussion Questions:

Is this situation okay?

*Kids might say that it's weird. Others will react strongly and say that it's not okay. Others may not have a problem with it.*  
>Safe Sport says: This is against the rules! Coaches are not allowed to massage athletes or "stretch them out."

What do you do?

*Kids might say that they would do nothing or go and tell their coach.*  
>Safe Sport says: It's important to tell someone. Kids can tell their coach or the meet referee. It's important that all the rules are followed.

If you need to be stretched or need a massage, what's the best way to go about that?

*Kids might say to go to a professional or their parents.*  
>Safe Sport says: Kids can help each other stretch. The coach can tell them how to stretch each other. If there is a massage therapist working the meet (in an open and observable environment), utilize that resource.

### Read this question to your athletes WHO ARE 11 AND YOUNGER:

How do we celebrate fast times and good swims with each other and the coaches?

#### Discussion Questions:

Who and when is it okay to hug?

*Kids might say that they are comfortable hugging their teammates and coaches whom they feel close to.*  
>Safe Sport says: Trust your gut. It's absolutely appropriate to hug in celebration, but if someone feels uncomfortable, find other ways to celebrate together.

What are other ways to celebrate with people at swimming?

*Kids might say that they do high-fives and cheer for each other.*  
>Safe Sport says: Get creative! Create a team handshake or some other celebration ritual that has meaning for your team.

#### Wrap It Up:

How we treat each other matters. You have a right to feel safe and comfortable here and with the people on this team.

*Ask your swimmers to tell you what your team values are (sticking up for each other, respecting each other and our facilities, making sure that everyone has the best chance for success, etc.).*