



Volume 29
October 2018 Newsletter
#SetDirectProtect

The purpose of this newsletter is to provide a foundation that allows for direct on-going communication with each of you. Information contained within will cover the most current Safe Sport related information. If you have any feedback, comments or suggestions, please email us at safesport@usaswimming.org

Safe Sport Fellow Spotlight!

Caroline, a Safe Sport Fellow from Ohio, put on a Safe Sport Pentathlon for area teams to raise awareness about abuse prevention and create engaging educational opportunities. Each swimmer participated in five events, themed after the 5 core values of Safe Sport which included boundaries, culture, inclusion, accountability, and respect. Nearly 200 athletes participated in the swimming events,



trivia competition, and team building activities.

Well done, Caroline and Ohio Swimming!



2018 Convention Recap

What another fantastic Convention week! Thank you to all that were able to attend. Our time this year was shorter than in the past, but we made the most of it. It was exciting to have so many people attend the Safe Sport Committee Business meeting and the workshops. There were great questions about the new Safe Sport Recognized Program and the One Love Foundation.

We truly value your voices, your questions, and share in your challenges and successes. We know how dedicated you all are to the Safe Sport cause. Abuse prevention is not an easy thing to tackle, we appreciate all the time and heart that you put into this effort.

We look forward to seeing everyone at the Zone Workshops in May 2019. More information will be coming in the next couple of months.

Safe Sport Recognized Club Program

The Safe Sport Recognized Club Program is now live! This program allows clubs to demonstrate their commitment to creating a safe, healthy, and positive environment for all their members through the development and implementation of athlete protection policies, Safe Sport best practices, and Safe Sport education. Safe Sport Recognized Clubs will earn a badge to

display on their website, and these clubs will be designated as Safe Sport Recognized in the USA Swimming's Find-a-Club online tool.

Using an online assessment, clubs will detail procedures, upload policies, and verify educational efforts in order to achieve Safe Sport Recognized Club status. This designation will expire and is eligible to be renewed every two years.

More information can be found at [//www.usaswimming.org/ssrp](http://www.usaswimming.org/ssrp)

One Love Partnership

The One Love Foundation believes that by teaching young people to #LoveBetter and what healthy behaviors look like, we can change the statistics around abuse, sexual assault, and harassment.

One Love facilitated two workshops at the USAS Convention on healthy relationship behaviors, the warning signs for unhealthy relationships, and how to support young people.

One Love's website is full of helpful tools and resources. Browse their library and use the resources with your swim club!

www.joinonelove.org/learn

Tip: our favorite tool for starting conversations with your age group swimmers is the Couplet curriculum. Find it here:

<https://www.joinonelove.org/act/couplets/>

10 SIGNS OF AN UNHEALTHY RELATIONSHIP

Understanding these behaviors can help you figure out if you're in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control and can have a negative impact on your wellbeing or day-to-day life. In some cases, these unhealthy behaviors can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.

1. INTENSITY
2. JEALOUSY
3. MANIPULATION
4. ISOLATION
5. SABOTAGE
6. BELITTLING
7. GUILTING
8. VOLATILITY
9. BETRAYAL
10. DEFLECTING RESPONSIBILITY



10 SIGNS OF A HEALTHY RELATIONSHIP

Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. At the end of the day, the below characteristics in a healthy relationships make you feel confident and supported.

1. COMFORTABLE PACE
2. TRUST
3. HONESTY
4. INDEPENDENCE
5. RESPECT
6. COMPASSION
7. EQUALITY
8. COMMUNICATION
9. LOYALTY
10. TAKING RESPONSIBILITY



Please continue to follow us on Twitter @SwimSafeSport and on Facebook at USA Swimming Safe Sport. Let us know if you are working on any Safe Sport initiatives; we would like to highlight you in our next Safe Sport Newsletter!

USA Swimming Safe Sport