



USA SWIMMING SAFE SPORT

Tough Stuff: How coaches can support athletes out of the water



Agenda

- Experiences and best practices
- Talking about the tough stuff
- Safe Sport implications
- Q&A





Why kids come to you

- Mentor
- Outside the rest of their life
- Objective viewpoint
- Kids spend a lot of time at swimming





Things kids will talk about

- Family
- Weight or body image
- School
- Peer pressure
- Mental health





Best Practices

- Open communication
- Diverse coaching staff
- Know the when and where
 - Follow up

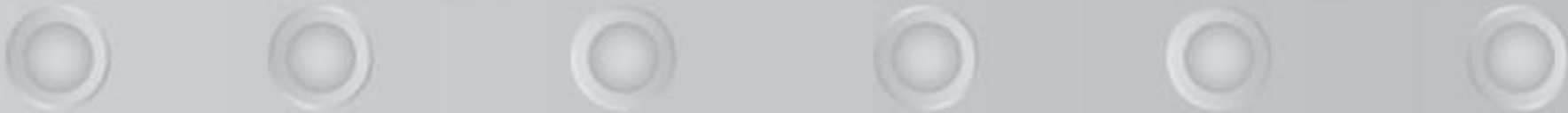




Tough Stuff



- Suicide
- Self-harm
- Threats of violence/harm to others
- Abuse in the home or elsewhere
- Eating disorder
- Drug or alcohol abuse





Then what?

Don't

- Judge
- Promise that it will be ok
- Promise to keep it a secret
- Investigate

Do

- Listen
- Offer support
- Help them get help
- Report



Team Boundaries

- No expectation that any child is primary
- Who's doing the talking is important
- Document as needed
- 2-deep leadership and open & observable environments



Questions?

www.usaswimming.org/protect

@SwimSafeSport

safesport@usaswimming.org