SAFE SPORT ACTIVITY BOOK

11 Activities to learn about Safe Sport!

Connect the Dots
Image Searches
Word Puzzles
Draw A Picture
Coloring
& More!

SPRING 2018

usaswimming.org/protect
Creating a Safe Sport environment is something that we all can help achieve. Hi, my name is Liv and this is Remy. We’re Safe Sport Champions. We believe that every kid deserves the chance to share in a positive environment while swimming. We are excited to walk through this activity book with you. So, let’s get going and have some fun! I bet we will find some ways that we can do Safe Sport everyday.
WORD SEARCH
Find all of the words listed in the word bank below. Search up, down, forward, backwards or diagonal to find the hidden words.

qualities
culture
set
direct
protect
experience
safe
fun
friend
learn
valuable
safe sport
support
respect
values
safe zones
communication
education
1. Go ahead and **share/shine** your valuable opinions. Your athlete voice matters!

2. Talk with your teammates about how you want to **trap/treat** each other on and off the pool deck.

3. **Cheer/Jeer** your teammates on in practice and at meets. Everyone is included!

**SPOT THE PAIR**

*Only two of these USA Flags are identical. Can you find the pair and circle them?*
CONNECT THE DOTS
Connect the dots from 1–168. 
Color in the image when you are finished.

Most important thing in swimming...
Have Fun!
SPOT THE DIFFERENCE
Can you find 8 differences between the two pictures?
SAFE SPORT

MATH PUZZLE

Solve the math problems, using the Number Key to find the letters, and write them on the line.

<table>
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<tr>
<th>7+2</th>
<th>8+4</th>
<th>20-19</th>
<th>18-4</th>
<th>a</th>
<th>1+3</th>
<th>9+5</th>
<th>15-10</th>
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<tr>
<th>11+4</th>
<th>3+5</th>
<th>18-11</th>
<th>6+8</th>
<th>10-6</th>
<th>10+1</th>
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<th>on the</th>
<th>12+1</th>
<th>22-8</th>
<th>15-3</th>
<th>(1+8)</th>
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<tr>
<th>9-6</th>
<th>7+7</th>
<th>10+2</th>
<th>16-8</th>
<th>16-12</th>
<th></th>
<th>something new from a teammate.</th>
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<tr>
<th>3+12</th>
<th>16-2</th>
<th>3+0</th>
<th>9-6</th>
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<th>12-7</th>
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<th>to someone who</th>
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<tr>
<th>12+4</th>
<th>15-1</th>
<th>8-4</th>
<th>10-3</th>
<th>5+5</th>
<th>4+10</th>
<th></th>
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</thead>
</table>

| 6-2   | 14+0 | 22-8 | 9+2 | 1+5 |   |   |   |   |   |   |   |   |

Being a good teammate is very important. The activities on these two pages show how you can do that.

NUMBER KEY

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<tbody>
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<td>16</td>
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<td>S</td>
<td>6</td>
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</table>
Bullying, being mean or even rude is never okay. By avoiding all the bullying, help your friend get to a trusted adult who can help.

MAZE

Connect the dots from 1–164. Color in the image when you are finished.

CONNECT THE DOTS

Thank you!
There are some areas at practices and meets we must be extra careful around. Here are 4 important lessons to think about when at the pool.

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**SWIMMING SAFE ZONES**

*Fill in the blank with the best word from the word box to complete the sentence.*

(Note: Not all words are used)

1. Walk with a _________ to and from the warm up and warm down pool.

2. If anyone’s behavior in the locker room makes you uncomfortable, find an adult you _________ to talk to.

3. It is okay to _________ ask a teammate to stop pulling on your feet in the water during practice.

4. It is _________ alright to say something mean about someone on social media, or through texting.

---

**WORD BOX**

friend trust explain cheer
never politely
Can you find all of the hidden objects in the picture below?

Water Bottle  Bag Tag  Winter Hat  Pull Buoy  Swim Cap  Mesh Swim Bag  Towel  Hand Paddle

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DRAW A PICTURE
Draw a picture of your favorite swimming memory.

My favorite swimming memory is when …

For extra fun, write a description of what your picture is about.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Thank you for doing all of these activities with us. This has been fun, and we can’t wait to get to have more fun with you soon.

Remy and I love being Safe Sport Champions and we think that you are ready to be a Safe Sport Champion, too. Keep this activity book as a reminder of ways that you can show you are a Safe Sport Champion every day. See you next time.
Find all of the solutions to each of the activities. No cheating!

1. Connect the Dots Pg. 9

2. Swimming Safe Zones Pg. 10

3. Math Puzzle Pg. 8

4. It is never alright to say something mean about someone on social media or through text.

5. It is okay to politely ask a teammate to stop pulling on your feet in the water during practice.

6. If anyone’s behavior in the locker room makes you uncomfortable, find an adult you trust to talk to.

Find the Pictures Pg. 11

Thank you!
1. Go ahead and share/shine your valuable opinions. Your athlete voice matters!

2. Talk with your teammates about how you want to trap/treat each other on and off the pool deck.

3. Cheer/Jeer your teammates on in practice and at meets. Everyone is included.

2. Talk with your teammates about how you want to trap/treat each other on and off the pool deck.

1. Go ahead and share/shine your valuable opinions.

Your athlete voice matters!

Complete the Sentence Pg. 5

Word Search Pg. 4

Spot the Pair Pg. 5

Spot the Difference Pg. 7

Connect the Dots Pg. 6

Activity book design and illustrations by Thomas Boucher. Connect the dots on page 6 by Courtney Hicks.
NO DIVING

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Thank you, Coach Jason!
You have helped me reach swimming goals
that I never thought I could achieve.
Your support makes me want to work hard
and never forget what swimming is all about,
having fun!

Thank you very much,
Remy

Dear mom,
Thank you for waking up every morning to
drive me to practice. I appreciate how much
you do for me!

Love,
Liv

Thank you, Coach Jason!
You have helped me reach swimming goals
that I never thought I could achieve.
Your support makes me want to work hard
and never forget what swimming is all about,
having fun!

Thank you very much,
Remy

One more thing swimming friends... There are a lot of
people who help make swimming a great experience
for you. Take the time to thank them by filling out
these thank you cards and giving them to them.

You can see some of our examples below.