



ATHLETE SUPPORT PLAN

The purpose of the athlete support plan is to create a shared understanding and plan of action for your transitioning athlete. The athlete support plan aims to guide parents, athletes, coaches, officials, and team support staff through potential questions and conflicts that may arise during the season on and off the deck. The transitioning athlete along with their legal guardians/parents and coaches should be included in completion of this document.

This document should be printed and on file at a safe location to be accessed as needed.

If you have any questions about the athlete support plan or other resources, please email: inclusion@usaswimming.org.

PARENT & GUARDIAN INFORMATION

Today's Date:

Name:

Relationship to Athlete (Mother, Father, Aunt, Etc.):

Are you aware of your child's competition category change?

Yes No

Are you supportive of your child's competition category change?

Yes No

If you are not supportive, what is prohibiting you from supporting your child's competition category change?

ATHLETE INFORMATION

Current competition category: Male Female

Requested competition category: Male Female

USA Swimming Member ID:

Age:

Race:

Pronouns:

Club Team Name:

Local Swimming Committee:

Have you previously requested a competition category change?

Yes No

If yes, when: (month/ date/ year)

PRIVACY

This section of the support plan will be used to assess how public or private your athlete's transition will be within the swimming club and community they are a part of.

Is your athlete openly transitioning?

Yes No

What are the boundaries of your athlete's transition?

What do you plan on communicating to your athletes transition to? (Check all that apply)

LSC Administrator(s):

Specify the LSC Administrator(s):

Club Board of Directors:

Specify the Board Members:

Coaches:

Specify the Coaches:

Teammates:

Specify the Teammates:

Outside of this list, is there anyone else you would like to mention that knows about your athletes transition?

Please specify the names and relationships of these people:

CONFLICT MANAGEMENT & SUPPORT

Within your athlete's experience conflict may never arise. However, if it does, USA Swimming would like you to be prepared to support your athlete's needs. Please take time to discuss each of these potential conflicts with your athlete.

If someone outside of the list above is made aware of your athlete's transition and their privacy is compromised, what steps should be taken?

If your athlete is feeling unsafe in the following spaces, how would you like them to signal for help?

In the locker-room:

On the pool deck:

During Team Travel:

If your athlete feels discriminated against or judged at a competition, what plan of action would you like the meet officials and club coach to take?

If your athlete feels discriminated against or judged at practice, what plan of action would you like the club coach to take?

If your athlete feels discriminated against or judged in the restroom/locker room, what plan of action would you like the club coach and athlete to take?

If your athlete feels discriminated against or judged by an official, what plan of action would you like the club coach and athlete to take?

USE OF FACILITIES

Is your athlete planning on changing at home before all competitions/ practices?

Yes No

If not, what gender changing facilities/ locker rooms will the athlete use:

What restroom is your athlete most comfortable using? (Men/ Women/ Boy/ Girl) In some cases there will be all gender restroom(s):

**Please be sure to reference local and state laws for restroom use.*

SWIMWEAR

If your athlete's swimwear is opposite of their gender assigned at-birth, please follow the graphic below as you will need to apply for a swimsuit waiver.



PROCEDURAL STEPS FOR SUIT WAIVER

Once your athlete is comfortable and ready, a parent, guardian, or coach must submit a suit waiver to swimrulesandregs@gmail.com.

- Athlete's Name
- Athlete's Age
- Athlete's USA Swimming ID
- New Suit in Question (Description and Picture if possible)
- Brief description of the amount of coverage
- Reason for exemption request

**Once you email the chair of the Rules and Regulation Committee, it will take them 1-2 weeks to approve or disapprove the suit waiver. They will email you with a decision.*

Regarding swimwear please refer to local decency laws. (<https://freedomforallamericans.org/legislative-tracker/> is a great resource for tracking legislation.

COMPETITION

Please contact the head meet official prior to each competition.

If you are an elite athlete, refer to the guidelines provided by USADA, WADA, FINA, and IOC, regarding drug testing, qualifications, and other rules. Refer to the meet information and guidelines for that meet.

COACHES SUPPORT PLAN

Do you feel equipped to support your transition athlete?

Yes No

If no, how could USA Swimming support you in feeling equipped and confident in supporting your transitioning athlete?

How will your team work to create more gender inclusive conditions for all athletes?

How will the coaching staff work to create more gender inclusive conditions for all athletes?

Are there any other questions, concerns or issues to discuss?

SUPPORT PLAN REVIEW & REVISION

Have you discussed and shared with the coach?

Yes No

How often will your athlete support plan be revised? *(The USA swimming diversity, equity, and inclusion team recommends that this support plan be revised yearly)*

STATEMENT OF ACKNOWLEDGEMENT

PARENT SIGNATURE _____ DATE: _____

ATHLETE SIGNATURE _____ DATE: _____

HEAD COACH SIGNATURE _____ DATE: _____

*Once complete, please be sure to send and discuss the Athlete Support Plan with your Local Swimming Committee (LSC) Registrar.