

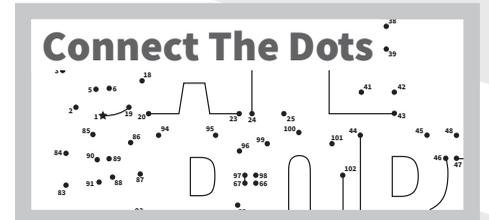
SPRING 2020



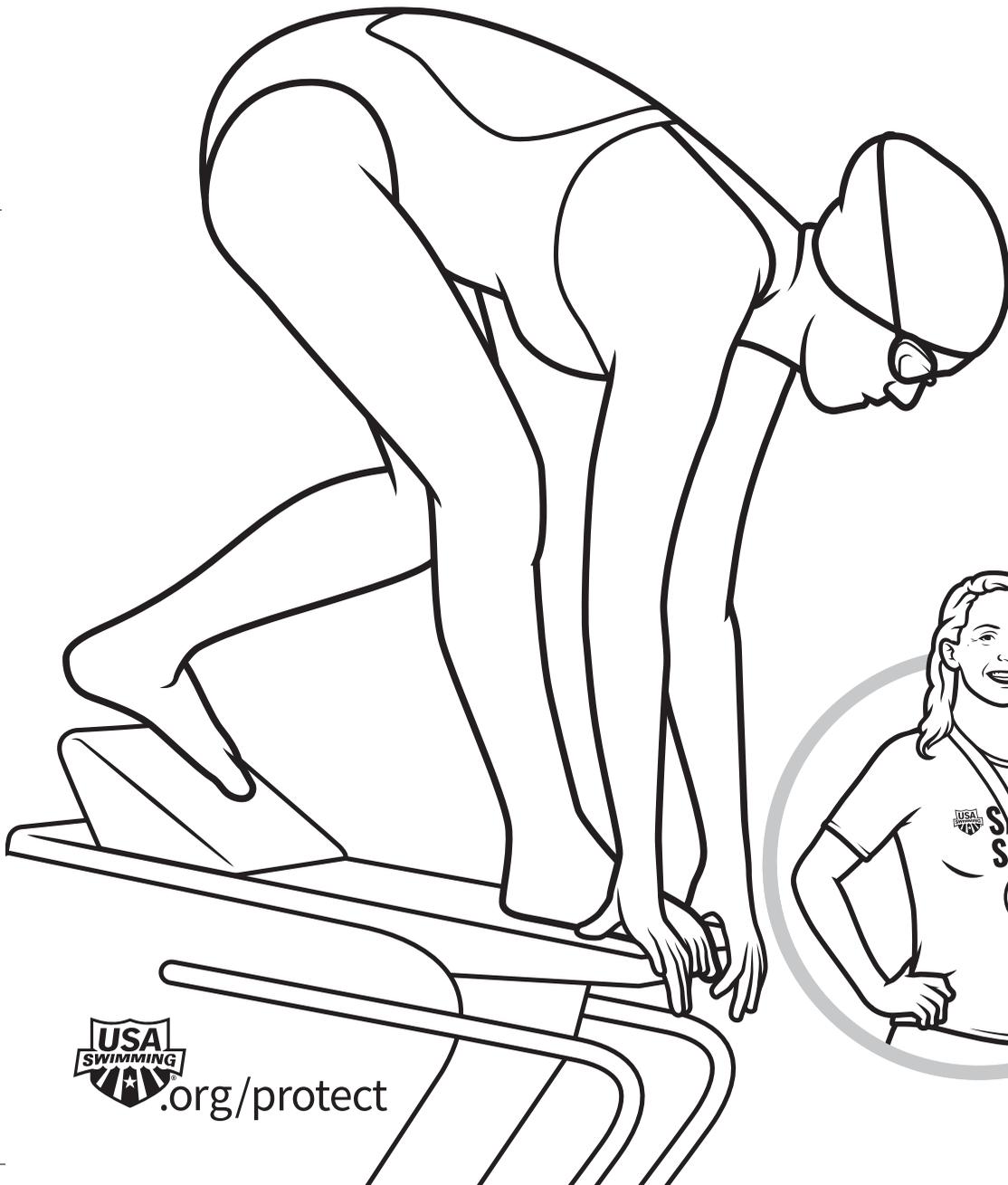
# SAFE SPORT ACTIVITY BOOK

AGES  
**5-11**

**8** ACTIVITIES  
INCLUDING:



And More



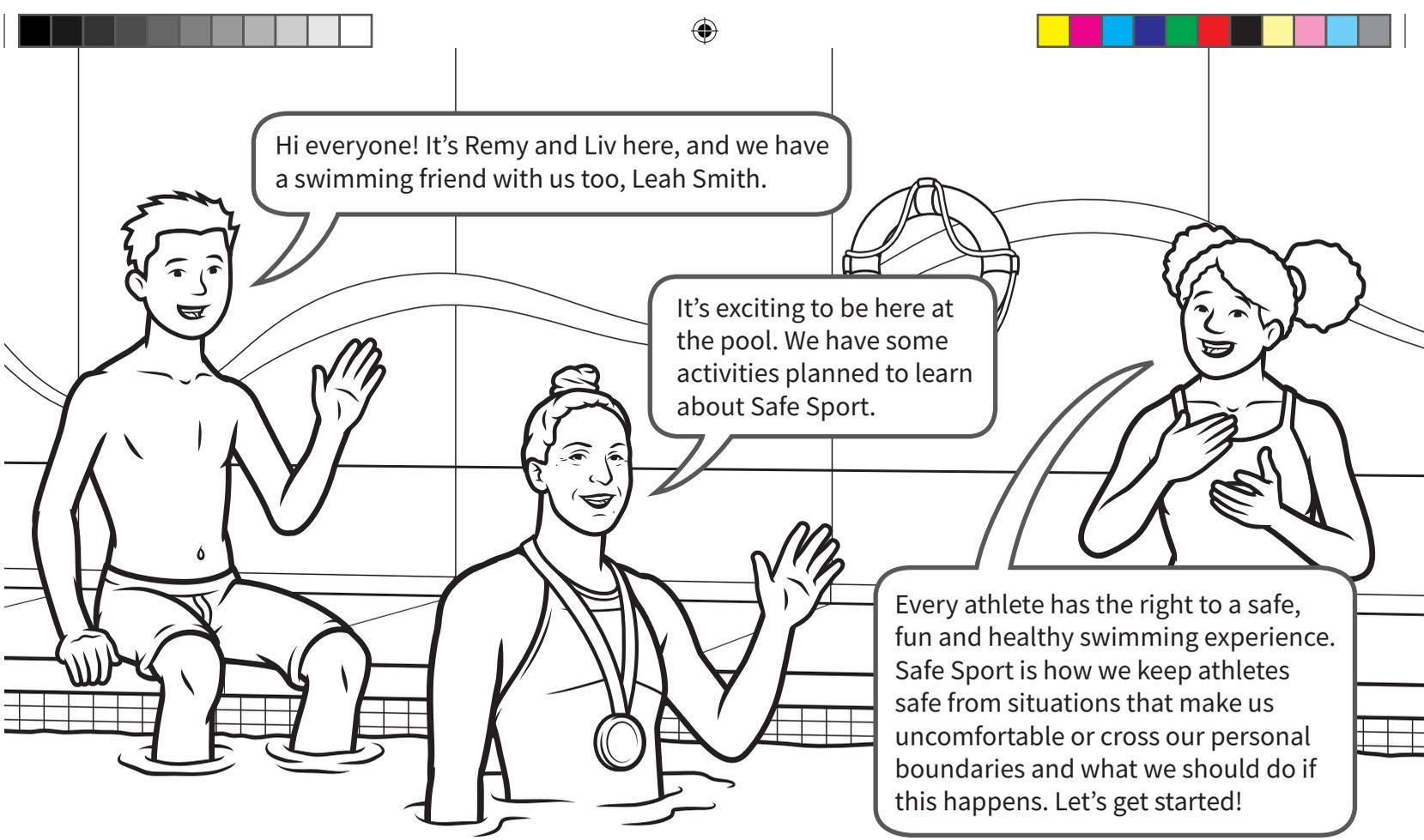
INTRODUCING  
**LEAH  
SMITH**



[.org/protect](https://usa-swimming.org/protect)

PRAESIDIUM





If there were feelings inside of you that you need to talk with someone about, or someone is making you feel uncomfortable, it is important to tell an adult that you trust.



## WHO DO YOU TRUST?

Circle all the people that you could tell.



**SISTER**



**DAD**



**MOM**



**AUNT**



**COUNSELOR**



**GRANDMA**



**BROTHER**



**COACH**



**FRIEND**



**TEACHER**



**GRANDPA**



**UNCLE**



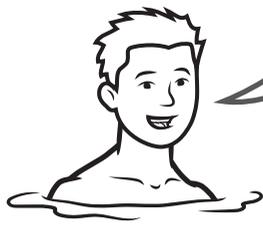
**OTHER**



**SAFE SPORT**

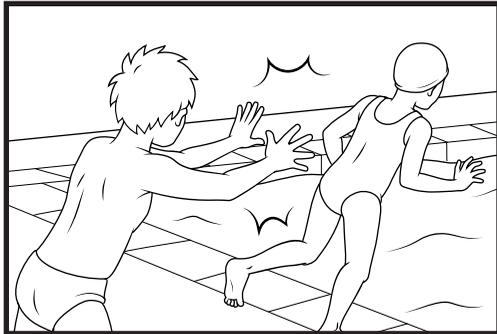
**3**

# RIGHT OR WRONG

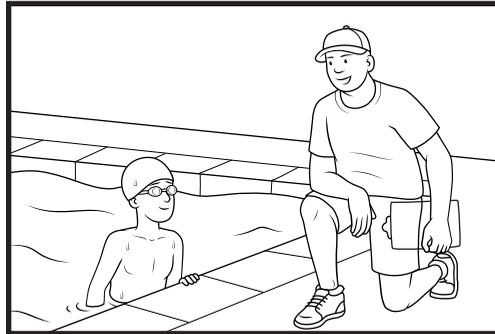


Knowing if actions are right or wrong help keep us safe.

Help us find the behaviors below that are not okay. Circle the people who are not following the rules.



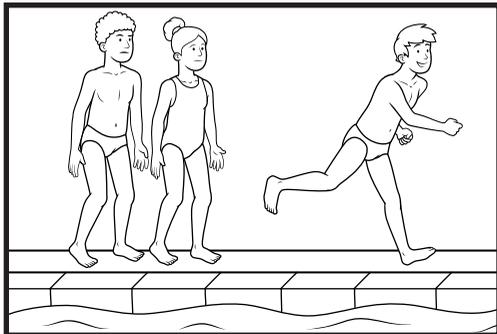
"It's just a funny joke."



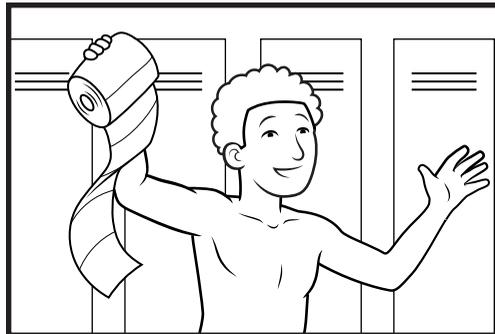
"You are going to get them next time, we will work on your technique at the next practice."



"You can do this."



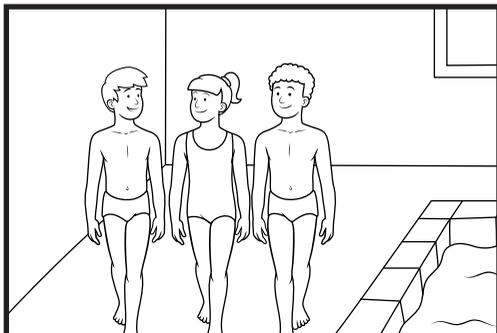
"I can run faster than you around the pool."



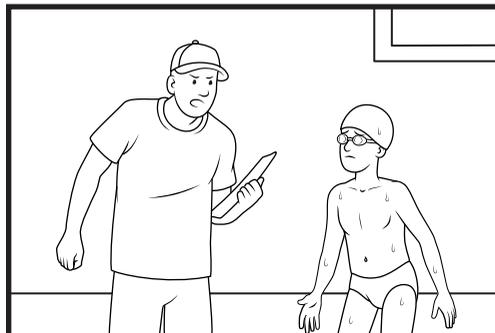
"Let's tee-pee the entire locker room."



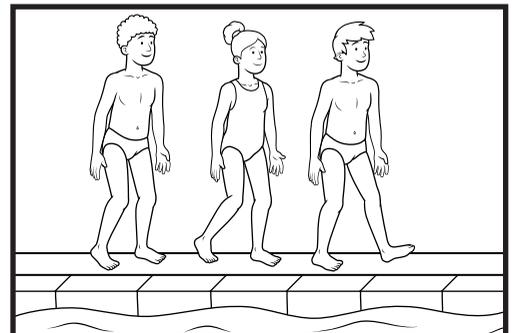
"Here, I'll help you massage out your shoulder."



"I'm going to head to the locker room to change."



"That was a terrible swim."



"It's safest to walk and not run."

Rules keep us safe! It's important that we respect our bodies by following the rules that keep us safe. If anyone is ever breaking the rules, make sure you tell an adult you trust and keeping telling until you get the help you need.



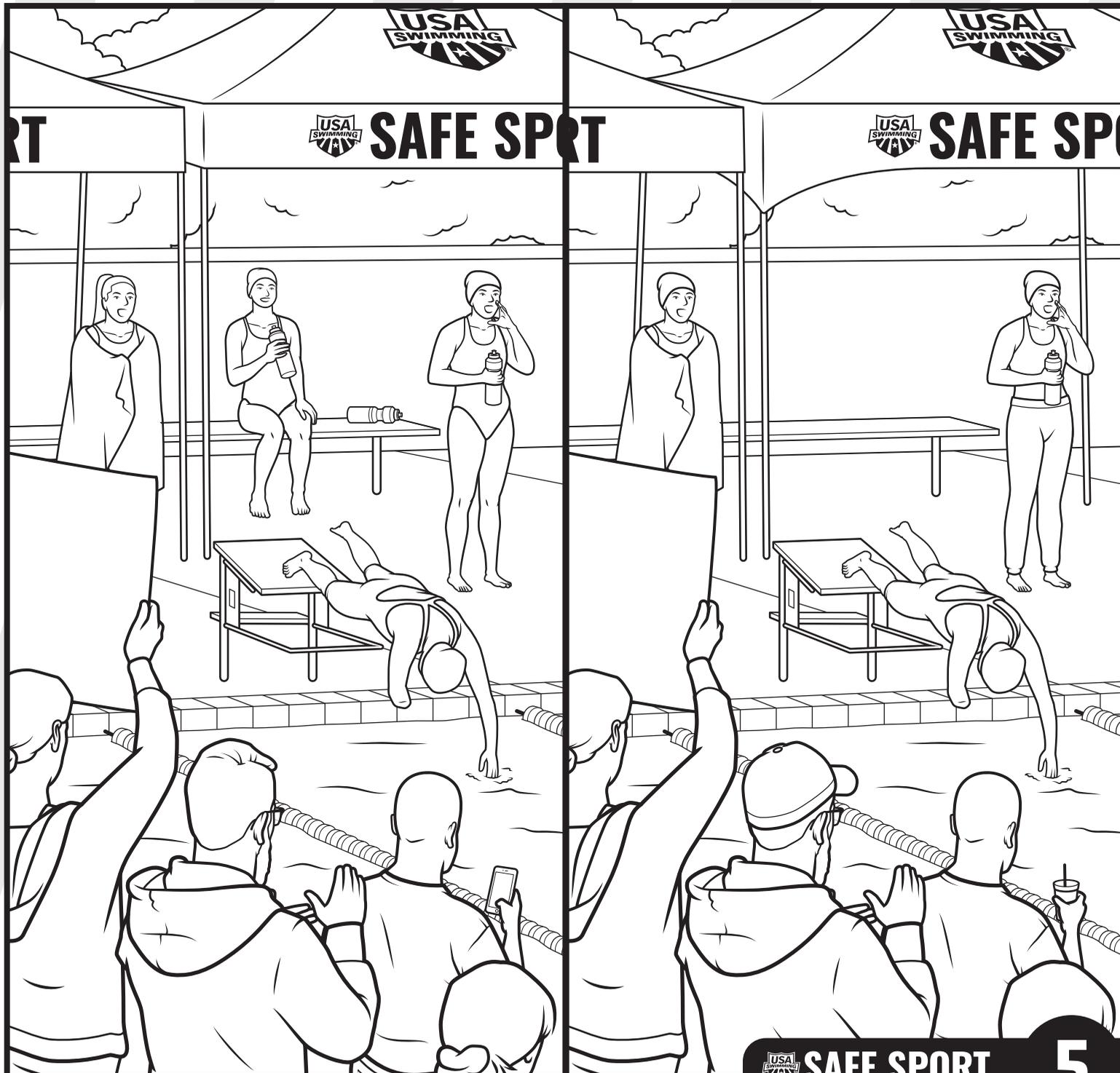
# SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?



We are all unique in our own ways, and that is wonderful.

This means that we all bring our own special qualities to the team.



# FIND THE PICTURES

Find all the hidden objects that your grown ups might bring to the pool when they support you.

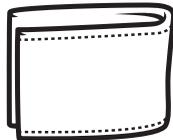
The grown ups in your life enjoy supporting you in everything that you do. They love seeing you safe, happy and succeeding in and out of the pool.



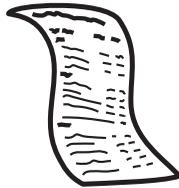
PURSE



PHONE



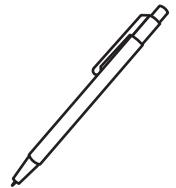
WALLET



HEAT SHEET



SAFE SPORT  
ACTIVITY BOOK

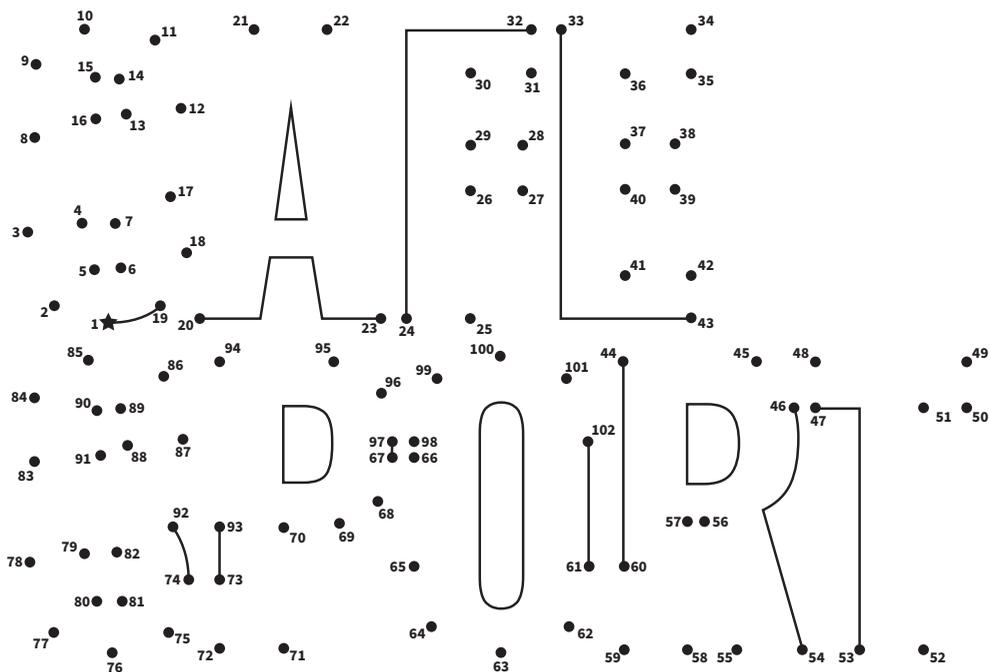


PEN



# CONNECT THE DOTS

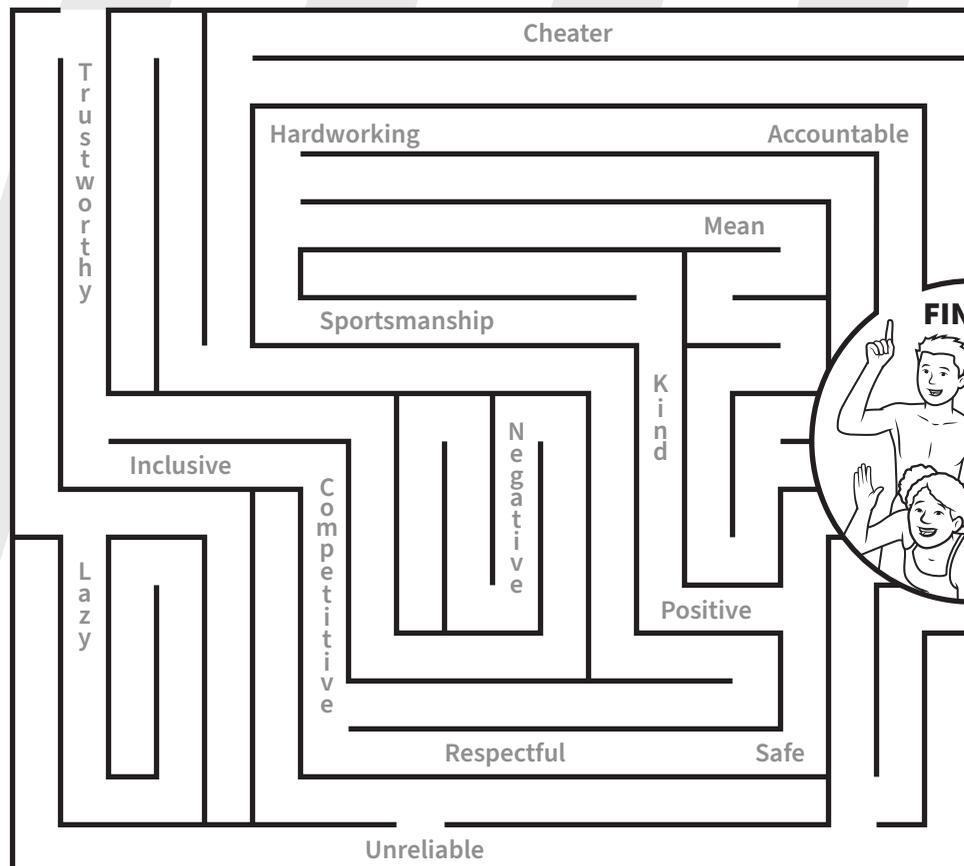
Connect the dots from 1-102. Color in the image when you are finished.



# MAZE

Go through the maze and pick up all the qualities you show by being a great teammate and friend.

**START**



Having friends at swimming makes our time at the pool much more fun. Our friends should build us up and support us. People who say they are our friends but make us feel sad or bad are not true friends.



**SAFE SPORT**

**7**

Having healthy boundaries are important to your personal safety. A boundary sets a limit for when something should stop. For example, one of the boundaries we have in the pool are the walls.

If the walls were not there as a boundary, the water would go everywhere.



Our personal boundaries are just as important, they let us know when someone is invading our personal space, or when something is being talked about and is making us uncomfortable, or even when someone is trying to get us to do things we know are not right.



## FIND THE BOUNDARIES

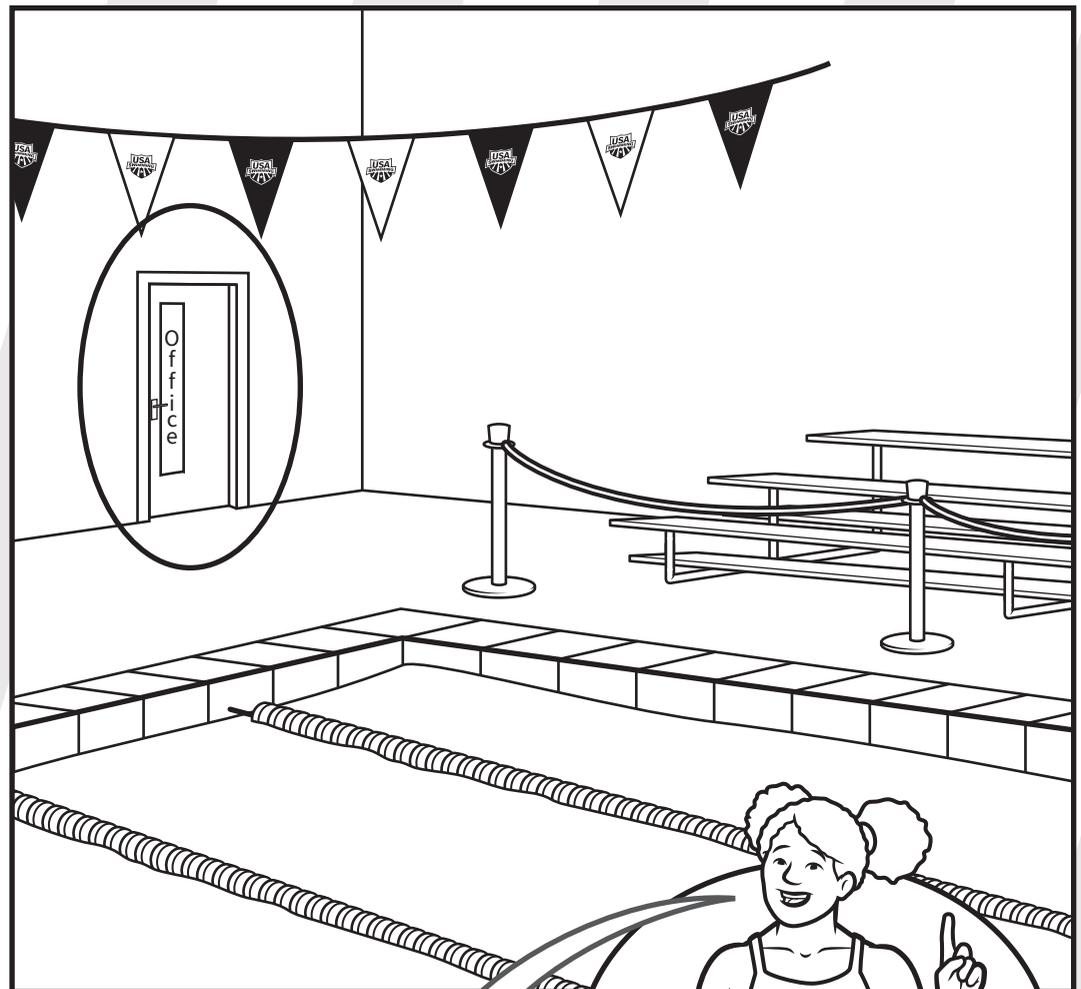
Circle all the boundaries, besides the walls, that are at the pool.

### HERE ARE SOME EXAMPLES OF OUR BOUNDARIES BEING CROSSED:

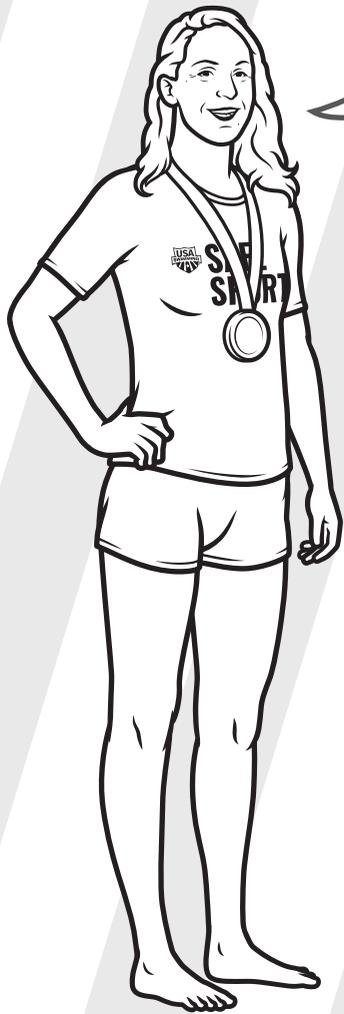
Your coach gets a little too close to you while they help move your arm to show you where it should be for a certain stroke.

You overhear an older swimmer in the locker room trying to get another swimmer to talk bad about a fellow teammate.

One of your teammates tries to get you to put someone else's clothes in the shower after practice.



If anyone ever crosses your personal boundaries, tell an adult that you trust right away!



While at the pool, we can experience all kinds of feelings, and that is okay. But sometimes, it is hard for people to understand how we are feeling just by looking at us. If they do not seem to understand, we must use our words and tell people how we are feeling.

## MATCH THE WORD

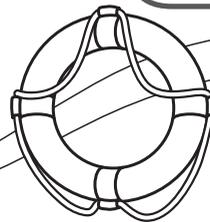
Match the word to the face that shows that feeling.

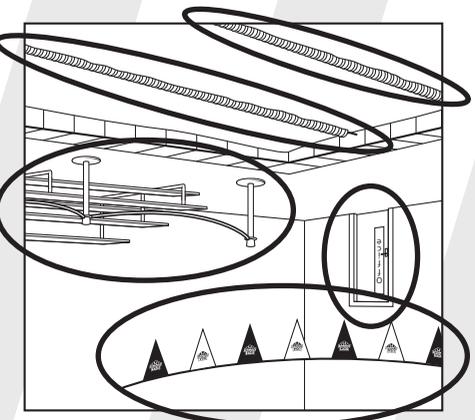
**HAPPY      SAD      MAD      SCARED      WORRIED      SURPRISED**

Thank you for having fun with us! Having a place to swim where all your boundaries are respected is the most important thing.

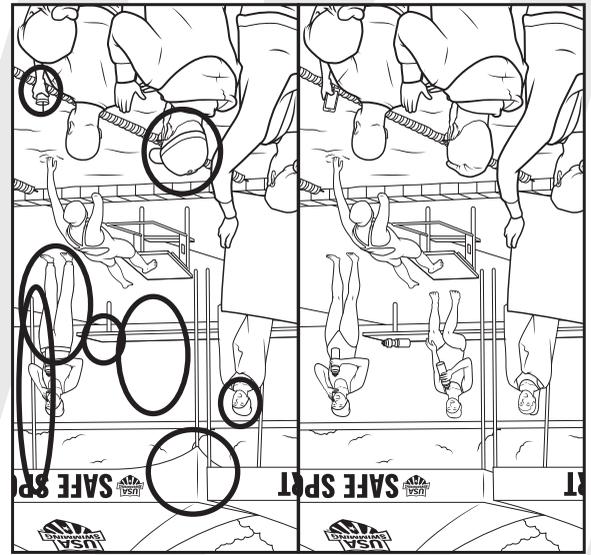
Remember, if you ever feel that someone is making you uncomfortable, even if it is an adult or another kid on the team, you should always go and tell an adult you trust and keep telling until you get help. It is an adult's responsibility to protect kids.

Keep it up Safe Sport Champions! We will see you next time.

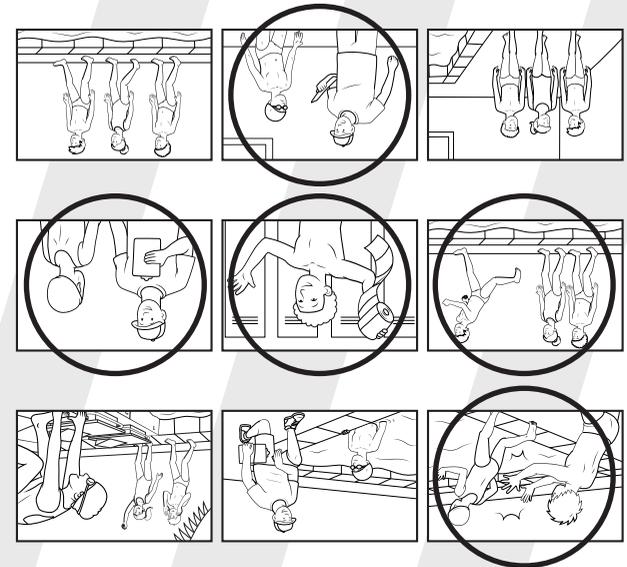




**FIND THE BOUNDARIES** Pg. 8



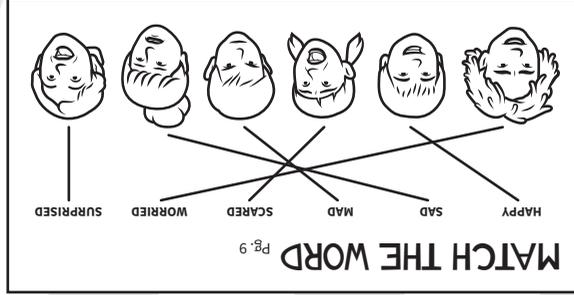
**SPOT THE DIFFERENCE** Pg. 5



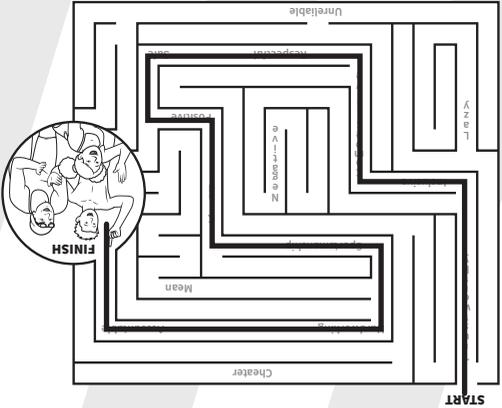
**RIGHT OR WRONG** Pg. 4

**WHO DO YOU TRUST?** Pg. 3  
Any of them are correct.

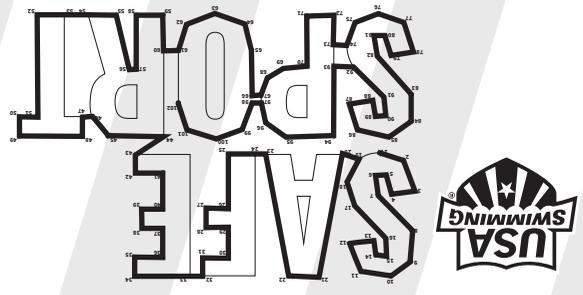
# ANSWER KEY



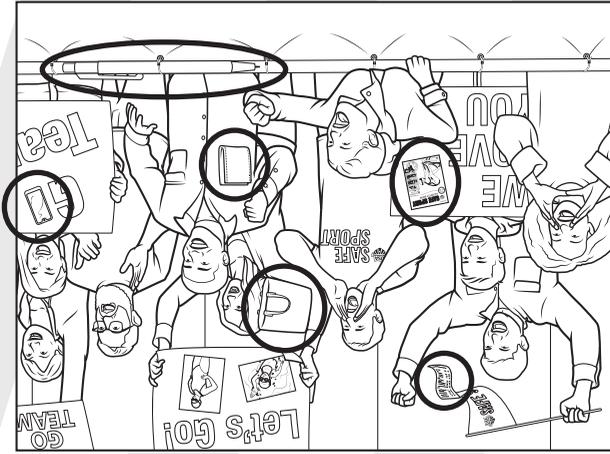
**MATCH THE WORD** Pg. 9



**MAZE** Pg. 7



**CONNECT THE DOTS** Pg. 7

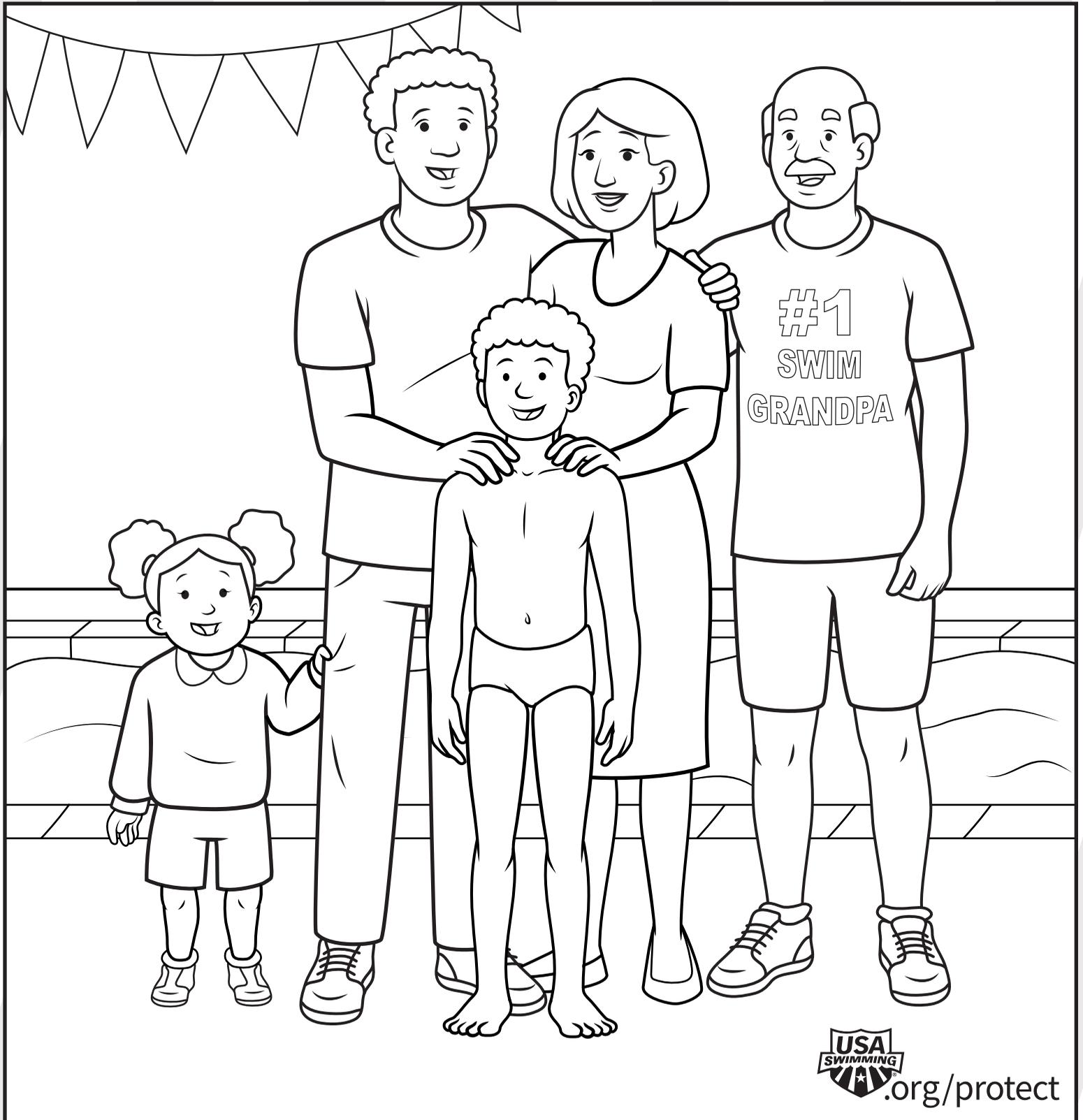


**FIND THE PICTURES** Pg. 6





# SAFE SPORT



 [.org/protect](https://usaswimming.org/protect)