



Frequently Asked Questions

Coaching Boys Into Men and Athletes as Leaders

Q: What is the Coaching Boys Into Men (CBIM) program?

A: It is the only evidence-based program endorsed by the Center for Disease Control and Prevention (CDC) meant for male coaches to discuss with their male-identifying athletes ages. It allows coaches to positively influence how their young male athletes think and behave in and out of the pool. To watch a video on CBIM, please click [here](#).

Q: What is the Athletes as Leaders (AAL) program?

A: It was created by Harborview Abuse & Trauma Center and is meant for female coaches or team mentors to run with their female-identifying athletes. In this program, athletes are encouraged to be leaders in changing peer norms to a culture of safety and respect. To watch a video on AAL, please click [here](#).

Q: Where can I access these programs?

A: Both programs are available virtually [here](http://usaswimming.org/safesportteamtalk) (usaswimming.org/safesportteamtalk), while you can order hard copies of the CBIM cards on MatchUp [here](#).

Q: Why should our team utilize these programs?

A: These programs are designed to help coaches and/or mentors produce a healthy and positive culture for athletes to have open and honest conversations. They are not a requirement for the Safe Sport Club Recognition program.

Q: How many lesson plans are in each of the programs?

A: CBIM has 12 lessons and AAL has 10 lessons.

Q: How many minutes does each lesson take?

A: You can complete each lesson between 15-30 minutes in small groups.

Q: Who can participate in these programs?

A: Athletes on your club team can participate in these programs. Athletes will participate in the gender group in which they identify. The groups are meant to be overseen by a coach or mentor of the same gender. If there is only one coach or mentor, a board member or other mentor of the same gender group can help facilitate these programs.

Q: Is there a minimum age recommendation?

A: We recommend these programs for athletes ages 12 and older.

Q: What about Safe Sport Mondays? Will this be in addition to those?

A: CBIM and AAL lessons will replace Safe Sport Mondays.

Q: What if our teams are not back to having in person practices yet?

A: There are no restrictions if your team is not back to in person practices. Your teams can participate in the CBIM and AAL cards virtually if you are not back together.