SAFE SPORT TIPS FOR ATHLETES

NOT OK

OK

Practicing alone with your coach Group training with your X in a space where other people teammates and coach cannot watch Team get-togethers and group X Visiting your coach at home social gatherings 1-on-1 electronic communication Electronic group chats with your X (e.g., direct messages) with your teammates and coach coach Sharing a room with a coach or Sharing a room on an overnight chaperone on an overnight trip or X trip with a teammate of the same being alone in a room with a coach gender identity or chaperone Being alone in a car with your Carpooling with your teammates X coach Your coach entering the chang-Your coach entering the eroom without advance warning, changeroom to assist with a X while you or other teammates are medical emergency still changing Giving permission to a coach Your coach touching you to physically touch you to X unexpectedly or frequently demonstrate a training technique Insulting or using offensive If an issue arises, respectfully X language toward an opponent, asking for feedback or clarification official, athlete, or coach Joking about someone's race, Friendly humour not targeted at gender, sexual orientation, religion, one specific person that is not X or any other topic meant to insult, discriminatory in nature belittle, or embarrass them



