



What's New in Safe Sport?

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Safe Sport is United States Swimming Abuse Prevention Program

Safe Sport is also a
Performance Optimization Program

History of USA Swimming Safe Sport

Established 2010 to Curb Athlete Abuse in the Sport

Code of Conduct and Policies

List of Banned Individuals - Permanent & Temporary

Educational Outreach Videos, Printed and Digital Training for Members

LSC Chairs / Coordinators added in 2013 to Build Network

External Audits Showed Voluntary Training Was Not Widely Consumed

National Center for SafeSport

Established by Congress following USA Gymnastics abuse case to govern Safe Sport programs for **all** US Olympic Governing Bodies (NGBs)

Took over investigation and jurisdiction for all sexual abuse cases in all NGBs.



Children who participate in sport gain countless physical, social, and emotional benefits.

- Improves academic potential
- Improves mental health
- Improves emotional regulation
- Helps kids make friends
- Helps build leadership skills
- Helps kids learn about teamwork
- Helps keep kids active
- Develops motor skill and coordination
- Increases flexibility and range of motion



58%

OF CHILDREN
AGES 6-17

**PARTICIPATE
IN SPORT¹**



Yet data indicates that sport experience is not universally positive.

80%

OF ATHLETES
EXPERIENCE

**AT LEAST
ONE OF 18
INDICATORS**

OF PSYCHOLOGICAL
HARM OR NEGLECT²

22%

OF ATHLETES REPORTED
THEY WERE PHYSICALLY

**HARMED
IN SPORT²**



Trauma

-Is an emotional response to a stressful event.

It can be any event that overwhelms the individual's ability to cope with or integrate the ideas and emotions of the experience.

-ANY event that shatters your personal sense of security.

-ANY situation that leaves you feeling overwhelmed and isolated.

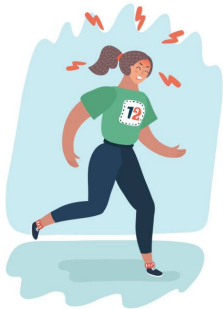
-It can be the result of an acute event, chronic or repeated events, or complex events that feel more personally invasive.

-It's not the objective circumstances that determine whether an event is traumatic, but your subjective emotional experience of the event. The more frightened and helpless you feel, the more likely you are to be traumatized.

POTENTIAL EFFECTS OF TRAUMA

EMOT/PSYCH

Depression, anxiety, anger, low self-esteem, feelings of self-blame, shame, embarrassment, disruption in cognitive skills, diminished concentration, difficulty completing tasks



PHYSICAL

Stomachaches, unexplained illnesses, headaches or dizziness, unexplained exhaustion, persistent fatigue, sleep disorders, nightmares, sweating, racing heart



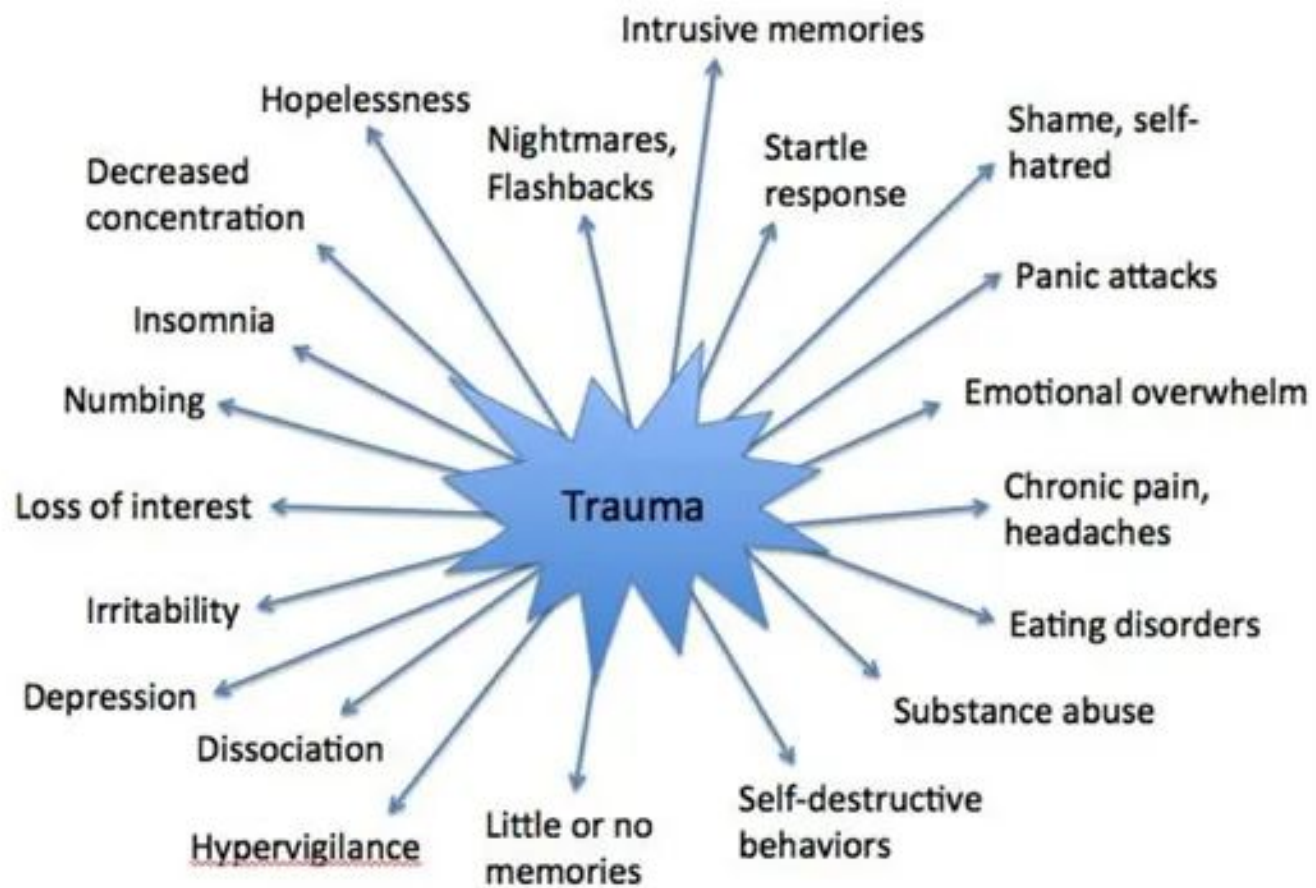
BEHAVIORAL

Self-harm and suicidal thoughts, changes in relationships or physical appearance, loss of interest in sports, hyper-vigilance



Trauma can impact children's brain development and overload their stress-response systems, causing them to act in ways you may find confusing, unnecessary, or over-reactive—

but actually are the brain's way of protecting the child.



Adapted from [Janina Fisher](#)

Studies show that psychological factors can affect performance in either a positive or negative way.

Things such as goal setting, personal awareness, routine, concentration, meditation, confidence, control, and even overall flow mindset can determine whether an athlete will perform poorly or exceptionally in their chosen field. All of which can be impacted by the effects of trauma.

If an athlete is having difficulty concentrating, sleeping, emotionally regulating it can affect their sport performance.

Athletes who do not take the time to focus and balance themselves may find that their performance will suffer as a result.

Confidence and stress management play a tremendous role in athletics, and a lack of either can be detrimental to athletic performance.

Routines and muscle memory also play a significant role in performance, as well as sleep patterns, levels of exhaustion and fatigue.

Goal setting is a key psychological factor because it allows the individuals to focus their resources and drive towards a single purpose.

Trauma - Adverse Childhood Experiences

A common form of childhood trauma is Adverse Childhood Experiences (ACEs), which include

- Abuse
- neglect
- loss of a parent (through divorce, death, or abandonment)
- household challenges (such as a family member incarcerated or struggling with substance abuse)
- community violence
- racism

You will likely work with athletes who have experienced trauma (even if they have not told you).

It's not all bad news...

One study led by sport psychology professor Lew Hardy in the United Kingdom compared 16 Olympic champions against 16 non-medaling Olympians. [All of the medalists were exposed to trauma as children](#) — including parental death or divorce, physical and verbal abuse or an unstable home environment — compared to only four of the non-medalists.

A closer look at the research shows that it's not the trauma itself that creates sports superstars — it's what the athlete brings into and takes away from the experience, as well as opportunities to participate in a supportive sport environment.

Psychological, Emotional, Physical Safety

Research shows that growth, expansion, and performance all happen at the rate of psychological, emotional, and physical safety.

This means, everything we want in swimming is reliant on our ability to feel psychologically, emotionally, and physically safe.

When situations are safe, it allows our brain to stay out of flight, fight, or freeze which is amygdala hijacking.

Allows us instead to be in the creative, imagination, problem-solving, reasoning, operation of the frontal cortex.

Humans in psychologically, emotionally, and physically safe environments are scientifically proven to...

Be more comfortable asking questions

Be more comfortable giving and receiving feedback

Be more likely to put forth unorthodox ideas/think outside the box/ problem-solve

Are more likely to experiment

Feel better able to offer opposing ideas

P.E.P. Unsafe environments increase the likelihood of athletes:

- Blaming others
- Having a reduced drive to take risks
- Having an increased level of anxiety around failure
- Excluding others
- Having a low willingness to contribute
- Not seeing sports as a supportive environment
- Experiencing something that is traumatic



P.E.P. Safety supports

- One's ability to be authentic
- An increase in interpersonal risk taking
- An increase in collaboration, learning, and innovation
- An increase in one's desire and ability to include others
- An increase in participation
- Less opportunity to encounter a stressful event that shatters sense of security



Safe Sport is a PERFORMANCE branch of sport

BECAUSE RESEARCH SHOWS

TIME AND TIME AGAIN

THAT SAFE ENVIRONMENTS

MOTIVATE PEOPLE TO

LEARN AND DEVELOP THEIR CAPABILITIES TO PERFORM BETTER

IN THEIR INDIVIDUAL ROLES AND ON TEAMS.



QUESTIONS?

<https://www.usaswimming.org/safe-sport>

<https://uscenterforsafesport.org/>



Meet 360



**SAFE
SPORT**

National Center for SafeSport

Oversees athlete protection for all Olympic sports

Requires each NGB to follow the Minor Athlete Abuse Prevention Policy

Requires each NGB to implement a Quality Control Program for sanctioned events

United States Swimming proposed, & the National Center accepted Meet 360

Every swim meet should use Meet 360 in order to assure compliance with National Center for SafeSport



What is Meet 360?

This is an informational resource guide intended to assist meet administrators in creating a healthy and positive environment free from abuse for athletes.

Use this guide to:

- Implement preventative Safe Sport measures before, during, and after a meet.
- Address Safe Sport concerns and reports that may arise.
- Comply with the Minor Athlete Abuse Prevention Policy.

Meet 360 is the framework for the

The Meet Director, Meet Referee, and facility management to work together to ensure compliance with the USA Swimming Code of Conduct and Athlete Protection Policies during USA Swimming sanctioned meets for the protection of athlete and non-athlete members of USA Swimming.

Any reportable conduct/SafeSport Incident that takes place at a meet will be viewed through the lens of whether the host club was following United States Swimming Quality Control Guidelines for events = Meet 360 + MAAPP

What this means for host Clubs:

[Meet Planning and Communication \(pg 1-7\):](#)

Specific statements and information need distributed in the meet communications

Identify appropriate emergency services and relevant contact information for the facility - must be carried by Meet Director and Meet Referee during the event

Designate a primary individual responsible for administering Swimming Code of Conduct (Art. 304) and Athlete Protection Policies (Art 305) and establish protocol for incident reporting and violations.

Meet Planning and Communication (cont'd)

Pre-meet checks of participants - volunteers, coaches, and athletes

Create Action plan to address incidents on deck and in the venue

Establish appropriate entrance control & credential monitoring

Create a plan to address potential Diversity, Equity and Inclusion arrangements

During the Meet:

Identify individuals in the local area who are suspended or permanently ineligible for membership in USA Swimming

Ensure SafeSport posters are prominently displayed- (located at end of Meet 360)

Encourage announcer to remind attendees of SafeSport policies (in additional materials there is an announcer's sheet)

Locker room monitoring - establish a protocol and stick to it

Prepare Briefing Sheets for meet marshalls, officials, timers, coaches and other volunteers

Briefing Sheets (p. 9-17)

Meet Marshals, Timers, Volunteers, Coaches, Officials, LSC Leadership

Encourage all Meet Marshals to review the Marshall Training Guide

<https://www.usaswimming.org/docs/default-source/risk-management/safety-and-operational-risk/meet-marshall-training-guide.pdf>

Meet Marshalls can carry a “checklist” card

https://www.usaswimming.org/docs/default-source/risk-management/safety-and-operational-risk/meet-marshall-check-list-card.pdf?sfvrsn=78585132_4

After Each Session:

Review concerns raised during the session

Create a plan of action for the remainder of the meet to address the safety or risk concern at hand

Report concerns to the appropriate jurisdictions, if warranted.

There is a “USA Swimming Sanctioned Event Reporting Form” in the additional materials section at the end of Meet 360.

On page 8, Potential Issues and Recommended Responses

QUESTIONS?

https://www.usaswimming.org/docs/default-source/safe-sportdocuments/club-toolkit/2.-safe-sport-and-parents/meet-360-guide.pdf?sfvrsn=c99b3532_4



TEAM TRAVEL



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Team Travel

2024 Olympic Trials will bring a lot of clubs to Indy for meets and training.

This travel will all be defined in MAAPP as “in program” activity.

***In-Program:** Activities related to participation in sport. Examples include, but are not limited to: competition, practices, meetings, camps/clinics, training/instructional sessions, pre/post event meals or outings, team travel, video review, team- or sport-related team building activities, celebrations, award ceremonies, banquets, team- or sport-related fundraising or community services, sport education, competition site visits, conventions, conferences, summits and/or workshops. (Page 3&4 of MAAPP - also, in-program travel, in-program communication.)*

Any Safe Sport incident will need to be reported and viewed by the Center through the lens of whether the club was following MAAPP guidelines and best practices.

Clubs should review and update their chaperone guidelines prior to team travel.

Register with USA Swimming as a non-athlete

Complete the USA Swimming background check

Complete Athlete Protection Training with USA Swimming

Follow MAAPP

Logistics of the Team Travel

Follow the roommate guidelines. (p.8 Lodging)

Parents and athletes must sign off on travel expectations and conduct guidelines annually.(p8. III Written Consent)

Whole-team texting, electronic communication (p.7) and meeting guidelines. (p.6 and p.8 IV Meetings)

Bed check plan/monitoring. (p.8 II Lodging, c.)

*Have a medical emergency plan.

MAAPP SAMPLE FORMS

Language for Meets

Acknowledgement of Policy

Permission for Licensed Massage Therapist

Permissions for Adult Athlete Lodging with a Minor Athlete

Permission for Local Transportation

Permission for Travel to Competition

QUESTIONS?

<https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>



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