

USA SWIMMING ATHLETES:

**You've been taught how to
be safe in and around water.**

***But how do you stay safe
out of the water?***

USA Swimming is pleased to offer **Safe Sport education**
for athletes.

USA Swimming has a free education program for you!

Learn about:

- Inappropriate contact
- Physical, emotional, and behavioral boundaries
- What to do if your boundaries are violated: why and who to tell
- How USA Swimming can be a resource for you

By learning how to protect yourselves, you also learn how to protect your peers; and together you can make the sport safer for everyone.

If you have questions, please contact any of the Safe Sport staff members at USA Swimming.

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CLICK HERE: usaswimming.org/protect

