

CREATING PSYCHOLOGICALLY SAFE SPACES ON THE POOL DECK: TOP TIPS FROM SPORT SCIENCE

#1: Competitive swimming occurs in a set of complex interconnected systems.

#2: Without sport officials, it's just recess: Welcome to the dance.

#3: The psychology of officiating.

#4: Official as a performer.

#5: When Anxiety arrives, it takes Joy away. (Inside Out 2)

#6: What is my why?

BONUS: Be aware of the psychology of the other stakeholders.

This infographic is part of the Wisconsin Swimming Safe Sport Official Education: "Creating psychologically safe spaces on the pool deck: Top tips from sport science" – series.

Wisconsin Swimming Values: Fun, Achievement, Safe/Inclusive, Teamwork (FAST)

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