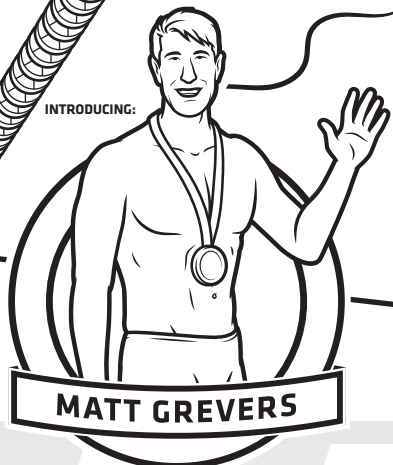




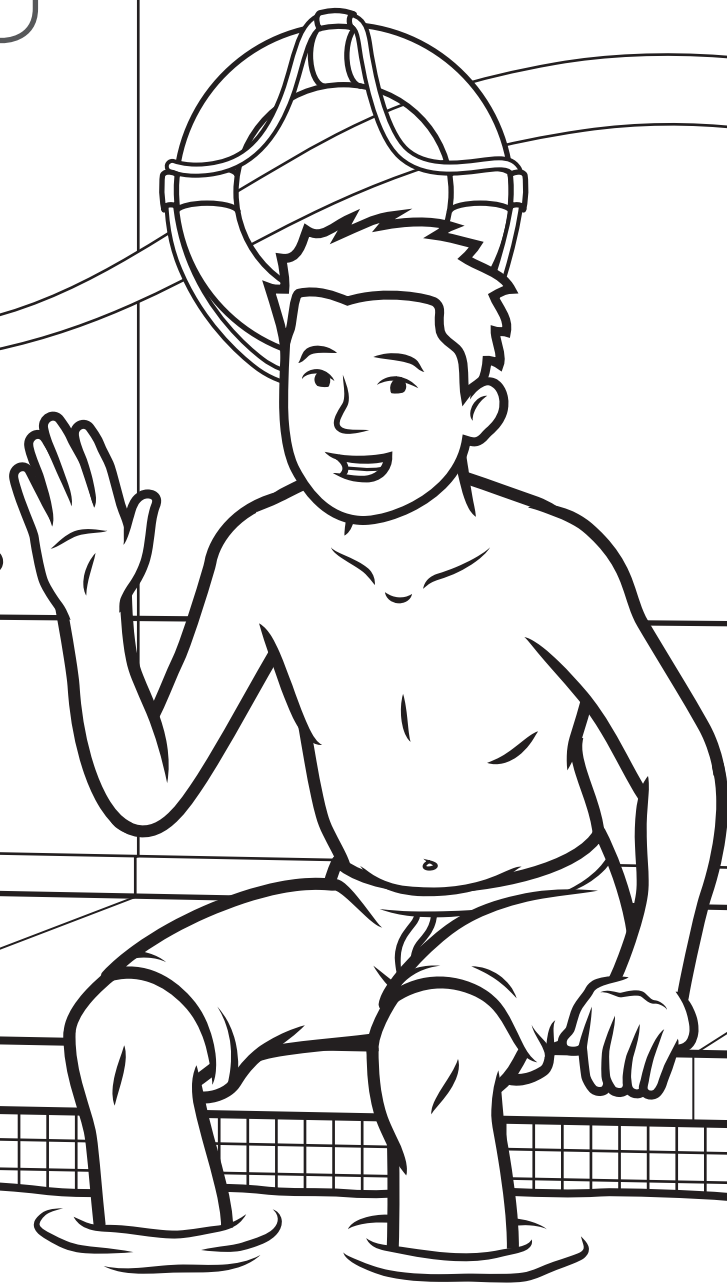
# SAFE SPORT ACTIVITY BOOK

SPRING 2018

- 11** Activities to learn about Safe Sport!
- Connect the Dots
- Image Searches
- Word Puzzles
- Draw A Picture
- Coloring
- & More!



*Creating a Safe Sport environment is something that we all can help achieve. Hi, my name is **Liv** and this is **Remy**. We're Safe Sport Champions. We believe that every kid deserves the chance to share in a positive environment while swimming. We are excited to walk through this activity book with you. So, let's get going and have some fun! I bet we will find some ways that we can do Safe Sport everyday.*





# WORD SEARCH

Find all of the words listed in the word bank below. Search up, down, forward, backwards or diagonal to find the hidden words.

T	S	V	E	E	E	A	F	T	L	T	V	C	V
R	E	A	H	C	D	D	C	R	R	Y	U	X	A
O	I	L	P	X	N	E	U	O	I	L	L	N	L
P	T	U	Z	C	P	E	P	C	T	E	K	U	U
P	I	E	Q	S	O	S	I	U	A	F	N	F	A
U	L	S	E	T	E	N	R	R	I	T	B	D	B
S	A	R	Y	F	A	E	N	U	E	B	I	D	L
A	U	K	A	T	C	E	T	O	R	P	L	O	E
H	Q	S	U	M	J	N	L	R	M	K	X	P	N
S	A	F	E	Z	O	N	E	S	H	R	R	E	E
N	O	I	T	A	C	I	N	U	M	M	O	C	O
D	I	R	E	C	T	F	I	Q	D	E	F	A	S
V	R	I	B	I	W	E	E	R	I	O	L	D	H
W	B	V	U	Q	V	I	S	C	V	G	I	T	G

qualities

culture

set

direct

protect

experience

safe

fun

friend

learn

valuable

safe sport

support

respect

values

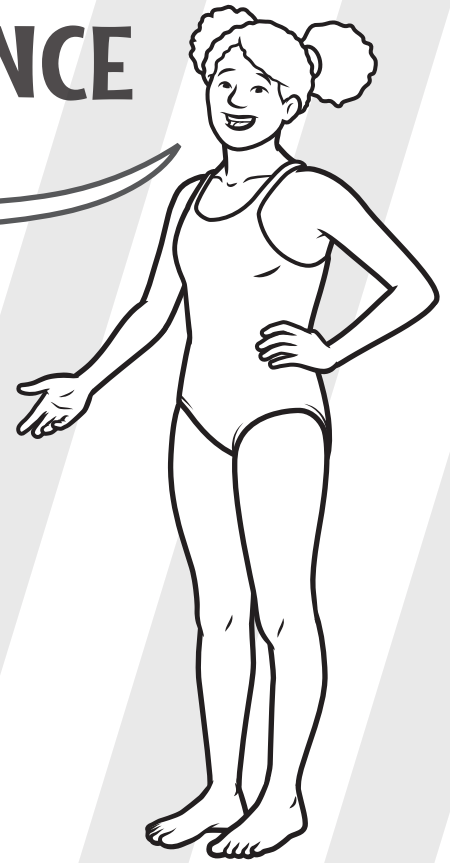
safe zones

communication

education

# COMPLETE THE SENTENCE

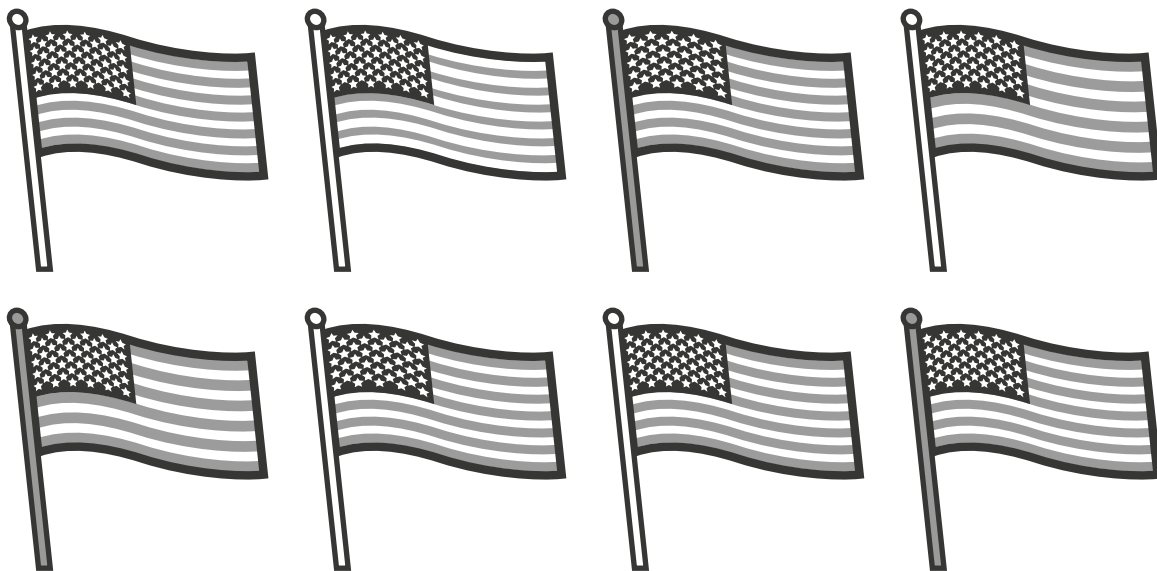
*There are ways you can help make a positive environment on your team, circle the correct word in each bold face pair to complete the sentences and find out how.*



1. Go ahead and **share/shine** your valuable opinions. Your athlete voice matters!
2. Talk with your teammates about how you want to **trap/treat** each other on and off the pool deck.
3. **Cheer/Jeer** your teammates on in practice and at meets. Everyone is included!

## SPOT THE PAIR

*Only two of these USA Flags are identical. Can you find the pair and circle them?*



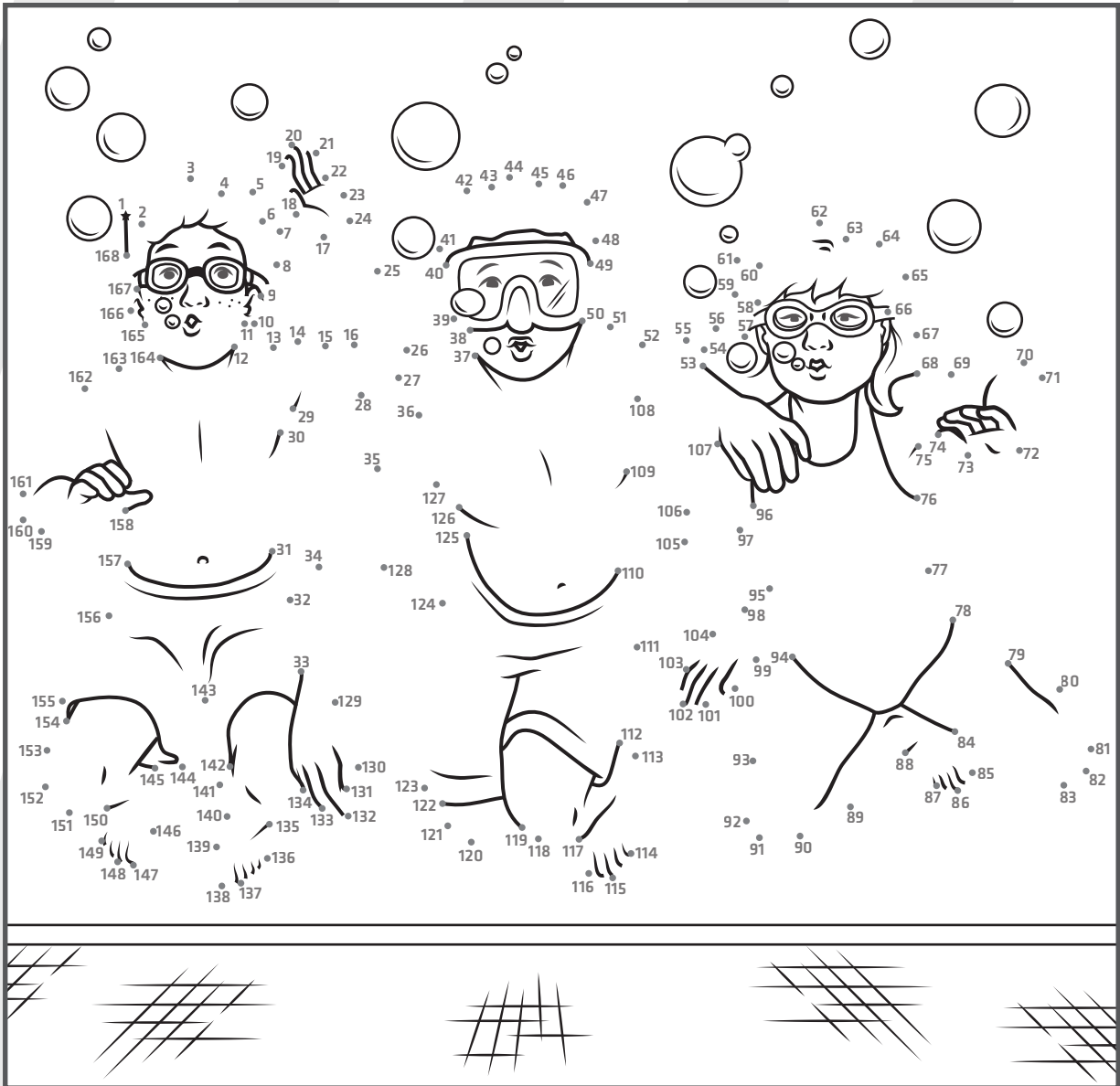


# CONNECT THE DOTS

Connect the dots from 1-168.

Color in the image when you are finished.

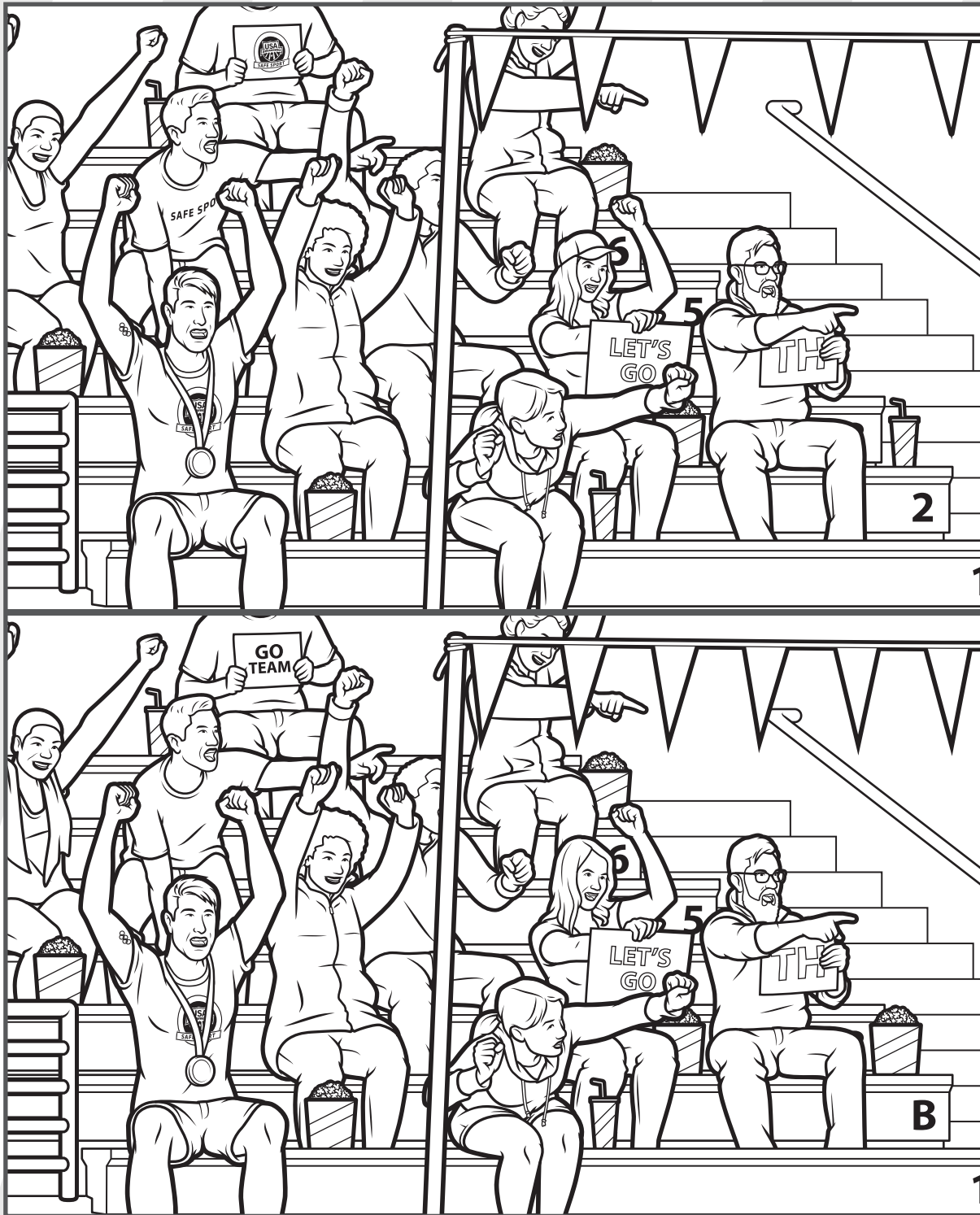
SAFE SPORT - ACTIVITY BOOK



Most important thing in swimming...  
Have Fun!

# SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?





# MATH PUZZLE

Solve the math problems, using the Number Key to find the letters, and write them on the line.



## NUMBER KEY

M	9
A	12
N	4
F	15
I	7
T	13
O	2
C	10
K	1
E	14
W	5
R	8
D	11
L	3
B	16
S	6

\_\_\_\_\_ a \_\_\_\_\_  
(7+2) (8+4) (20-19) (18-4) (1+3) (9+5) (15-10)

\_\_\_\_\_ on the \_\_\_\_\_  
(11+4) (3+5) (18-11) (6+8) (10-6) (10+1) (12+1) (22-8) (15-3) (1+8)

\_\_\_\_\_ something new from a \_\_\_\_\_  
(9-6) (7+7) (10+2) (16-8) (16-12)

\_\_\_\_\_ teammate.  
(3+12) (16-2) (3+0) (9-6) (10-8) (12-7)

\_\_\_\_\_ to someone who \_\_\_\_\_  
(12+4) (15-1) (8-4) (10-3) (5+5) (4+10)

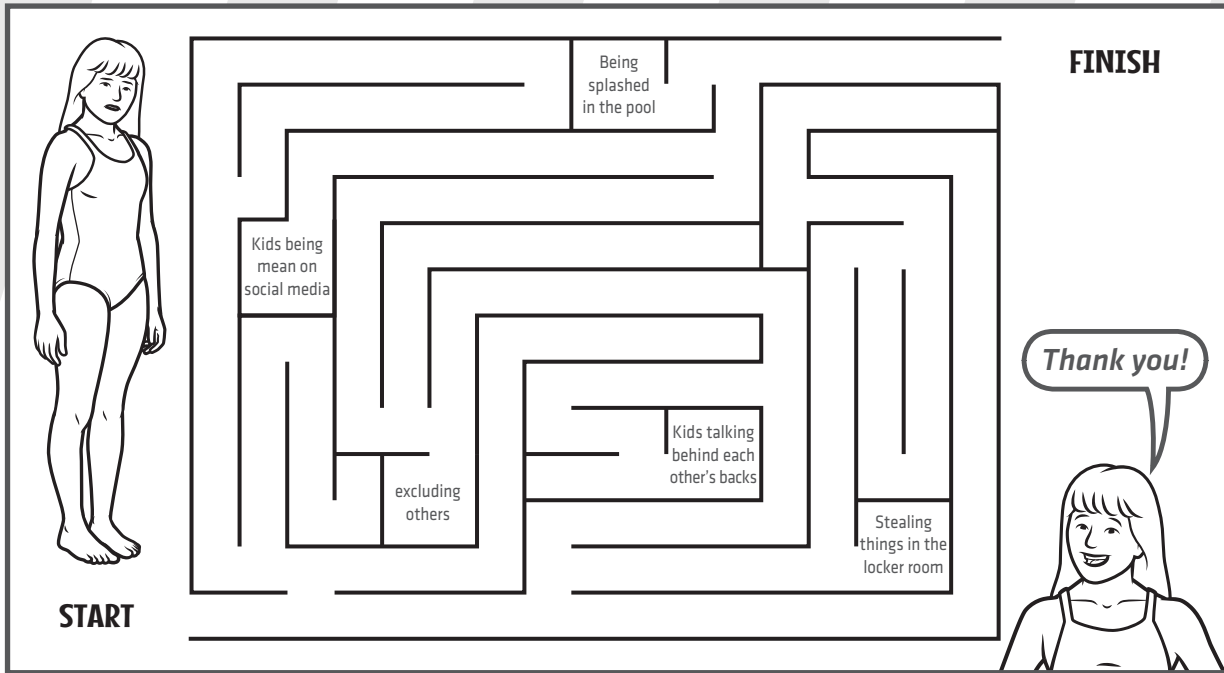
\_\_\_\_\_ it.  
(6-2) (14+0) (22-8) (9+2) (1+5)



*Being a good teammate is very important. The activities on these two pages show how you can do that.*

# MAZE

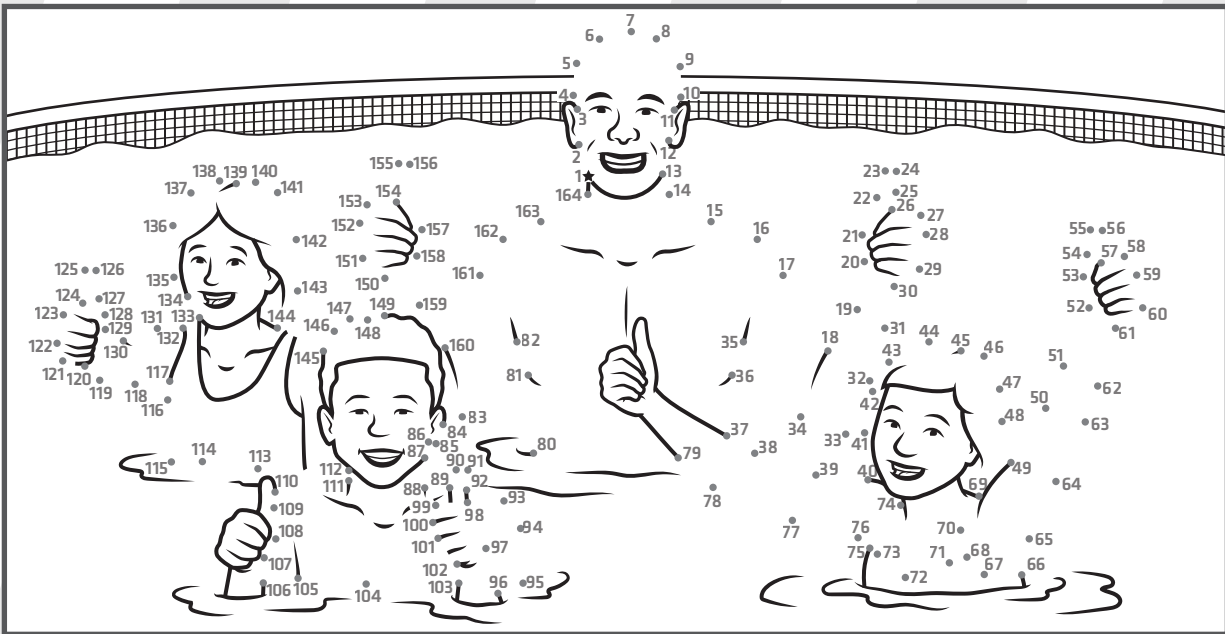
*Bullying, being mean or even rude is never okay. By avoiding all the bullying, help your friend get to a trusted adult who can help.*



# CONNECT THE DOTS

*Connect the dots from 1-164.*

*Color in the image when you are finished.*







*There are some areas at practices and meets we must be extra careful around. Here are 4 important lessons to think about when at the pool.*



# SWIMMING SAFE ZONES

*Fill in the blank with the best word from the word box to complete the sentence.  
(Note: Not all words are used)*

1. Walk with a \_\_\_\_\_ to and from the warm up and warm down pool.
2. If anyone's behavior in the locker room makes you uncomfortable, find an adult you \_\_\_\_\_ to talk to.
3. It is okay to \_\_\_\_\_ ask a teammate to stop pulling on your feet in the water during practice.
4. It is \_\_\_\_\_ alright to say something mean about someone on social media, or through texting.

## WORD BOX

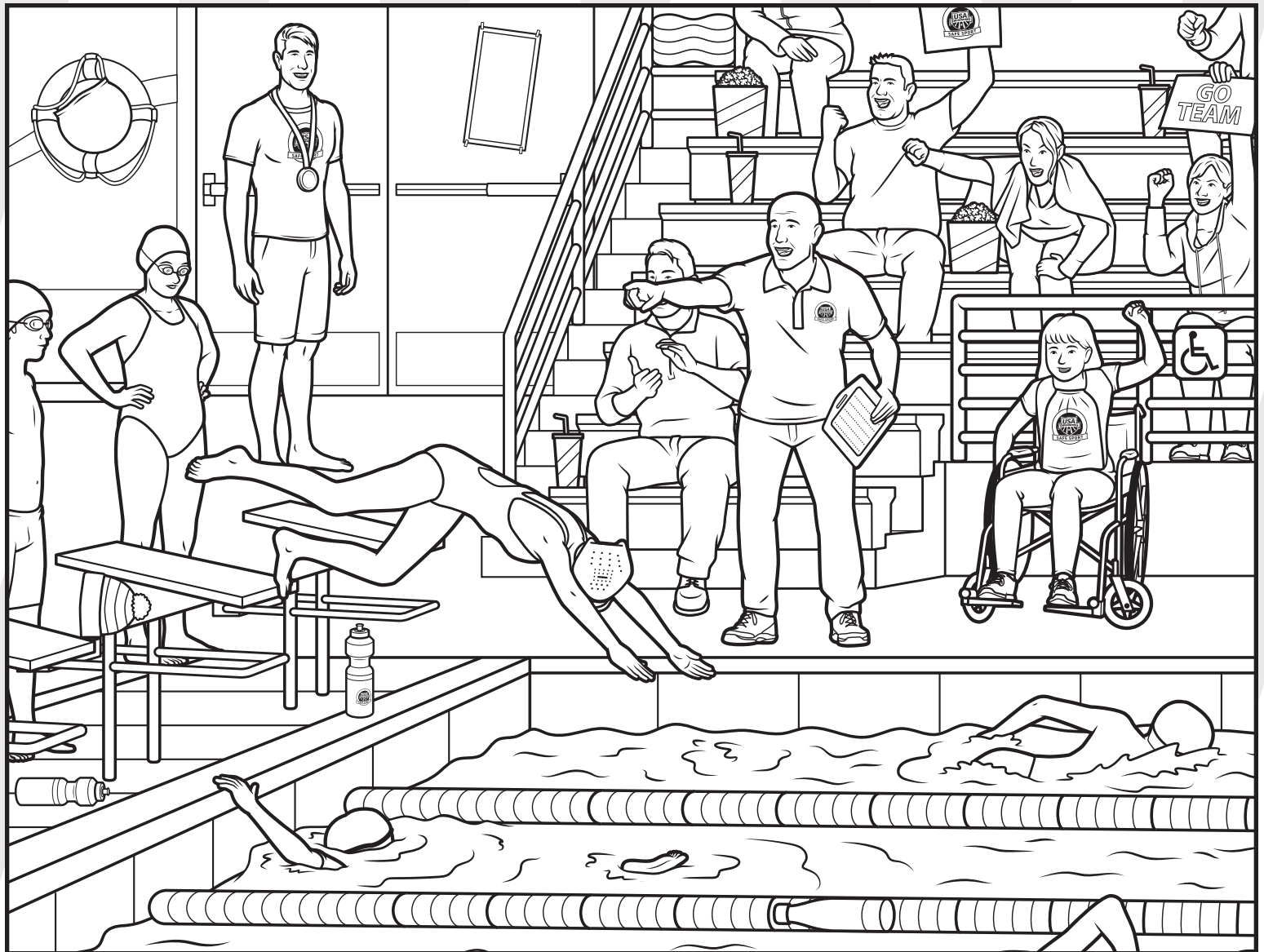
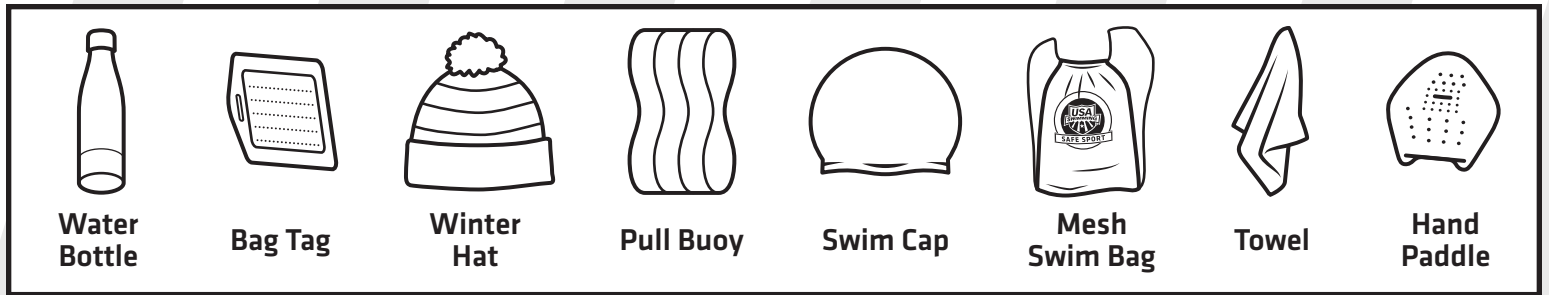
friend  
trust

explain  
cheer

never  
politely

# FIND THE PICTURES

Can you find all of the hidden objects in the picture below?





# DRAW A PICTURE

*Draw a picture of your favorite swimming memory.*

*My favorite swimming memory is when ...*

A large, empty rectangular box with a black border, intended for the user to draw their favorite swimming memory.

*For extra fun, write a description of what your picture is about.*

---

---

---

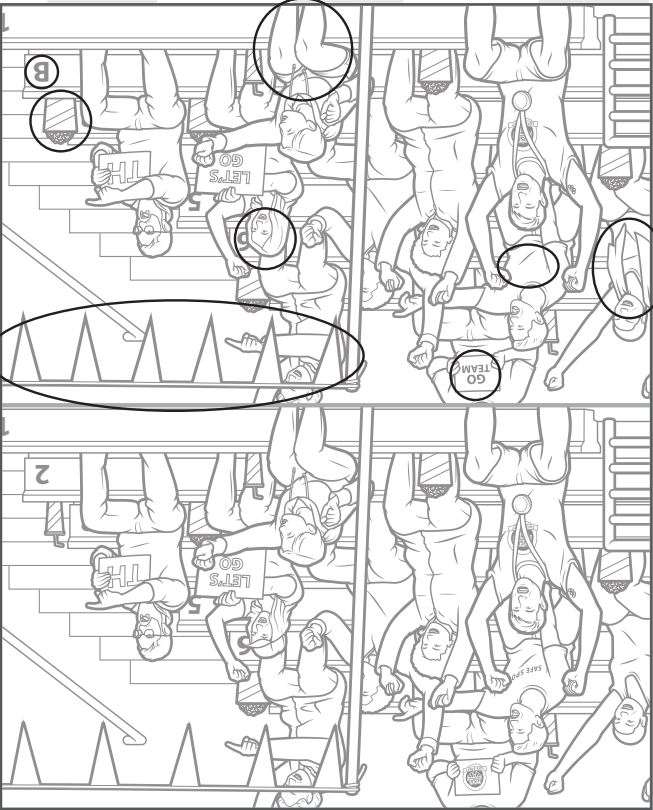
---

*Remy and I love being Safe Sport Champions and we think that you are ready to be a Safe Sport Champion, too. Keep this activity book as a reminder of ways that you can show you are a Safe Sport Champion every day. See you next time.*

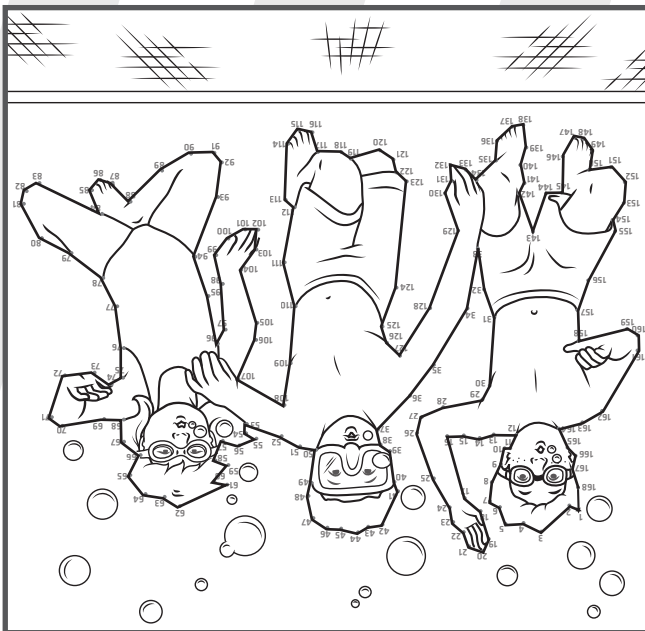
*Thank you for doing all of these activities with us. This has been fun, and we can't wait to get to have more fun with you soon.*



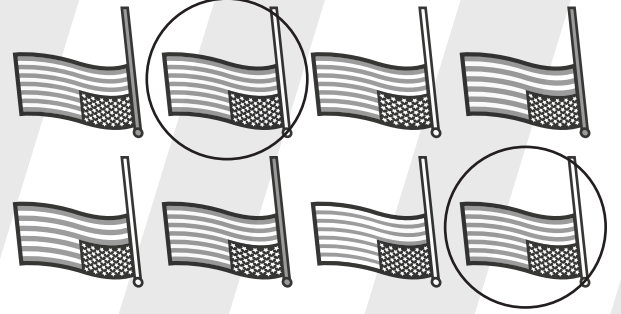




Spot the Difference Pg. 7



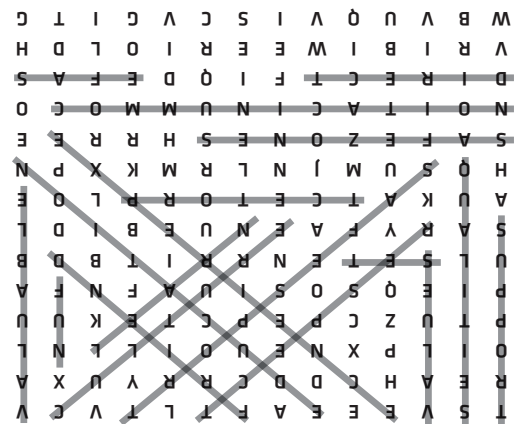
Connect the Dots Pg. 6



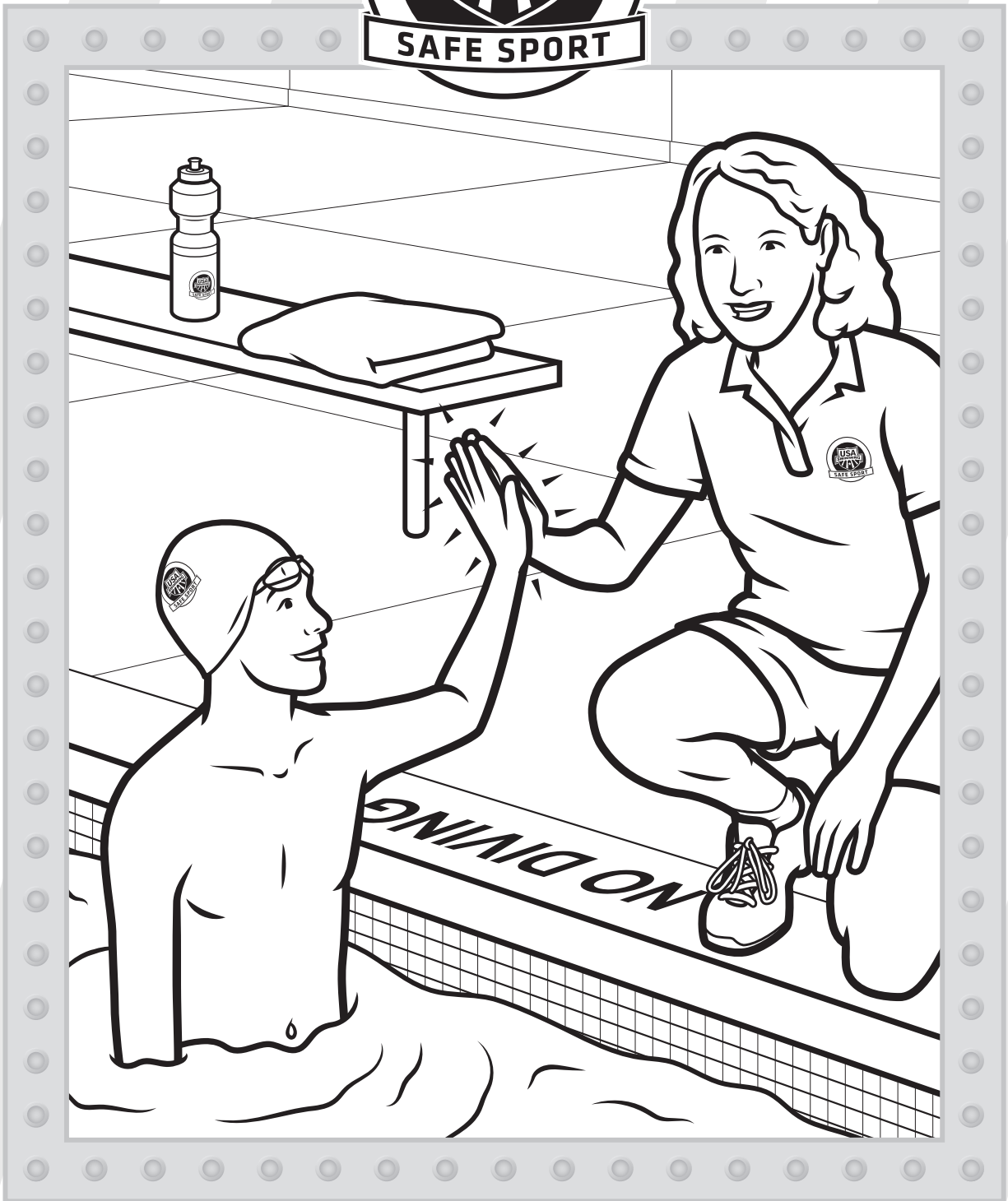
Spot the Pair Pg. 5

1. Go ahead and **share/shine** your valuable opinions. Your athlete voice matters!
2. Talk with your teammates about how you want to **trap/treat** each other on and off the pool deck.
3. **Cheer/Jeer** your teammates on in practice and at meets. Everyone is included!

Complete the Sentence Pg. 5



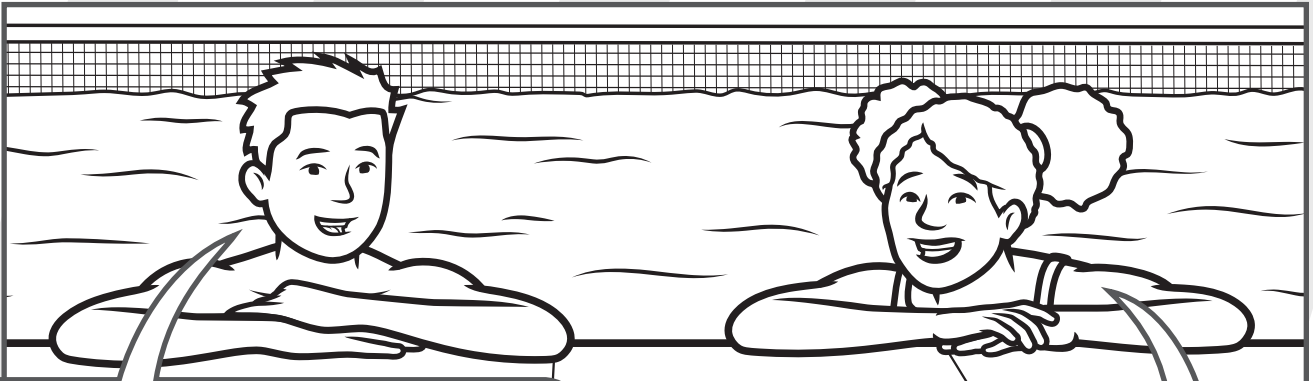
Word Search Pg. 4



[usaswimming.org/protect](https://usaswimming.org/protect)



# THANK YOU CARDS



*One more thing swimming friends...There are a lot of people who help make swimming a great experience for you. Take the time to thank them by filling out these thank you cards and giving them to them.*

*You can see some of our examples below.*

Dear mom,  
Thank you for waking up every morning to drive me to practice. I appreciate how much you do for me!

Love,  
Liv



Thank you, Coach Jason!  
You have helped me reached swimming goals that I never thought I could achieve. Your support makes me want to work hard and never forget what swimming is all about, having fun!

Thank you very much,  
Remy



Blank lined area for writing a thank you card, with a USA Swimming Safe Sport logo at the bottom right.

Blank lined area for writing a thank you card, with a USA Swimming Safe Sport logo at the bottom right.

Blank lined area for writing a thank you card, with a USA Swimming Safe Sport logo at the bottom right.

Blank lined area for writing a thank you card, with a USA Swimming Safe Sport logo at the bottom right.