

Safety Plan Worksheet

This worksheet should be completed together with the aggressor child and his/her parents. Explain to the child that he/she has exhibited concerning behavior but you believe they know the right behavior. A safety plan is a tool to help the child demonstrate appropriate behavior. Explain to the child and his/her parents that the safety plan is private but not confidential – the coaches/administration who work closely with the child will be made aware of the safety plan. The target and his/her parents will also be made aware of the safety plan.

At the conclusion of the meeting, everyone will agree to and sign the safety plan. If all parties are unable to agree on the safety plan, the outcome will be:

- Suspension from the team
- New Practice Group Assignment
- Other disciplinary measure: _____

Date of Meeting and Attendees:

Step 1: Identify Problematic Behavior

Describe the incident(s). Ask the aggressor to describe the incident in his/her own words:

Does the child understand why his/her behavior is problematic? Does the child understand the impact his/her behavior had on the other child/children involved? Record his/her understanding (in child's own words) here:

What are the wishes/concerns of the targeted child? How did the child's behavior impact the targeted child? (Ask the targeted child or the parent/guardian of the child before the safety planning meeting. The targeted child and his/her parent do not need to attend the safety planning meeting)

Step 2: Identify Wishes of the Child/Children's Parents:

Check all that apply or fill in stated wishes of the aggressor child and his/her parents.

- That I can continue to practice and compete with [CLUB]
- For all athletes of [CLUB], including me, to be safe at practices and meets
- _____
- _____
- _____

Step 3: Identify Appropriate and Expected Behavior from CHILD:

Include here your club's Code of Conduct. Include any additional specific behavioral expectations you have for this child relative to the incident(s). Discuss this with the child and his/her parents during your meeting.

Step 4: Safety Planning

Identify risk areas and how the child/club will handle each risk area.

Locker Rooms

CHILD uses the locker rooms: ___ Yes ___ No

How will the child use the locker room going forward?

- No locker room privileges – the child will come and go from practice in his/her swim suit. Parent is responsible for weather appropriate clothing.
- No locker room privileges – the child may use the [identify appropriate and available private bathroom at facility] only. Child [does] or [does not] need supervision to use this locker room.
- Child can use the locker room under the supervision of his/her parent.
- Child will use the [designated bathroom] if he/she has to go to the bathroom during practice. Child [does] or [does not] need supervision to use this bathroom.
- _____

Travel Meets

CHILD participates in travel meets: ___ Yes ___ No

How will child travel to away meets going forward?

- Parent/guardian is responsible for supervision during travel and lodging. Child cannot travel or stay overnight without the supervision of a parent/guardian.

- Child can travel with the team (car/plane) but parent is responsible for own lodging. Child cannot stay overnight unsupervised.
- Child can travel and stay with the team if parent is serving as a chaperone on the travel trip.
- Child can travel with the team and share a room with like aged children
- _____
- _____

Teammates

How will child interact with his/her teammates?

During practice:

After practice:

How will the child interact with younger teammates/children?

During practice:

After practice:

Supervision: Identify one or more adults who know about the child's risky behavior and his/her restrictions and can be actively involved in helping the child stay in safe situations. This adult(s) should be someone known to and trusted by the child.

Name: _____

Phone: _____

Name: _____

Phone: _____

What is the nature of the supervision? Example: Parent/babysitter attends practice every day; coach (not actively coaching) willing to keep an eye on child. Describe the supervision here.

Step 5: Agreement

We agree to this Safety Plan and supporting [child's name] as described above. This safety plan will be in effect until [DATE] at which time we will review the child's progress and evaluate if privileges can be restored.

Athlete: _____

Head Coach: _____

Child's Group Coach: _____

Parent/Guardian: _____

Parent/Guardian: _____

Other Supervisory Adult: _____

Date Effective: _____

Date Progress Reviewed: _____