



SAFE SPORT ACTIVITY BOOK

AGES 6-11

12 Activities to
learn about
Safe Sport!

Connect the Dots

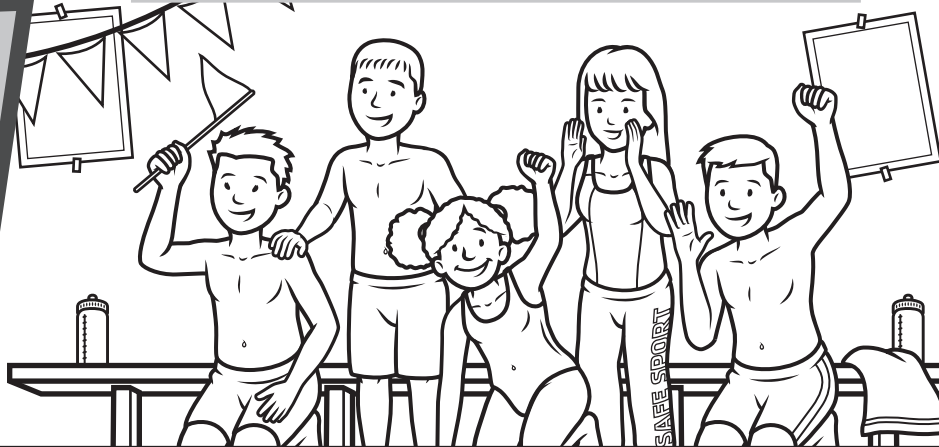
Image Searches

Word Puzzles

True or False

Coloring

Mazes





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.

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

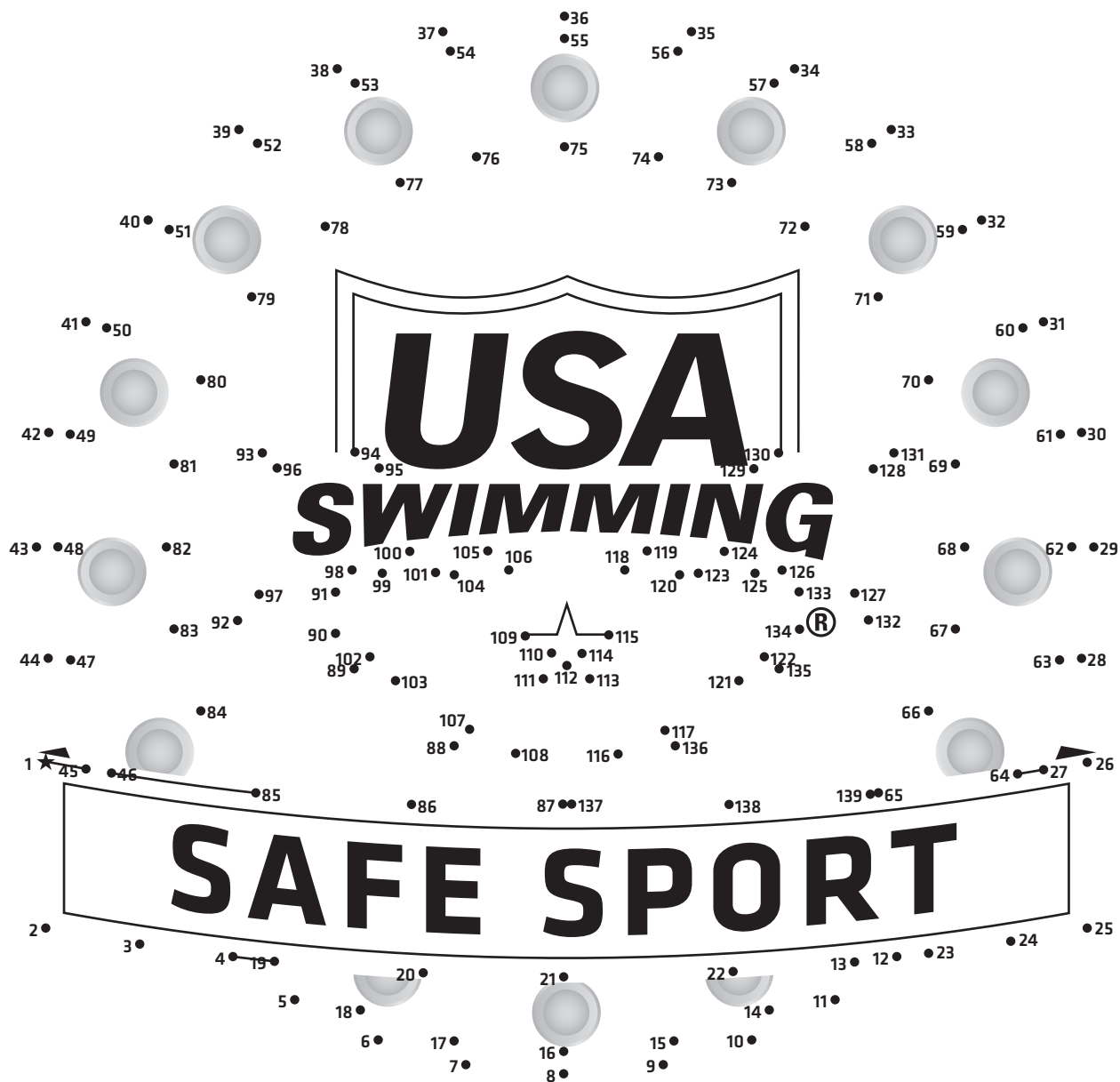
safe sport
fun
teammate
coach
safe
positive

happy
cheering
supportive
family
goals
memories

funnest sport
boundaries
rules
policies
culture
environment

CONNECT THE DOTS

*Connect the dots from 1-139.
Color in the image when you are finished.*





WORD-DEFINITION MATCH UP

Can you match the words with their definition?

Reporting

Your personal space and privacy.

Personal Boundaries

To treat yourself and others with kindness, care and courtesy.

Policies and Guidelines

A program that works to make sure that every kid has a safe and fun place to swim.

Respect

To tell someone you trust if you feel, see or know that an adult or peer is acting in a way that makes you feel uncomfortable.

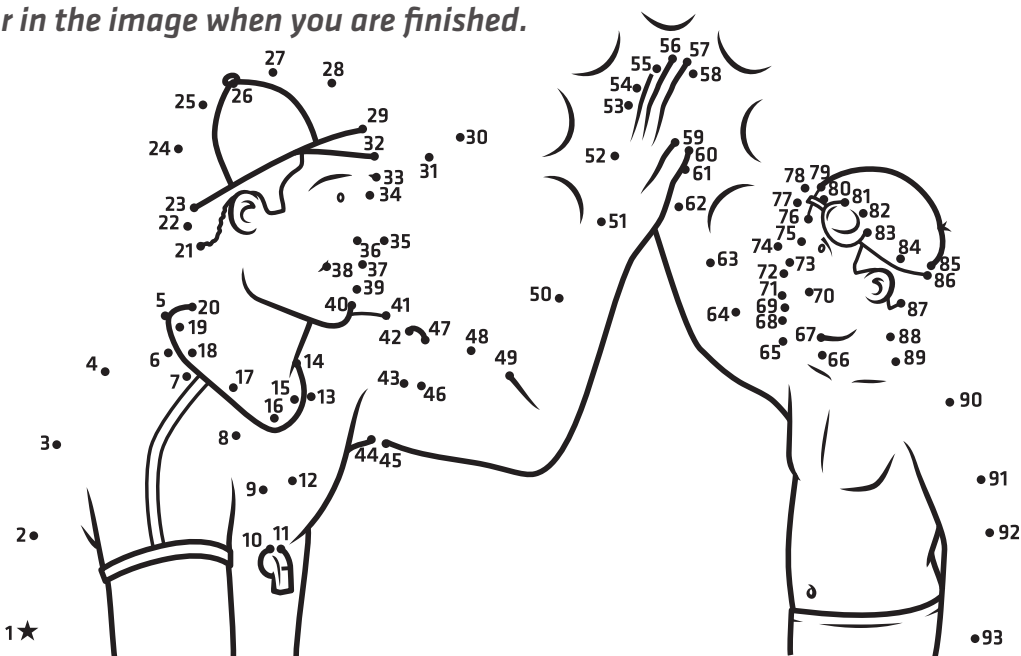
Safe Sport

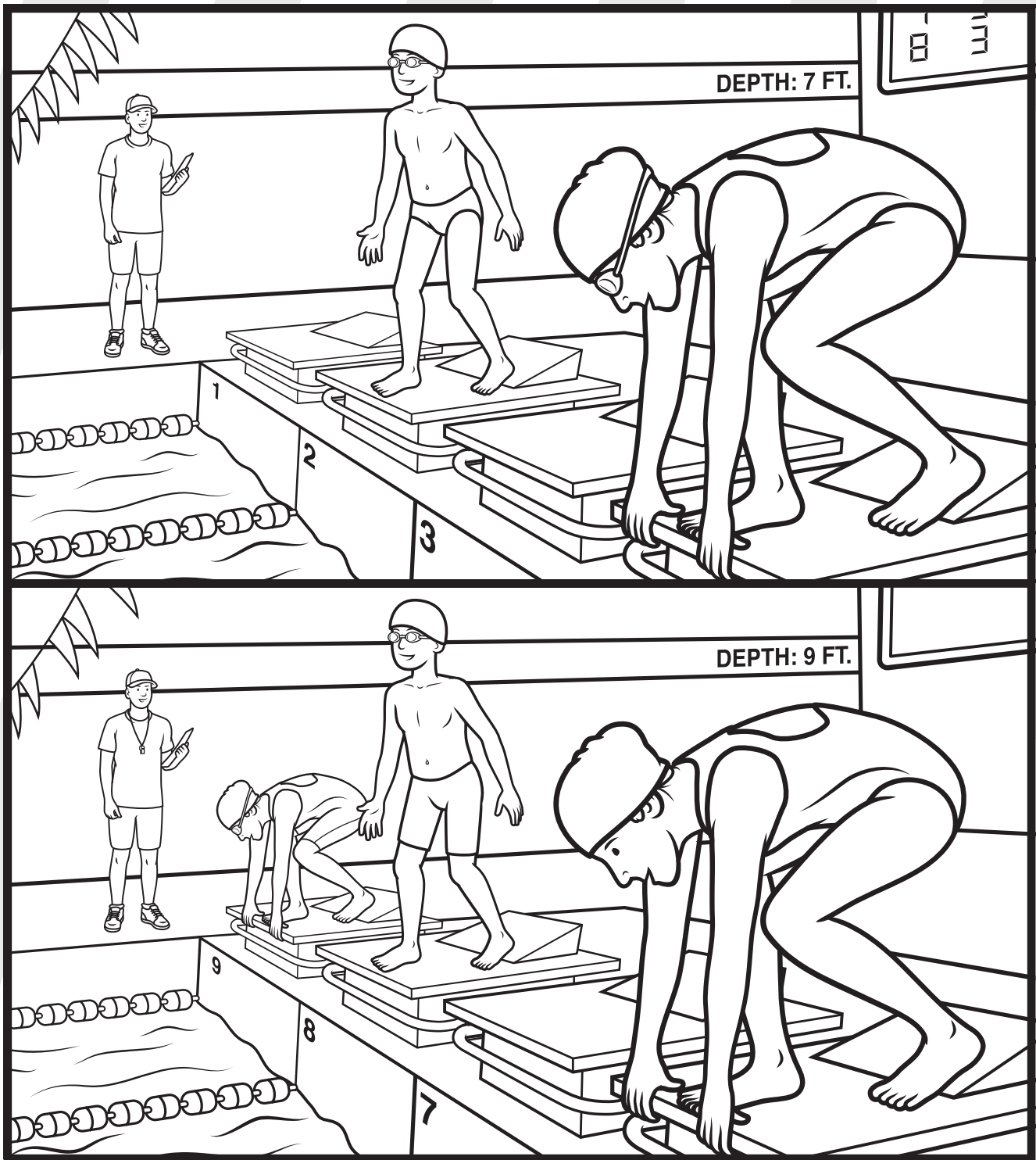
Rules for how we should behave and treat each other.

CONNECT THE DOTS

Connect the dots from 1-93.

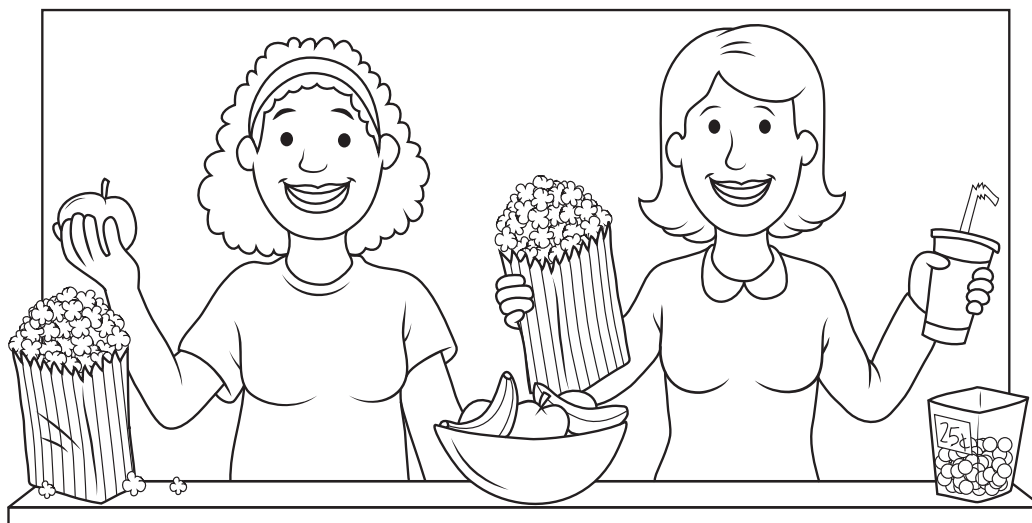
Color in the image when you are finished.





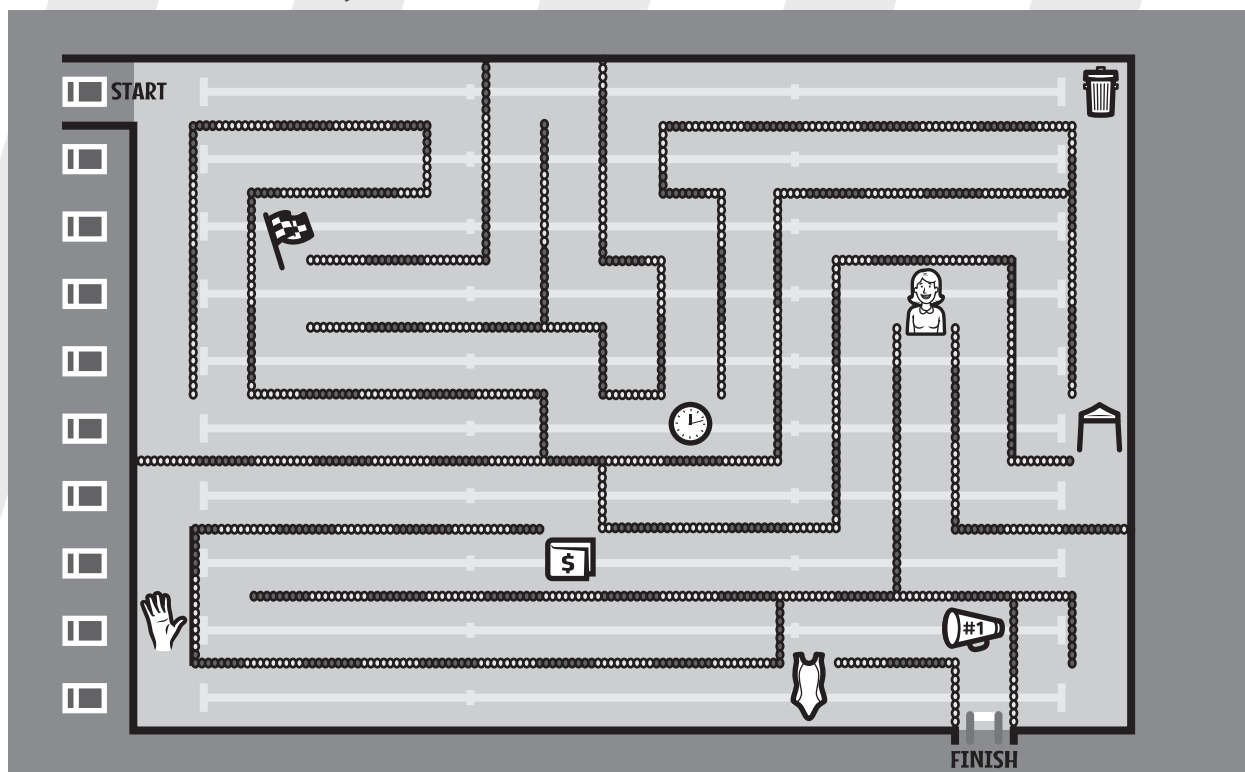
SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?



MAZE

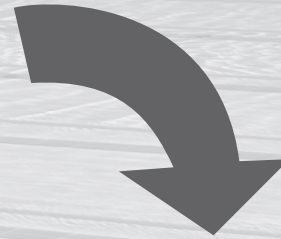
Can you get through the swim meet, participating in all the fun? Grab each item that is associated with an activity at the bottom.



- Remind your teammate of their race coming up.
- Try your hardest in your race.
- Cheer for your teammates in their races.
- Return a wallet you found in the locker room.
- Give your coach a high five before finals.
- Thank your parents for being there to support you.
- Tell your friend that it is not okay to deck change.
- Help pick up the trash at the end of the meet.
- Invite a teammate to hang with you and others in the team tent.

TRUE OR FALSE?

Are these statements true or false? Circle the right answer for each.



A coach can share a hotel room with a swimmer at a travel meet.

TRUE

FALSE

It is ok for a coach to call or text an athlete in the middle of the night.

TRUE

FALSE

If you think that a friend is being hurt by someone else it is okay to tell a safe adult, even if you told your friend you wouldn't.

TRUE

FALSE

Sometimes it takes a lot of courage to talk to an adult about something you feel bad about.

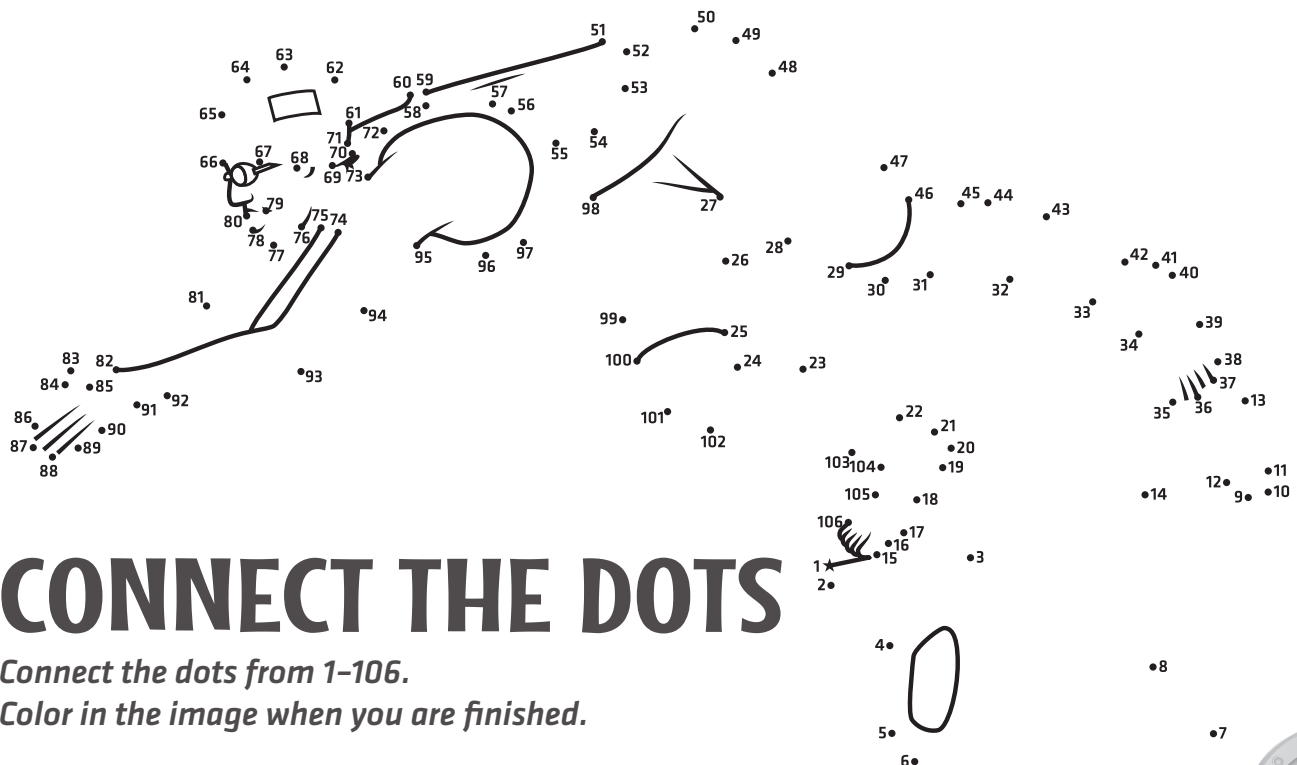
TRUE

FALSE

Adults should ignore a kid who tells them about something that makes them feel uncomfortable.

TRUE

FALSE



CONNECT THE DOTS

Connect the dots from 1-106.

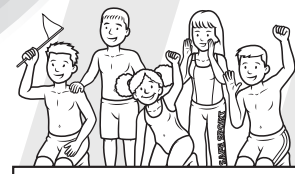
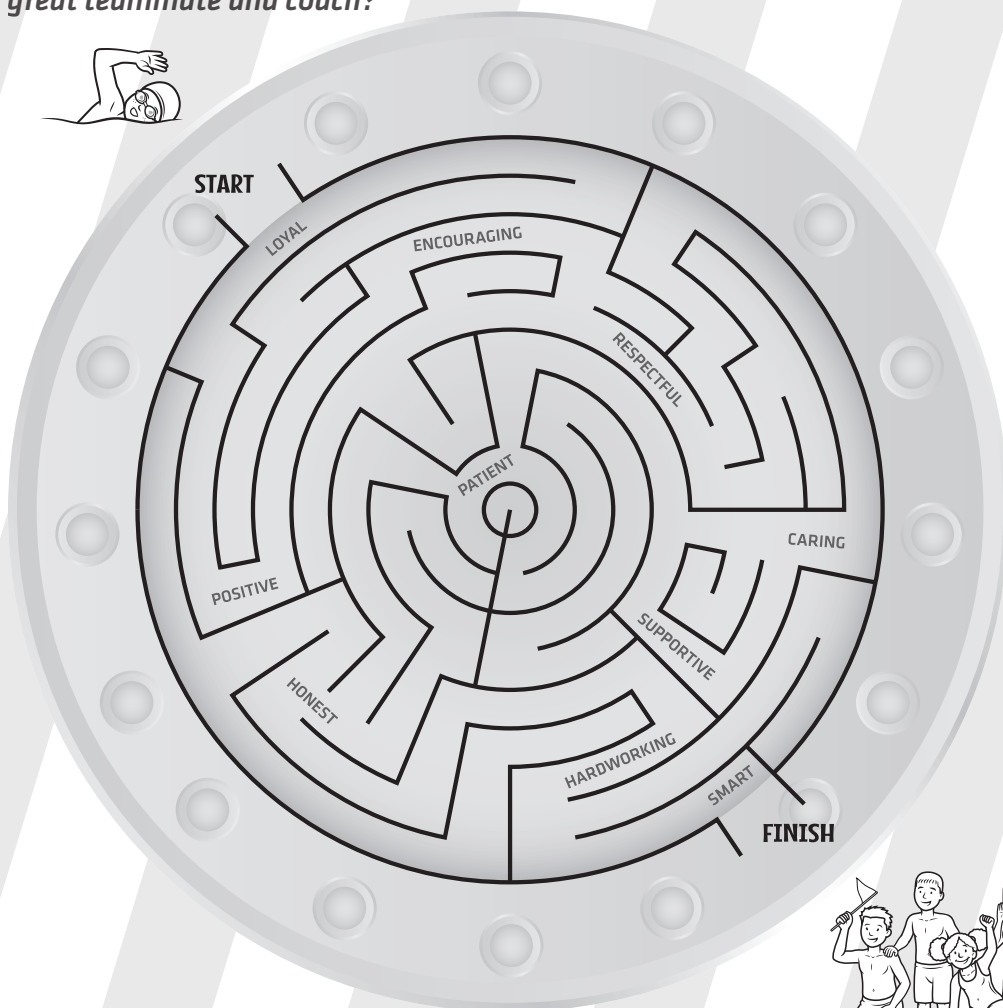
Color in the image when you are finished.





MAZE

Can you make it through the maze and pick up all the qualities that make a great teammate and coach?



WORD JUMBLE

Use the letters on the left to fill in the remaining blanks to unscramble the words.

RCEES _ _ _ **P** _ _ **I**

Hint: To treat someone the way you want to be treated.

MFYL _ **A** _ **I** _ _

Hint: People that come to cheer you on at your meets.

OVIISE CRUET **P** _ _ _ **I** _ _ _ _ **U** **L** _ _ _ _

Hint: The kind of environment that everyone wants to be a part of.

ATSAMMT _ **E** _ _ _ _ **E** _

Hint: People you swim with at practice and meets.

CCOESA _ _ _ _ **H** _ _

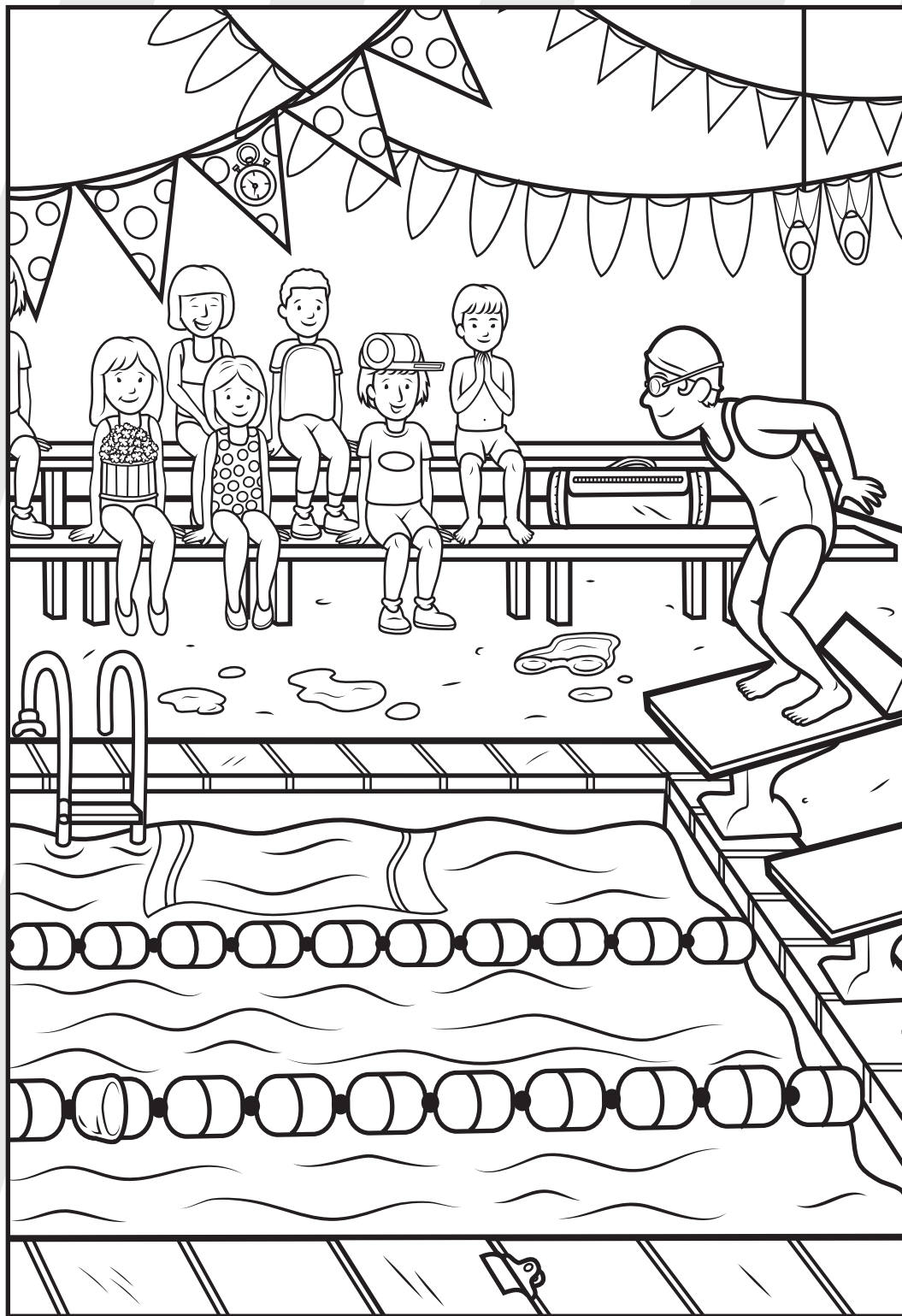
Hint: Adults who teach you how to swim and encourage you to do your best.

EASF OTSP _ _ _ _ _ **R** _

Hint: A program that works to make sure that every kid has a safe and fun place to swim.

FIND THE PICTURES

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



Popcorn



Goggles



Fins



Stop Watch



Kick Board



Clip Board



Towel



Swim Bag



Snorkel



Whistle

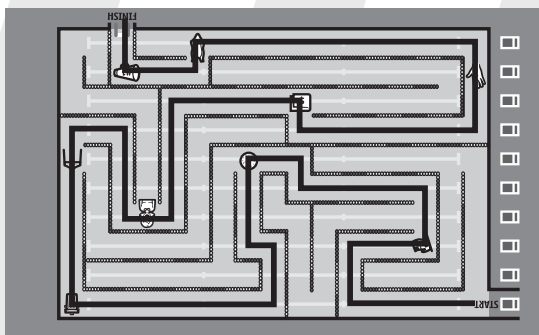


Safe Sport Cap

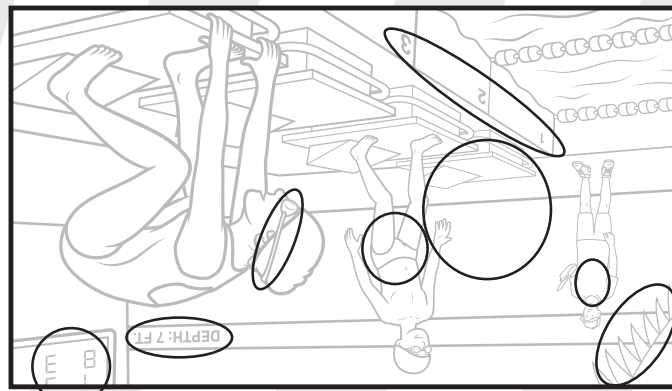


ANSWER SHEET

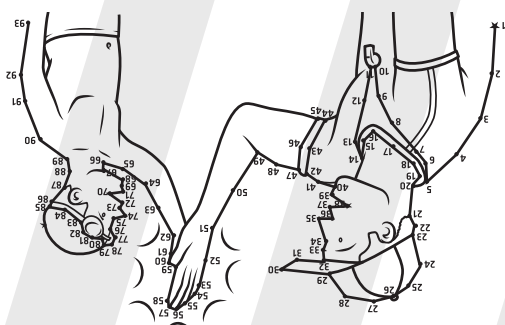
Find all of the solutions to each of the activities. No cheating!



Maze Pg. 6



Spot the Difference Pg. 5



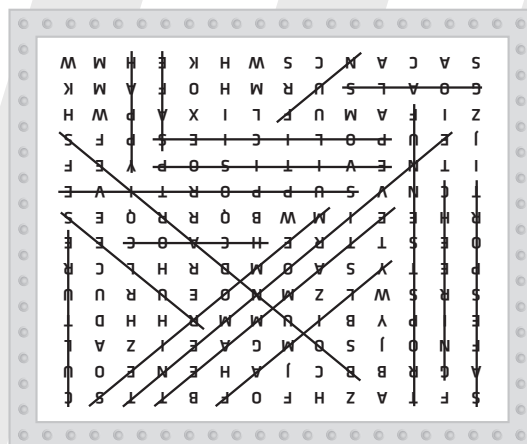
Connect the Dots Pg. 4



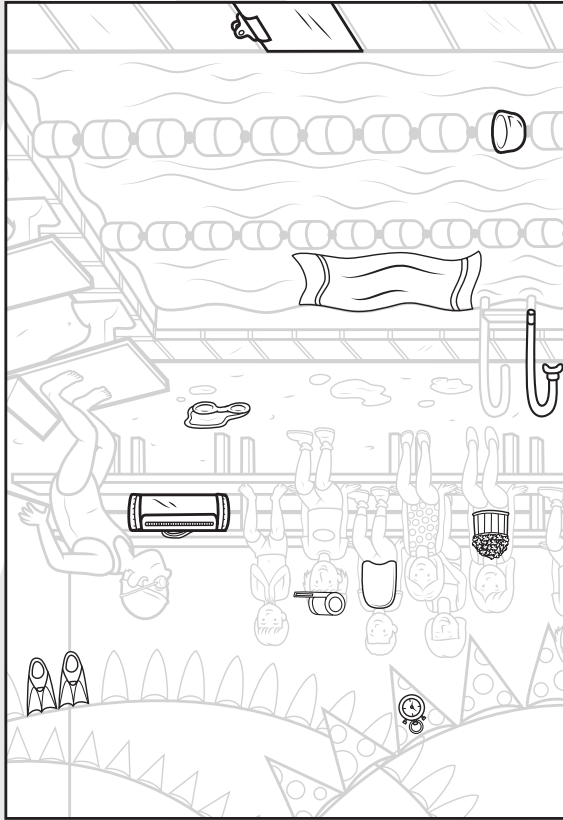
Connect the Dots Pg. 3

- Safe Sport**
Rules for how we should behave and treat each other.
- Respect**
To tell someone you trust if you feel, see or know that an adult or peer is acting in a way that makes you feel uncomfortable.
- Polices and Guidelines**
A program that works to make sure that every kid has a safe and fun place to swim.
- Personal Boundaries**
To treat yourself and others with kindness, care and courtesy.
- Reporting**
Your personal space and privacy.

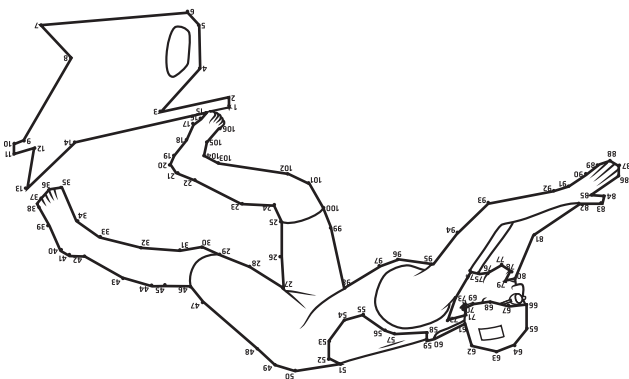
Word-Definition Match Up Pg. 4



Word Search Pg. 2



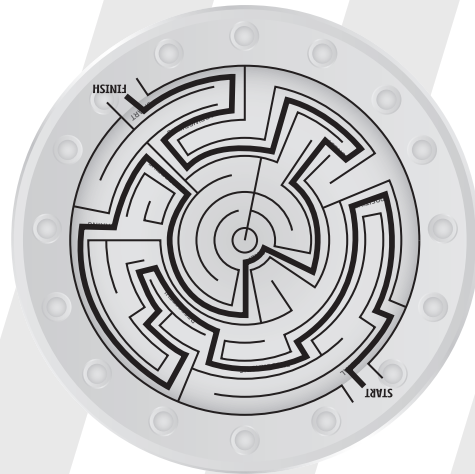
Find the Pictures Pg. 9



Connect the Dots Pg. 7

RCES RESPECT
 Hint: To treat someone the way you want to be treated.
MYL E A M I L Y
 Hint: People that come to cheer you on at your meets.
OVISE CRUET P O S I T I V E C U L T U R E
 Hint: The kind of environment that everyone wants to be a part of.
ATSA M M T I E A M M A I E S
 Hint: People you swim with at practice and meets.
CCOESA C O A C H E S
 Hint: Adults who teach you how to swim and encourage you to do your best.
EASF OTSP S A F E S P O R T
 Hint: A program that works to make sure that every kid has a safe and fun place to swim.

Word Jumble Pg. 8



Maze Pg. 8

TRUE A coach can share a hotel room with a swimmer at a travel meet.
FALSE It is ok for a coach to call or text an athlete in the middle of the night.
TRUE If you think that a friend is being hurt by someone else it is okay to tell a safe adult, even if you told your friend you wouldn't.
FALSE Sometimes it takes a lot of courage to talk to an adult about something you feel bad about.
TRUE Adults should ignore a kid who tells them about something that makes them feel uncomfortable.

True or False Pg. 7

