



# FREE Abuse Awareness for Parents

While the overwhelming majority of coaches and volunteers join sports for all the right reasons, some have other intentions. Parents play an important part in USA Swimming's Safe Sport efforts.

We encourage our parents to complete this free abuse prevention trainings.

#### How to access the training:

1. Go to [usaswimming.org/protect](https://usaswimming.org/protect)
2. Click "Training and Education"
3. Click "Free Athlete Protection Training for Parents"
4. Enter your LSC and club code

#### Abuse Awareness for Parents

Designed by Praesidium, USA Swimming's athlete protection training partner, this free, interactive course helps parents understand their role in abuse prevention and helps their children have a lifetime of wonderful swimming memories.

#### Training topics include:

- Myths and facts about child sexual abuse
- How offenders operate
- How to recognize boundary violations
- USA Swimming Code of Conduct and Athlete Protection Polices
- How to respond to boundary violations

**GET STARTED TODAY! • [usaswimming.org/protect](https://usaswimming.org/protect)**

## 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 and the Athlete's Executive Committee are pleased to announce the release of **USA Swimming's Safe Sport education for athletes.**

USA Swimming has developed a free education program for you to participate in!

#### 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 athlete representatives or contact Susan Woessner ([swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)) at USA Swimming.



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