



SAFE SPORT ACTIVITY BOOK

AGES 6-11

12 Activities to
learn about
Safe Sport!

Connect the Dots

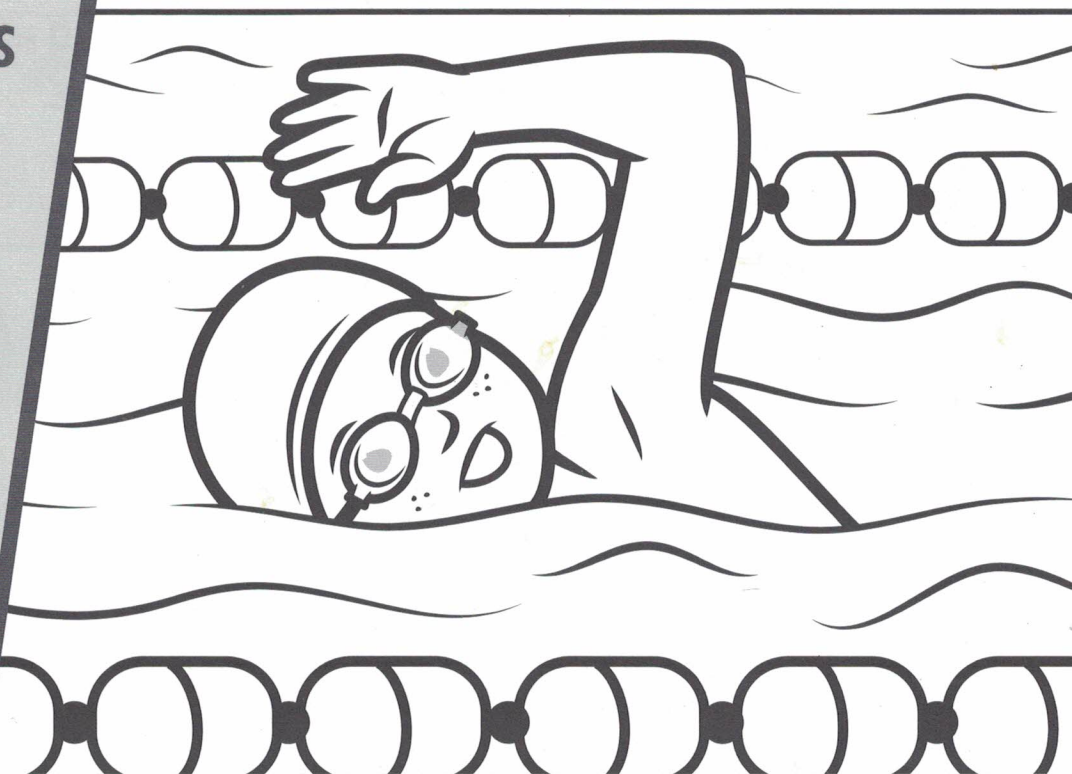
Image Searches

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

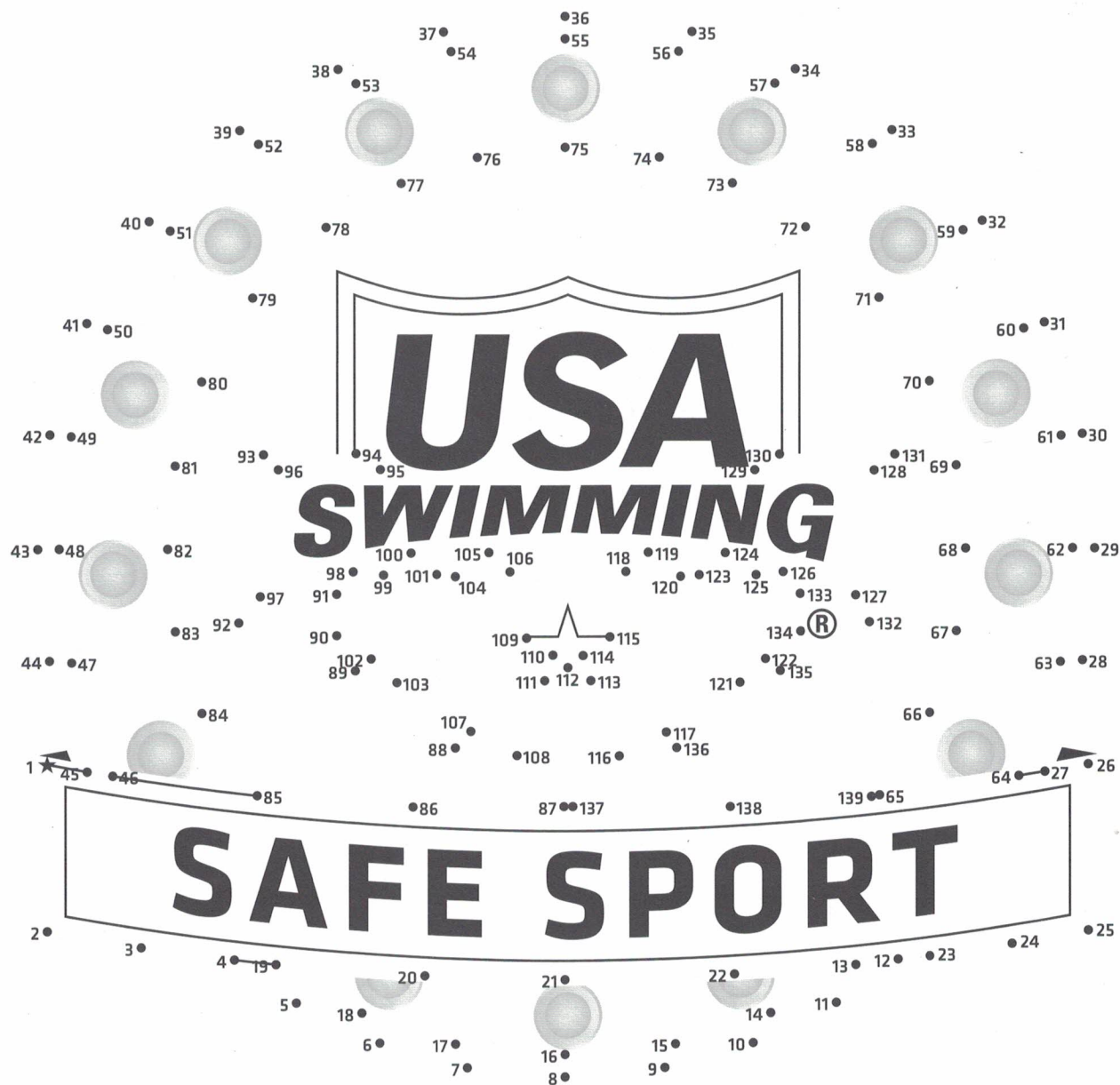
safe sport
fun
teammate
coach
safe
positive

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.





Can you match the words with their definition?

Your personal space and privacy.

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

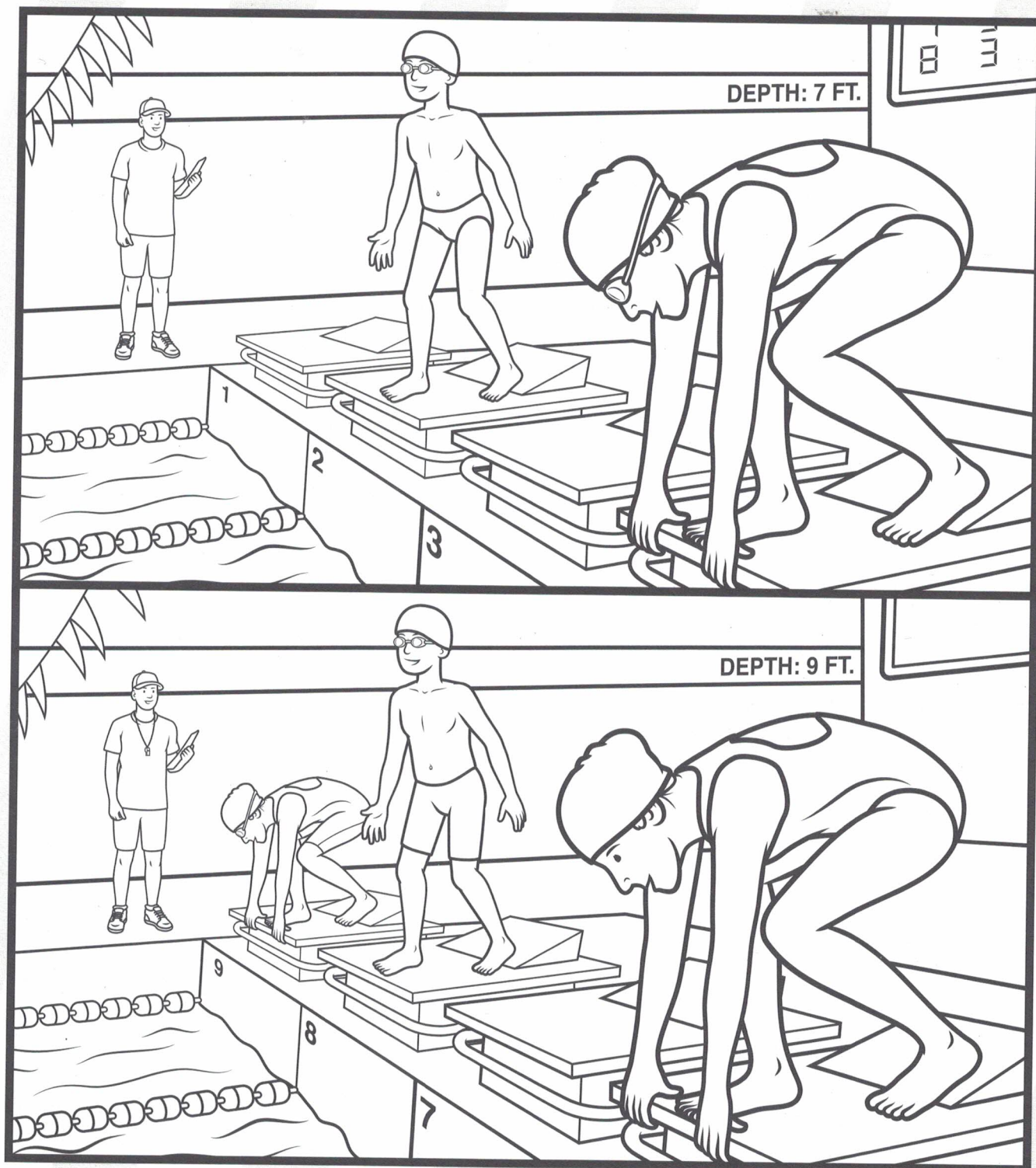
A program that works to make sure that every kid has a safe and fun place to swim.

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.

Rules for how we should behave and treat each other.

*Connect the dots from 1–93.
Color in the image when you are finished.*



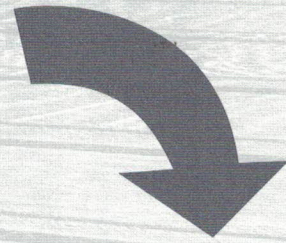


SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?

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.

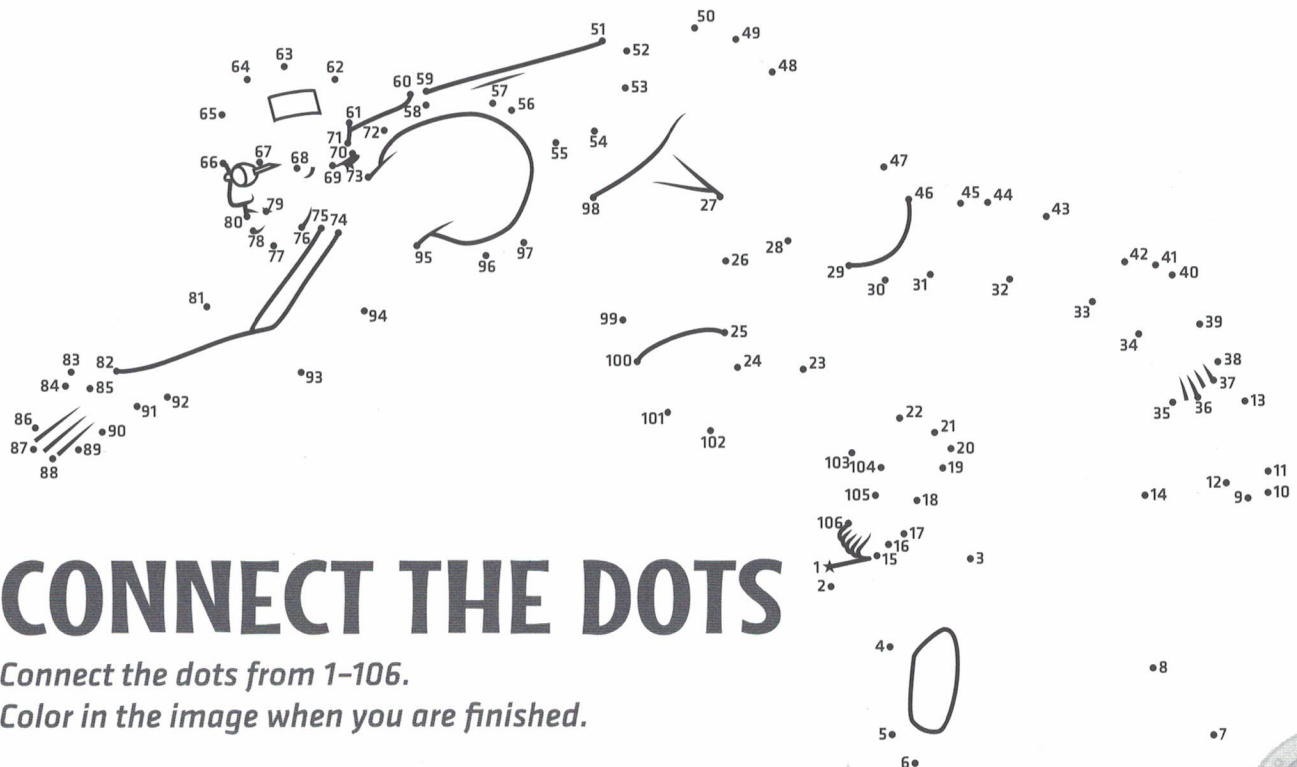
TRUE

FALSE

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

TRUE

FALSE



CONNECT THE DOTS

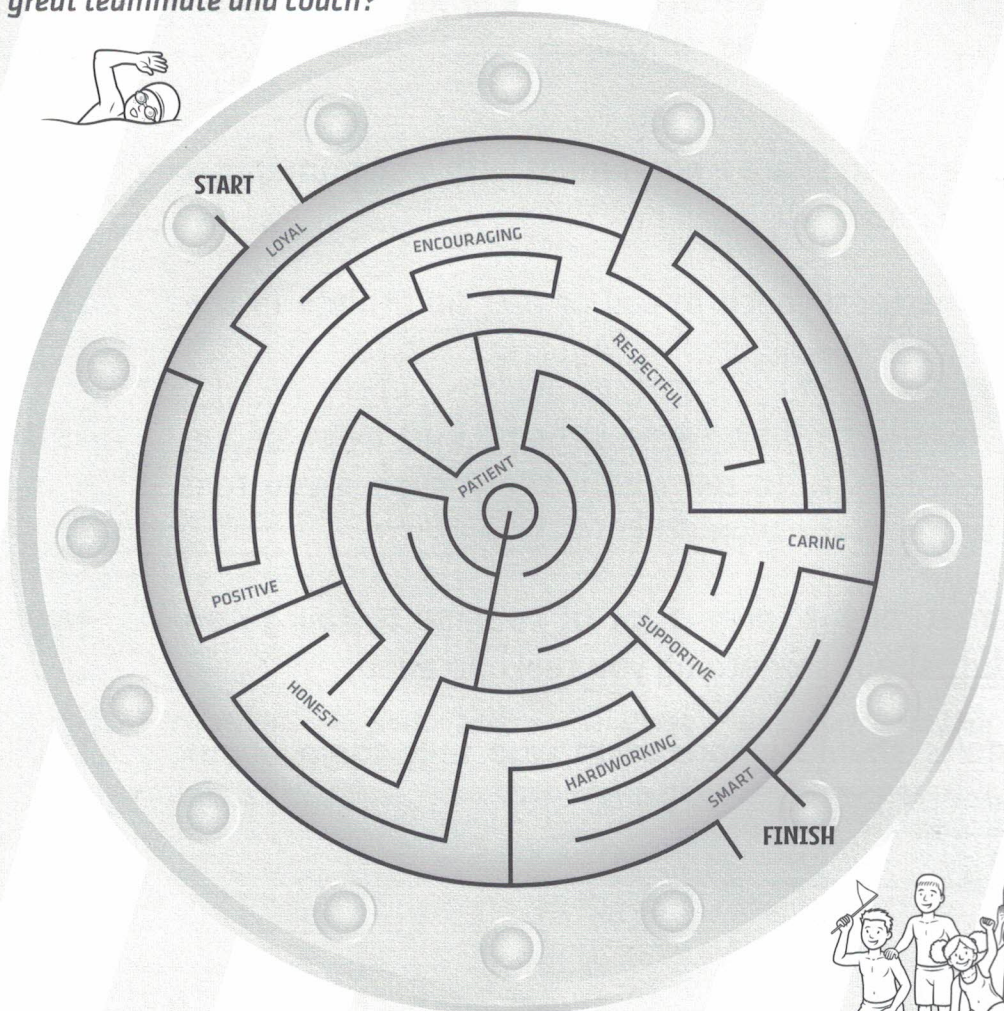
Connect the dots from 1-106.

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** _ _

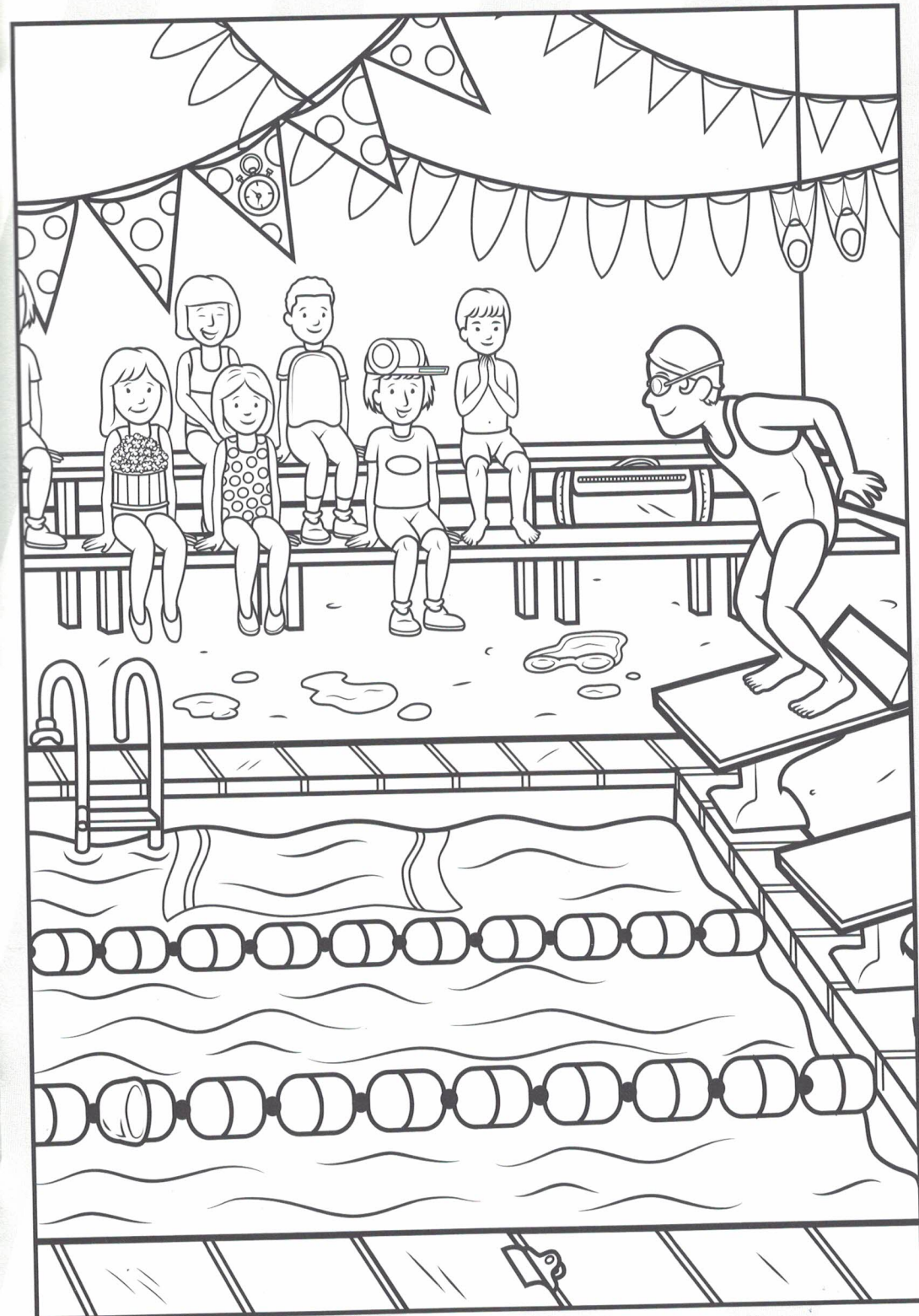
Hint: Adults who teach you how to swim and encourage you to do your best.

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

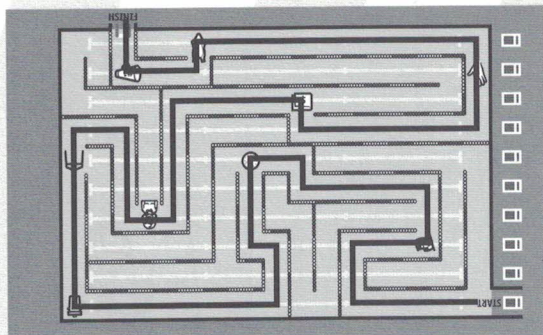


Swim Cap

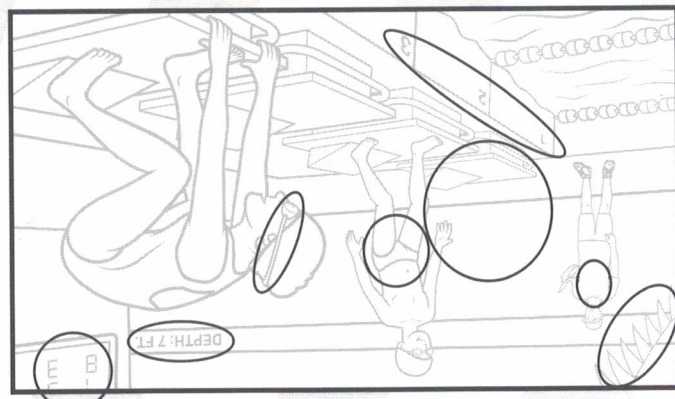


ANSWER SHEET

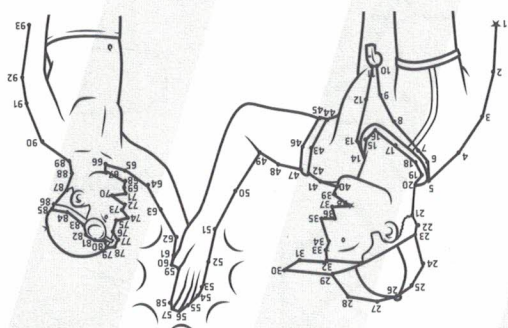
Find all of the solutions to each of the activities. No cheating!



Maze Pg. 6



Spot the Difference Pg. 5



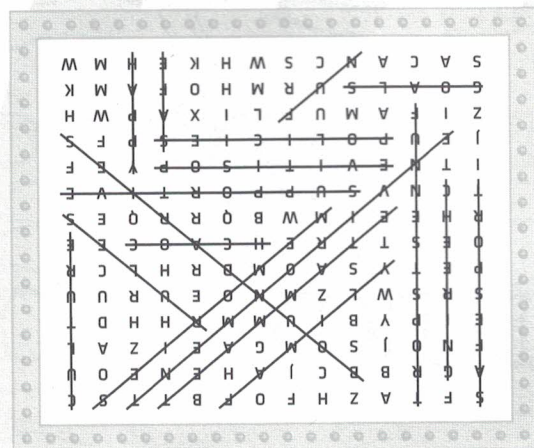
Connect the Dots Pg. 4

- Reporting
 - Personal Boundaries
 - Polices and Guidelines
 - Respect
 - Safe Sport
- To treat yourself and others with kindness, care and courtesy.
 A program that works to make sure that every kid has a safe and fun place to swim.
 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.
 Rules for how we should behave and treat each other.

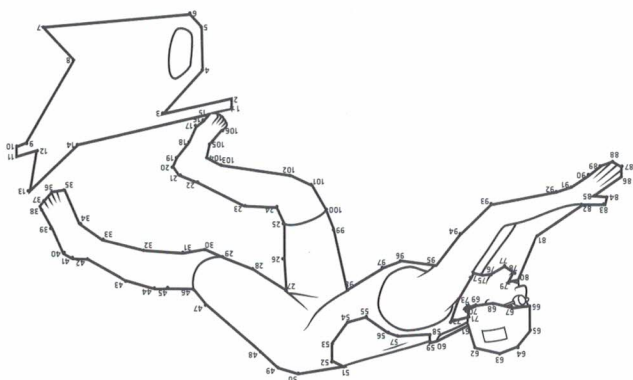
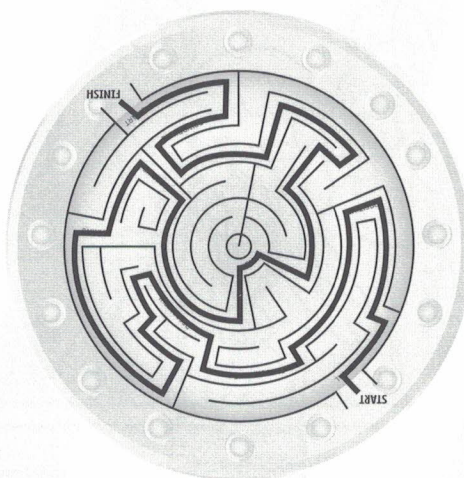
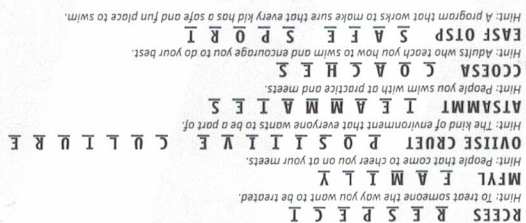
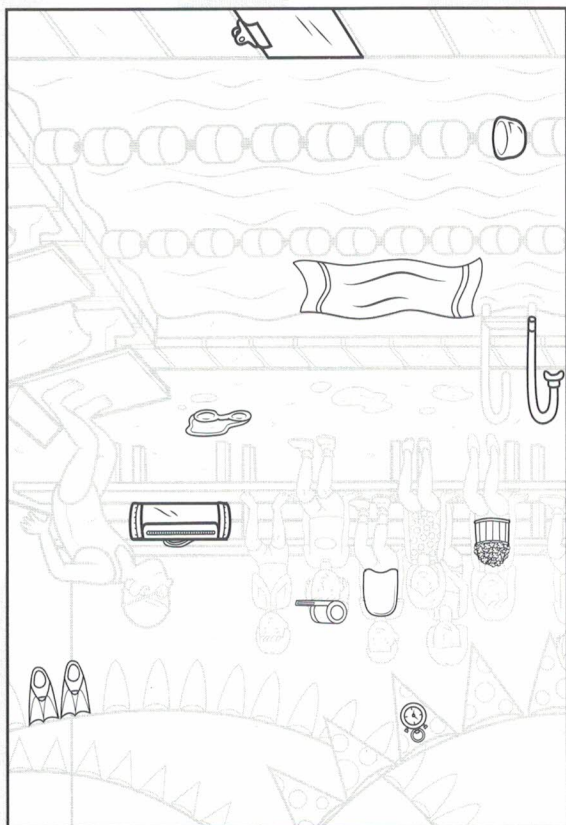
Word-Definition Match Up Pg. 4



Connect the Dots Pg. 3



Word Search Pg. 2



TRUE	FALSE	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.

