

SAFE SPORT TIPS

FOR ATHLETES

OK

- ✓ Group training with your teammates and coach
- ✓ Team get-togethers and group social gatherings
- ✓ Electronic group chats with your teammates and coach
- ✓ Sharing a room on an overnight trip with a teammate of the same gender identity
- ✓ Carpooling with your teammates
- ✓ Your coach entering the changeroom to assist with a medical emergency
- ✓ Giving permission to a coach to physically touch you to demonstrate a training technique
- ✓ If an issue arises, respectfully asking for feedback or clarification
- ✓ Friendly humour not targeted at one specific person that is not discriminatory in nature

NOT OK

- ✗ Practicing alone with your coach in a space where other people cannot watch
- ✗ Visiting your coach at home
- ✗ 1-on-1 electronic communication (e.g., direct messages) with your coach
- ✗ Sharing a room with a coach or chaperone on an overnight trip or being alone in a room with a coach or chaperone
- ✗ Being alone in a car with your coach
- ✗ Your coach entering the changeroom without advance warning, while you or other teammates are still changing
- ✗ Your coach touching you unexpectedly or frequently
- ✗ Insulting or using offensive language toward an opponent, official, athlete, or coach
- ✗ Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them