

LEARN TO RECOGNIZE THE SIGNS BETWEEN ATHLETES AND COACHES

SAFE ATHLETE TIP SHEET

TOUCH BOUNDARIES

APPROPRIATE TOUCH

- **Instructive:** demonstrating a sports skill or spotting
- **Encouraging:** a quick hug, high five, or pat on the back

INAPPROPRIATE TOUCH

- Private or sexual in nature
- Any touch that feels uncomfortable

EMOTIONAL BOUNDARIES

APPROPRIATE INTERACTION

- Consistent and balanced exchanges with all team members and sport staff
- Encouraging mentorship and nurturing environments

INAPPROPRIATE INTERACTION

- Withholding attention or instruction
- Acting like peers instead of coach and athlete
- Preferential treatment or secretive interactions

VERBAL BOUNDARIES

APPROPRIATE VERBAL INTERVENTION

- Good-natured humor
- Firm verbal safety instructions
- Team-building positive pep talks

BULLYING

- Isolating athletes
- Not intervening when others are bullied
- Threatening actions or using power dynamics to intimidate
- Damaging messages or verbal insults
- Degrading race, religion, gender, disability or other aspects of one's identity

PHYSICAL BOUNDARIES

APPROPRIATE INTERVENTION

- Hands-on safety intervention
- Sport-specific direction or spotting

INAPPROPRIATE INTERVENTION

- Deliberate actions causing physical injury
- Deliberate physical intimidation
- Encouraging action that could cause injury
- Forcing athlete to play injured

SUPERVISION

APPROPRIATE SUPERVISION

- Attending to medical or health needs
- Maintaining safety equipment
- Establishing clear safety rules/regulations
- Being mindful of athlete psychological well-being

NEGLECT

- Not reporting or treating injuries
- Lack of visual supervision
- Inadequate safety equipment
- Ignoring psychological warning signs or mental health disclosures

SECURE ENVIRONMENTS

APPROPRIATE SECURITY

- Implement a child abuse prevention education plan
- Develop policy and procedure to address safety concerns
- Identify and vet "safe adults" in the community
- Make reporting hotline and support helpline information available to everyone

HIGH-RISK ZONE

- Failure to implement abuse education
- Lack of clear abuse-reporting or response protocol
- No helpful resources made available to those in the sports community

