



SAFE SPORT TIPS FOR ATHLETES

OKAY

- 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 OKAY

- 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 towards an athlete, opponent, official, or coach
- Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them