

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!

Click here to 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) at USA Swimming.

usaswimming.org/protect