

## Safe Sport Tips for Athletes

OK	NOT OK
 Group training with your teammates and coach	 Practicing alone with your coach in a space where other people cannot watch
 Team get-togethers and group social gatherings	 Visiting your coach at home
 Electronic group chats with your teammates and coach	 1-on-1 electronic communication (e.g., direct messages) with your coach
 Sharing a room on an overnight trip with a teammate of the same gender identity	 Sharing a room with a coach or chaperone on an overnight trip or being alone in a room with a coach or chaperone
 Carpooling with your teammates	 Being alone in a car with your coach
 Your coach entering the changeroom to assist with a medical emergency	 Your coach entering the changeroom without advance warning, while you or other teammates are still changing
 Giving permission to a coach to physically touch you to demonstrate a training technique	 Your coach touching you unexpectedly or frequently
 If an issue arises, respectfully asking for feedback or clarification	 Insulting or using offensive language towards an athlete, opponent, official, or coach
 If of legal drinking age, having one drink at a celebratory dinner after competition	 Drinking alcohol or consuming recreational drugs at competitions or practices
 Friendly humour not targeted at one specific person that is not discriminatory in nature	 Joking about someone's race, gender, sexual orientation, religion, or any other topic meant to insult, belittle, or embarrass them