



# Making our Sport Safer... for Athletes



USA Swimming and Arizona Swimming encourage athletes to  
**BE AWARE**  
with these helpful hints...

By learning how to protect yourselves, you also learn how to protect your peers; and together you can make the sport safer for everyone.

Training topics include:

- 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



## For more information

you are encouraged to access USA Swimming Athlete Protection Training

1. Go to [www.azswimming.org](http://www.azswimming.org)
2. Click "Athletes Information"
3. Follow link to Athlete Protection Training
4. Enter your LSC (Arizona Swimming) and club code

[www.azswimming.org](http://www.azswimming.org)