



Read this scenario to your athletes WHO ARE 12 AND OLDER:

You are at a tournament. You see a coach massaging an athlete.

Discussion Questions:

Is this situation okay?

Kids might say that it's weird, unless it's an obvious leg cramp during a bout. Others will react strongly and say that it's not okay. Others may not have a problem with it.

>Safe Sport says: This is against the Safe Sport Policy. Coaches are not allowed to massage athletes or "stretch them out", unless the coach has an appropriate certification as a health care provider/therapist.

What do you do?

Kids might say that they would do nothing or go and tell their coach.

>Safe Sport says: It's important to tell someone. Kids can tell their coach or a referee. It's important that all the rules are followed.

If you need to be stretched or need a massage, what's the best way to go about that?

Kids might say to go to a professional or their parents.

>Safe Sport says: Kids can help each other stretch. The coach can tell them how to stretch each other. If there is a sports med professional at the tournament (in an open and observable environment), utilize that resource.

Read this question to your athletes WHO ARE 11 AND YOUNGER:

How do we celebrate a great bout with each other and the coaches?

Discussion Questions:

Who and when is it okay to hug?

Kids might say that they are comfortable hugging their teammates and coaches whom they feel close to.

>Safe Sport says: Trust your gut. It's absolutely appropriate to hug in celebration, but if someone feels uncomfortable, find other ways to celebrate together.

What are other ways to celebrate with people in fencing?

Kids might say that they do high-fives and cheer for each other.

>Safe Sport says: Get creative! Create a team handshake or some other celebration ritual that has meaning for your team.

Wrap It Up:

How we treat each other matters. You have a right to feel safe and comfortable here and with the people on this team.

Ask your fencers to tell you what your team values are (sticking up for each other, respecting each other and our facilities, making sure that everyone has the best chance for success, etc.).