



U.S. CENTER FOR
SAFESPORT™

ELIMINATING SEXUAL ASSAULT & ABUSE WITHIN SPORT:

How the U.S. Center for SafeSport is Championing Athlete
Well-Being

DAN MILLS | TRAINING & TECHNICAL ASSISTANCE MANAGER

PRESENTATION OUTLINE

- Grasp the role and function of the U.S. Center for SafeSport
- Recognize the nature and scope of the problem regarding abuse
- Understand strategies for creating safe environments
- Recognize how to manage high-risk abuse situations
- Identify how to file a report and what the process entails
- Be familiar with available additional resources



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SAFESPORT™

INTRODUCTION TO THE U.S. CENTER FOR SAFESPORT



WHO WE ARE

- **Independent** nonprofit
- Headquartered in **Denver**
- **First** and **only** national organization of its kind.
- Focus is on ending **ALL** forms of abuse in sport.





OUR MISSION

To make athlete well-being
the **centerpiece** of our
nation's sports culture
through prevention,
education and
accountability.



OUR VISION

Every athlete will be
safe,
supported
and strengthened
through sport.



WHAT DOES THAT MEAN?

- **SAFE**→ Athletes are protected from emotional, physical, and sexual abuse.
- **SUPPORTED**→ Athletes enjoy welcome, respectful environments, and diversity is actively embraced.
- **STRENGTHENED**→ Athletes use the skills they've learned in sport to contribute to the well-being of their communities. Every athlete thrives, on and off the field of play.



WHAT WE FOCUS ON

- Bullying
- Harassment
- Hazing
- Physical abuse
- Emotional abuse
- Sexual misconduct and abuse



WHO WE FOCUS ON

- Education and Outreach:
 - Sports participants at **EVERY** level
 - From rec leagues to the pros
 - All ages
 - U.S.
- Response and Resolution:
 - Safe, professional and confidential place for individuals to report sexual abuse **within the U.S. Olympic and Paralympic Movements.**



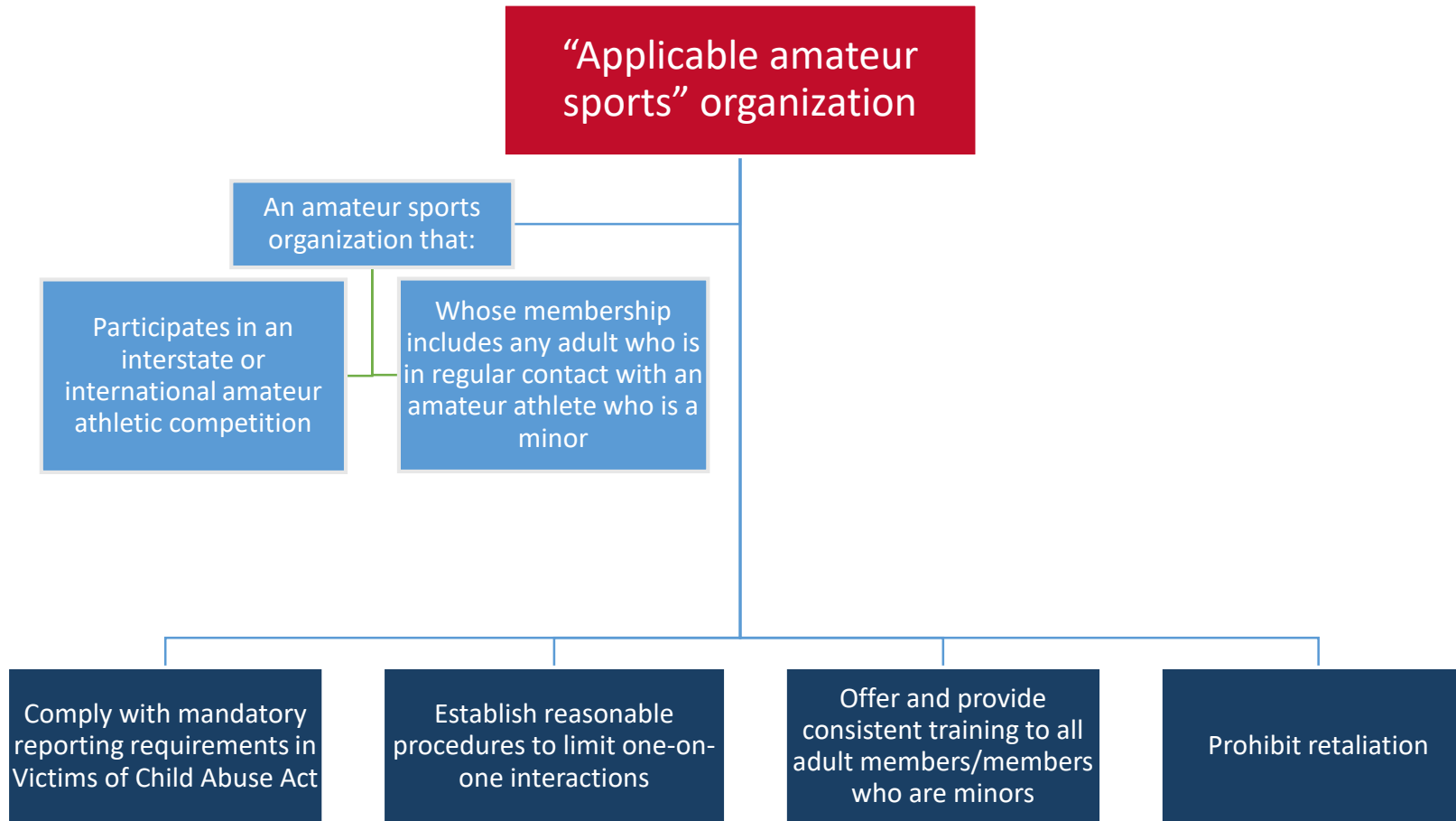


S.534, or The Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017

Designates the Center to serve as the **independent** national safe sport
organization,

with the responsibility for developing policies and procedures to prevent
the emotional, physical and sexual abuse of amateur athletes.

U.S. CENTER FOR SAFE SPORT AUTHORIZATION: ADDITIONAL REQUIREMENTS—ANY AMATEUR SPORTS ORGANIZATION



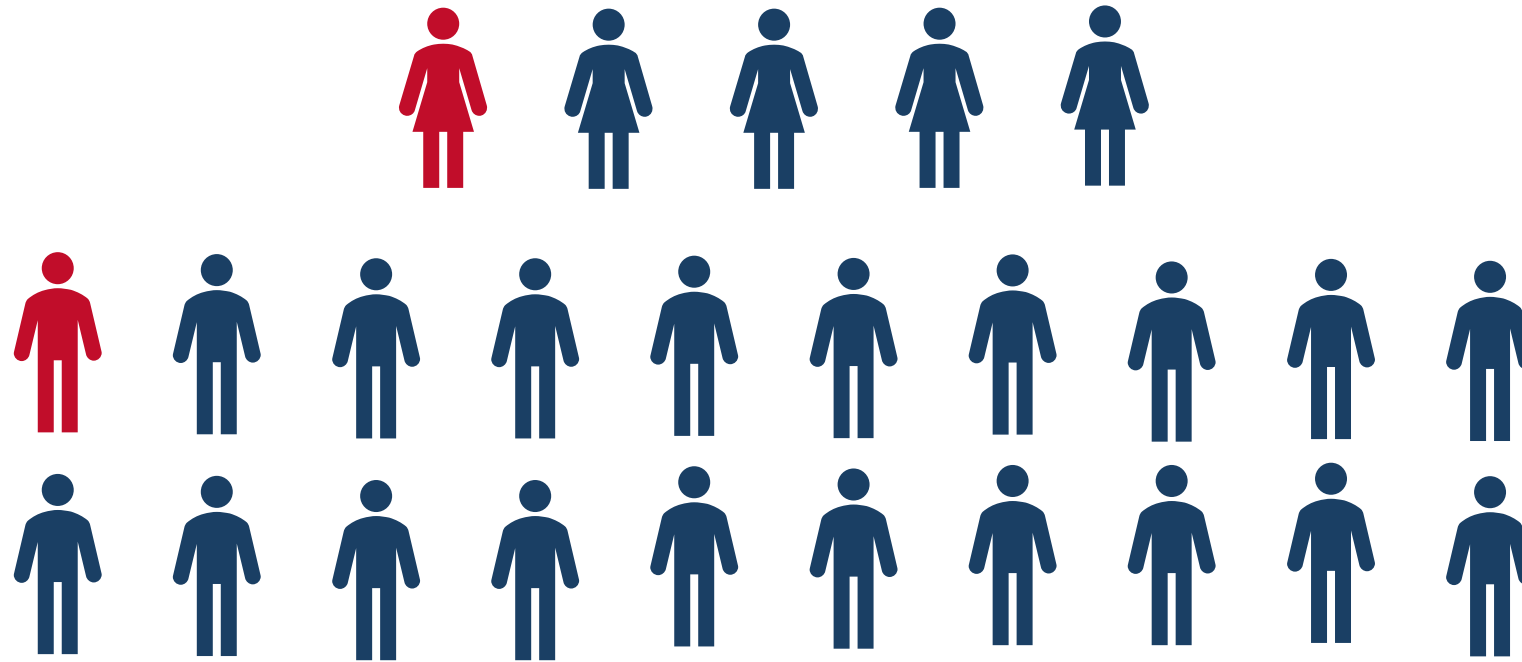


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NATURE & SCOPE OF THE PROBLEM



SCOPE OF THE PROBLEM



are victims of child sexual abuse.

SCOPE OF THE PROBLEM



75% of elite athletes report experiencing some form of emotional abuse during their career.



74% of college students on a varsity athletic team report going through hazing.

SCOPE OF THE PROBLEM

45 MILLION

U.S. YOUTH PARTICIPATE IN
ORGANIZED SPORT EACH YEAR

40-50%

EXPERIENCE SOME FORM OF
ABUSE THROUGHOUT
CAREER

WE CAN CHANGE THE GAME FOR
ALL OF THEM

SCOPE OF THE PROBLEM

Before age 18, between **6-13%** of competitive athletes experience some form of sexual abuse or assault within their sport, and the numbers may be even greater for elite athletes.



1 OUT OF EVERY 8 ATHLETES



CYBERBULLYING

In 2018, 26% of parents reported that their child had been a victim of cyberbullying¹.

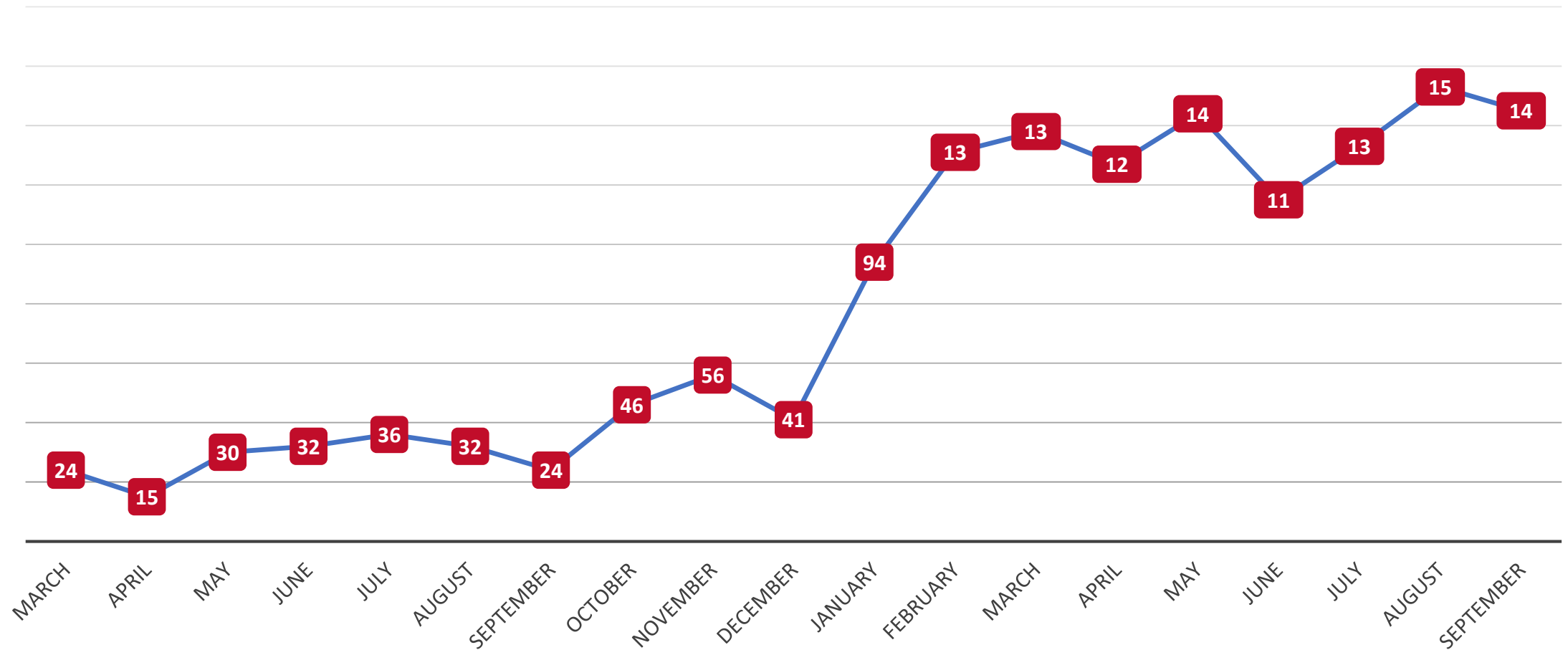
24/7 connections to social media and text messaging make cyberbullying pervasive.

Because it happens away from practice and competition settings, coaches are often unaware cyberbullying is going on.

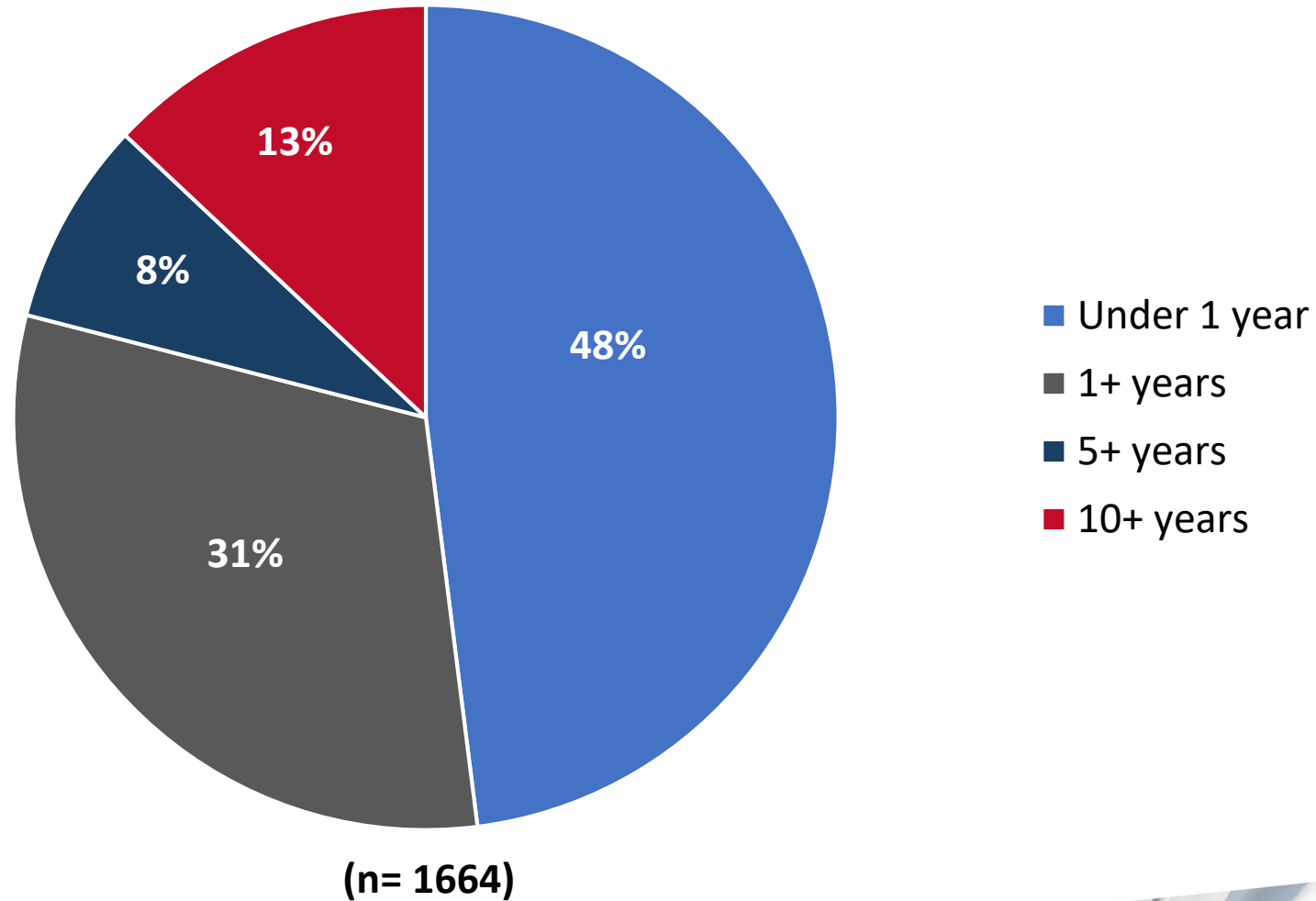
¹Ipsos Global Views on Cyberbullying – “Cyberbullying: A Global Advisor Survey” (2018).



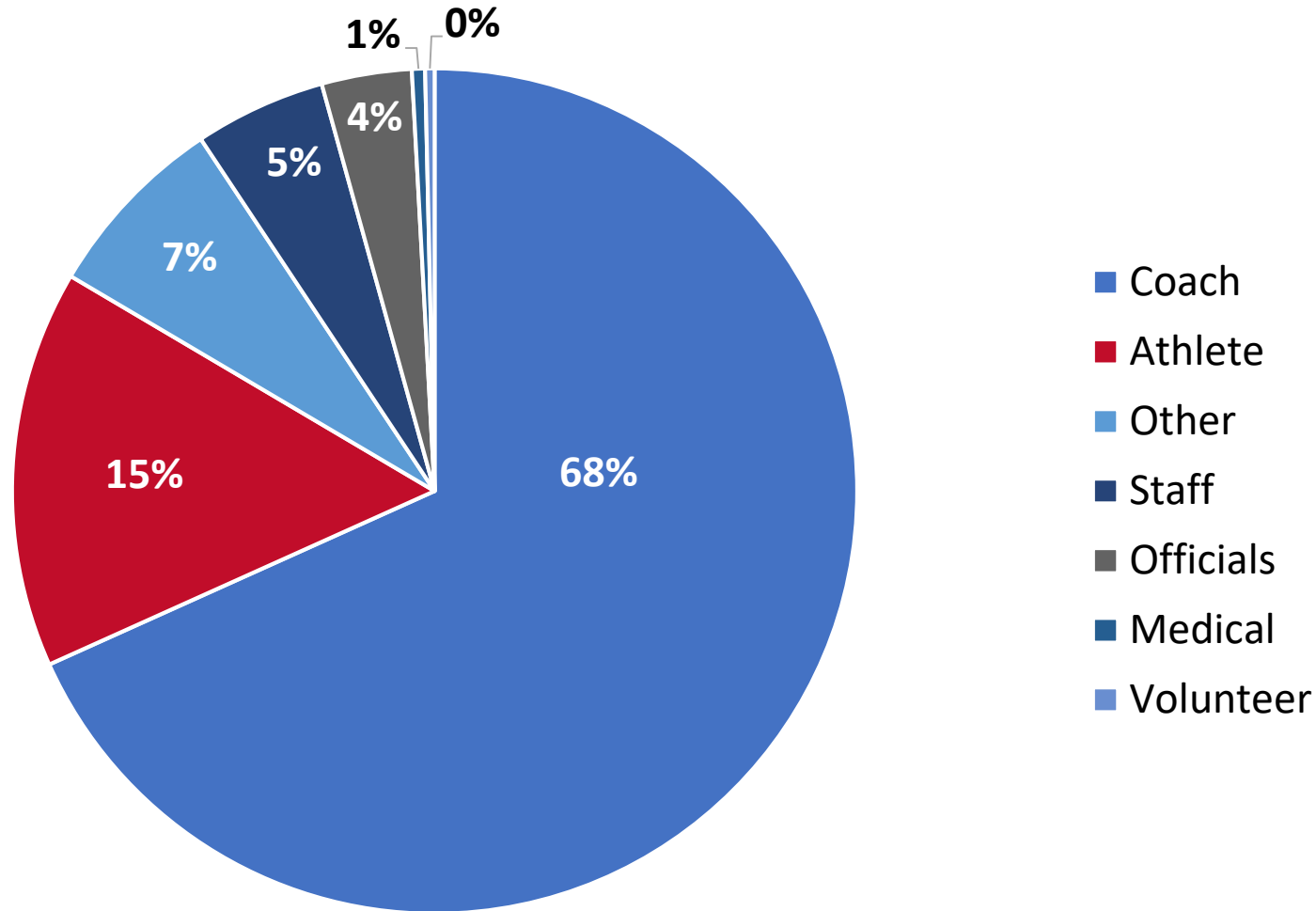
CASES REPORTED BY MONTH



INCIDENT DATES



ROLE OF RESPONDING PARTY



(n= 1393)

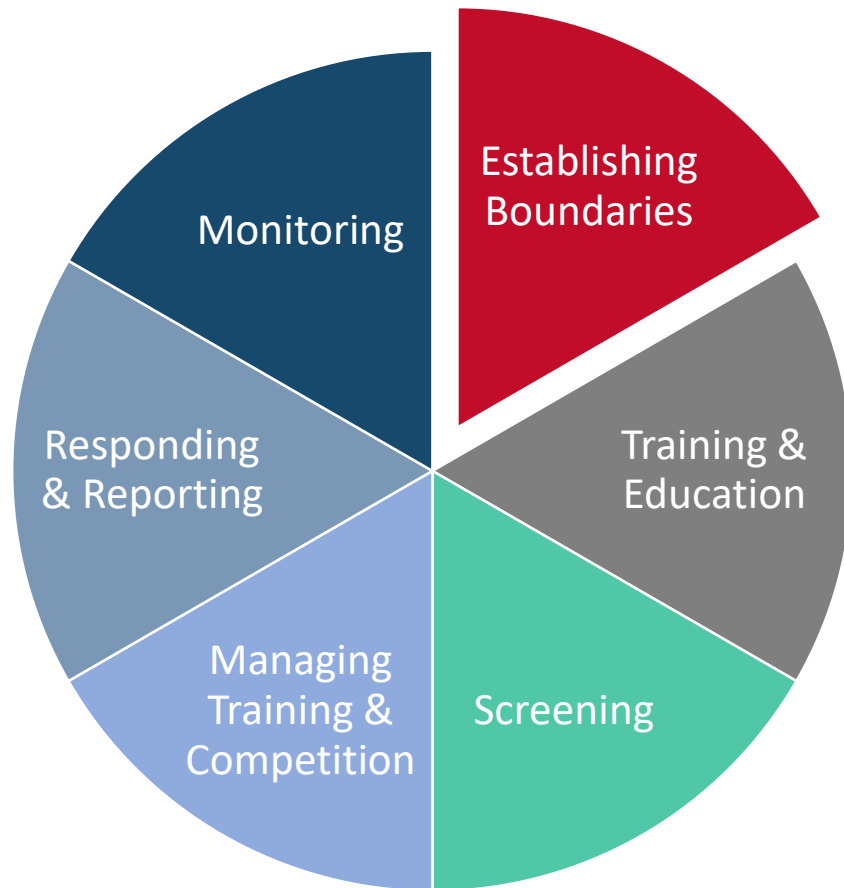


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STRATEGIES FOR CREATING SAFE ENVIRONMENTS



STRATEGIES FOR CREATING SAFE ENVIRONMENTS



Should Address The Following:

- Training & Education
- Screening Applicants
 - Criminal Background Check
- Policies on:
 - Supervision of Athletes and Participants
 - Disciplinary Rules and Procedures
 - Physical Contact
 - Electronic Communications & Social Media
 - Locker Rooms and Changing Areas
 - Travel
- Reporting

TRAINING & EDUCATION

1

How often do you
have in-service
training with your
staff?

2

Do you personally
have any professional
development
opportunities
available to you?

3

Any online training
implemented to
address emerging
trends/issues?

TRAINING & EDUCATION: ADDITIONAL RESOURCES

Parents

- Online Training Course

Youth

- Age-appropriate Training
 - Pre-school
 - Elementary School (K-2 & 3-5)
 - Middle School
 - High School

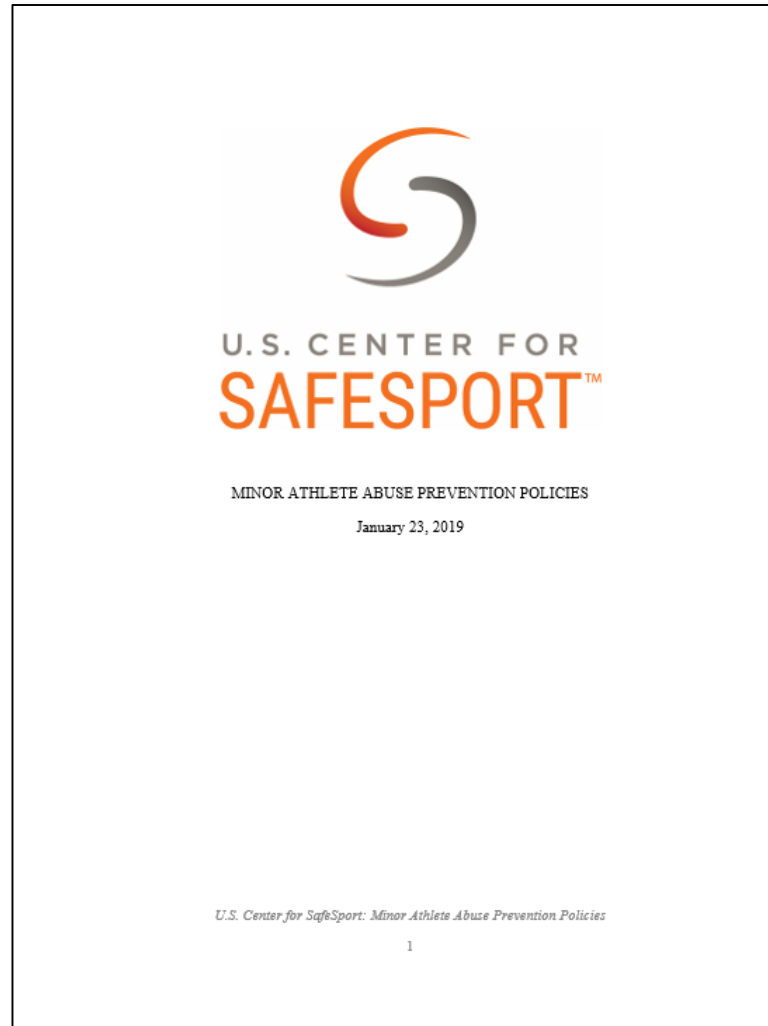


SCREENING APPLICANTS: BACKGROUND CHECKS



- We don't know the full population of sex abusers, thus we don't know what percentage are registered sex offenders.
- However, based on victimization prevalence research, we know that sex offenders are a small percentage of all sexual abusers (16+ data sources).

ESTABLISHING BOUNDARIES





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MANAGING HIGH-RISK ABUSE SITUATIONS



MANAGING HIGH-RISK SITUATIONS

- By its nature, sport presents special situations which offenders can use to groom and abuse victims.
- Your strategy may vary based on your particular sport, practice and/or competition and facilities.



MANAGING HIGH-RISK SITUATIONS

Establish an athlete protection policy



- **Goal:** Describe organization's commitment to promoting athlete safety by clearly defining acceptable boundaries

Keep it safe

- Define child sexual abuse and all other forms of misconduct in sport.
- Identify who the policy applies to
- Specify reporting mechanisms and requirements

MANAGING HIGH-RISK SITUATIONS

Monitoring locker rooms and changing areas



- **Goal:** Balance personal privacy and safety

Keep it safe

- Conduct regular sweeps of locker rooms/changing areas.
- Make sure no child is alone with an adult or much older athlete.
- Prohibit the use of any recording devices, including cell phone cameras, in changing areas, rest rooms or locker rooms.

MANAGING HIGH-RISK SITUATIONS

Local travel



- **Goal:** Maximize two-deep leadership and minimize one-to-one interactions

Keep it safe

- Maintain good communication with parents so they can arrange for their child's transportation.
- Don't transport an unrelated athlete by yourself—have your own child, another athlete or an adult ride along.
- Encourage parents to share transportation duties, so that more than one adult is responsible.

MANAGING HIGH-RISK SITUATIONS



Overnight travel

- **Goal:** Ensure proper safety requirements are in place, including proper licensure, insurance, vehicle and compliance with all state laws

Keep it safe

- Identify an appropriate chaperone-to-athlete ratio based on the type of travel.
- Conduct bed checks in pairs with another adult (do this in mixed-gender pairs if possible).
- Encourage regular contact between athletes and parents during the trip.

MANAGING HIGH-RISK SITUATIONS

Out-of-program contacts



- **Goal:** Reduce or eliminate isolated one-on-one interactions; keep off-site events safe

Keep it safe

- Set and enforce policies that limit out-of-program contact (such as at a coach's home).
- Make it clear what kinds of off-site activities are allowed, and what supervision is required for these events. Parental consent is needed for each occurrence.
- Set rules around the presence of alcohol at organization events.

MANAGING HIGH-RISK SITUATIONS

Social Media and Electronic Communications



- **Goal:** Balance this primary method of communication with risks for privacy and access

Keep it safe

- Limit interaction on social media sites to organization or team pages. Athletes should not join or “like” a coach or volunteer’s personal page.
- Keep electronic communication (texts, posts, emails, instant messaging, etc.) professional and related to team or organizational activities.
- Use organizational accounts (such as organizational email addresses) to communicate to athletes, rather than using a personal account.
- If direct communication is needed with a minor athlete, copy another adult or the child’s legal guardian.

MANAGING HIGH-RISK SITUATIONS

Massage



- **Goal:** Ensure appropriate physical contact by qualified professionals

Keep it safe

- Massages must be done with at least one other adult present.
- In event settings/venues, massages and rub-downs should happen in areas that are visible to others, so the massage professional and athlete are not alone.

MANAGING HIGH-RISK SITUATIONS



Supervision

- **Goal:** Reduce or eliminate isolated one-on-ones



Keep it safe

- Conduct meetings where others are present and where interactions can be easily observed and/or interrupted.
- If possible, meet in a publicly visible and open area, such as the corner of a gym or pool deck.
- If an individual meeting needs to take place in an office, keep the door unlocked and open, notify another adult at the facility that the meeting is taking place.



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MANDATORY REPORTING



LEGAL REQUIREMENTS

- Not just a personal responsibility; we have a legal responsibility.
- Federal law requires that certain adults within national governing bodies and amateur sport organizations report suspected child abuse **within 24 hours** to law enforcement.
- Adults within the Olympic and Paralympic Movements are also required to report abuse to the U.S. Center for SafeSport.





Suspicion of Abuse

If you have a reason to believe abuse is occurring (or has occurred), make a report.

It doesn't matter how long ago the suspicious behavior occurred.

SUSPICION OF ABUSE



Report boundary violations to your organization.



The behavior may not be criminal, but still concerning. Examples include:

Non-therapeutic contact (such as shoulder rubs)

Tickling

Texting individual athletes at late hours

Engaging with athletes in one-on-one situations



You should also report concerning behavior between athletes.



Concerning behavior that isn't criminal should still be reported to your organization.

Suspicion of Abuse

You don't have to be certain that sexual abuse is occurring to make a report.

- Never attempt to conduct your own investigation.
- Don't question the person accused or anyone else.
- Don't extensively question a child who discloses abuse to you.

Leave the investigating and questioning to the authorities.

WHY VICTIMS DON'T DISCLOSE ABUSE

"Why didn't you just leave?"

"Well if this was so awful, why did you keep going back?"

- Victims **DO NOT** have to tell
 - The disclosure is on their timeframe and their timeframe only.
 - We never put the blame on them.

"Why did you go over to his house?"

WHY VICTIMS DON'T DISCLOSE ABUSE

Enormous amount of confusion and shame and complication

Not old enough to appreciate that this is wrong

Think they'll get in trouble

Embarrassed

Feel at fault

Wanting to protect the other person

Basing decisions on a perceived boyfriend/girlfriend relationship

Victim vulnerabilities/issues - credibility

Fear of retribution/elimination from athletics

SIGNS AND SYMPTOMS OF ABUSE



Trauma is personal



Varied Manifestation Period



Poor performance in school when they were excellent students



Overachievers in the arena of school in an attempt to control something



A persistent mood change



Increased anxiety



Inconsistency in athletic performance or downgraded performance



Somatic expressions

BARRIERS TO REPORTING

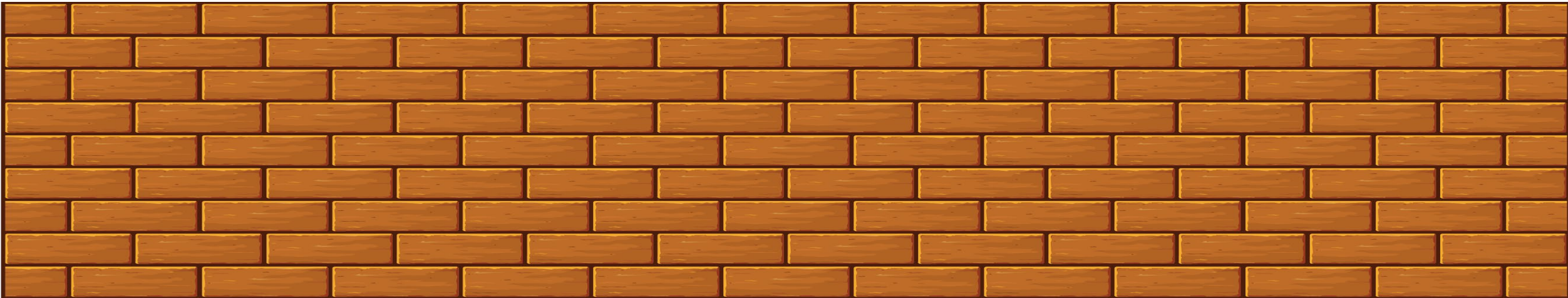
- Many times when coaches or administrators see things that they think are inappropriate, they are reluctant to report it.

Let's talk about this.



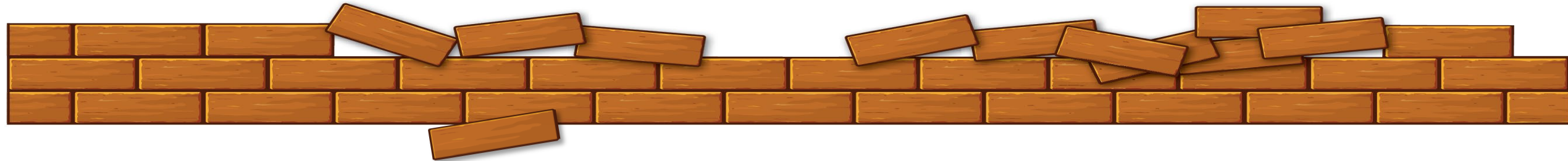
BARRIERS TO REPORTING

Myth: Everyone will know I made the report.



BARRIERS TO REPORTING

Everyone will know I made the report.



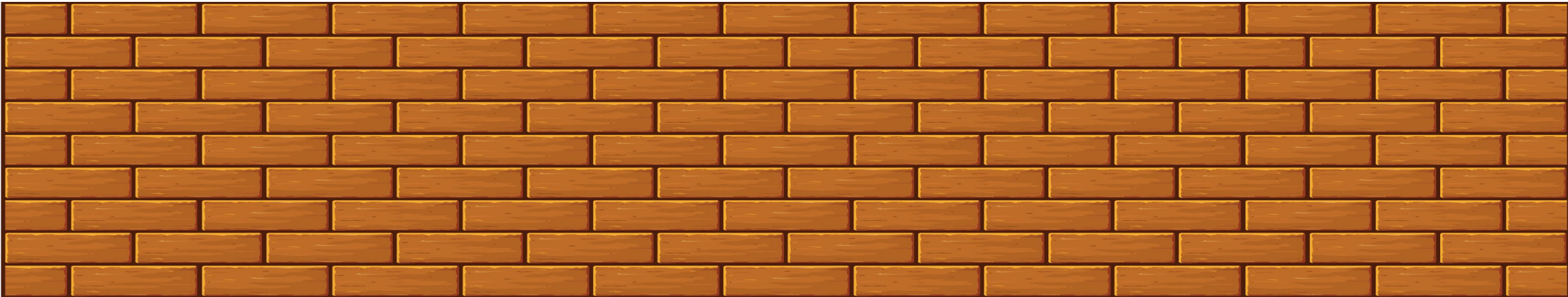
Truth:

Giving your name is helpful to investigators

- Most jurisdictions keep the identity of the reporter confidential
- Many jurisdictions also allow anonymous reporting.
 - Still be prepared to provide authorities as much specific information as possible

BARRIERS TO REPORTING

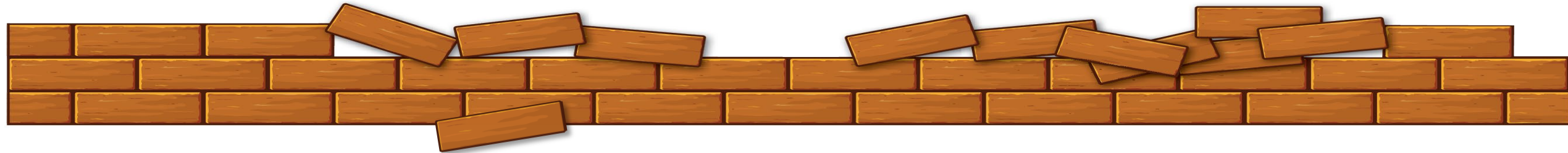
Maybe the report isn't true.



BARRIERS TO REPORTING

Myth:

Maybe the report isn't true.

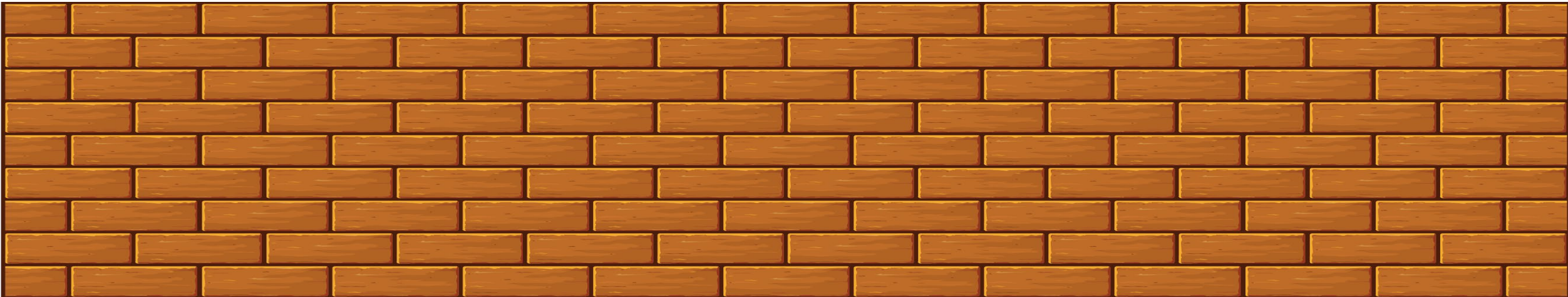


Truth:

- Only one in 10 child victims of sexual abuse report it.
- Studies show false reports are extremely rare, particularly from children.

BARRIERS TO REPORTING

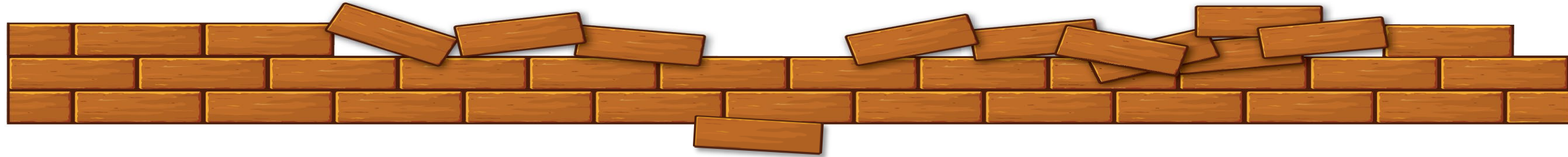
If I'm wrong, I've ruined someone's reputation.



BARRIERS TO REPORTING

Myth:

If I'm wrong, I've ruined someone's reputation.

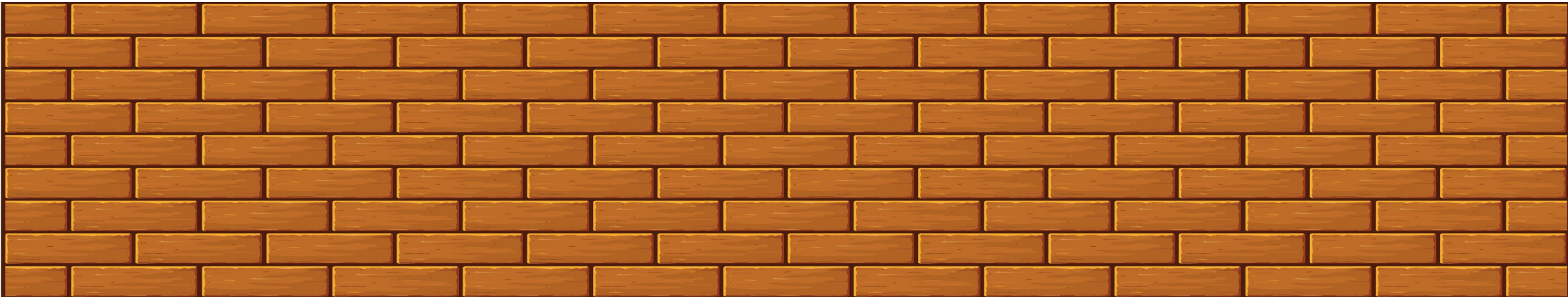


Truth:

- Investigators are trained to uncover information to corroborate a report before any action is taken.
- Investigators also work to protect the identity of the alleged offender.

BARRIERS TO REPORTING

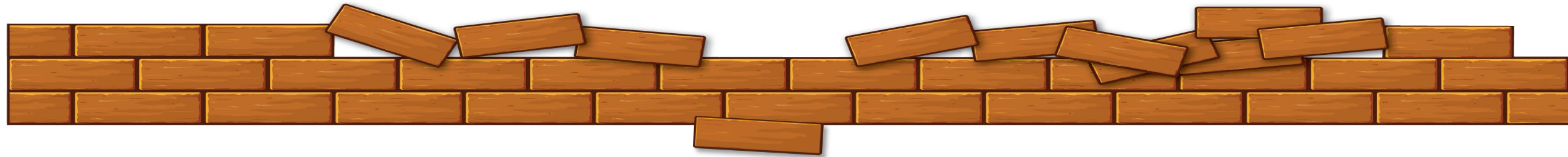
There could be retaliation against me or the athlete.



BARRIERS TO REPORTING

Myth:

There could be retaliation against me or the athlete.

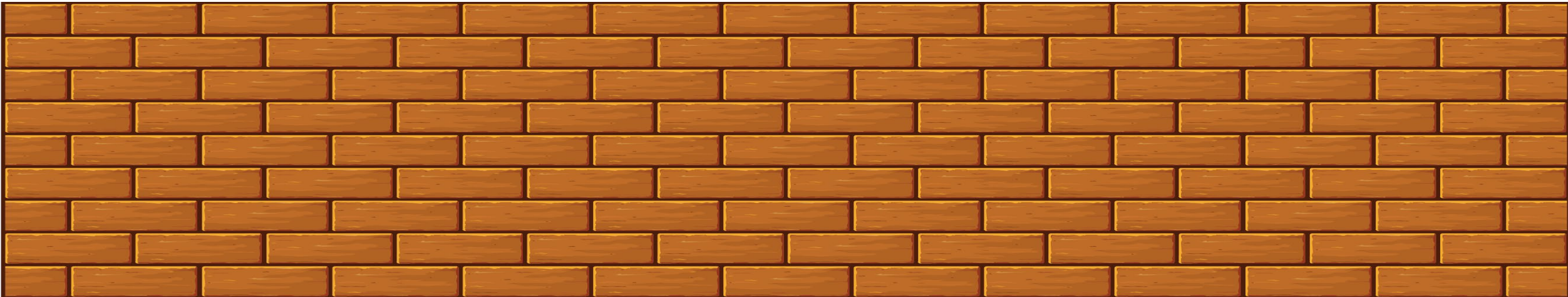


Truth:

- Teammates may retaliate against the victim because they think the accusation has disrupted the team.
- Ease this issue by fostering an environment where everyone understands that victims of abuse are never to blame.
- Your organization should also have policies in place to deal with retaliatory behavior immediately.

BARRIERS TO REPORTING

The alleged offender would never do this.



BARRIERS TO REPORTING

Myth:

The alleged offender would never do this.

Truth:

- Often, the person making the report knows the alleged offender well.
- It can be difficult to believe something so bad about someone we think we know and trust.
- Sexual abusers spend time in advance protecting themselves against suspicion in order to gain access to young people.
- Most people only recognize the warning signs in hindsight.

REPORTING TO AUTHORITIES



REPORTER



VICTIM



OFFENDER

REPORTING TO AUTHORITIES



REPORTER



REPORTING TO AUTHORITIES

Tell the authorities...

- Reporter's name and contact information
 - Authorities may need to reach you for follow-up information.
 - It generates a record that you reported the concern about abuse in accordance with any mandatory reporting laws.
- **AFTER you have reported the abuse to the appropriate law enforcement authorities, report the incident internally at your sport organization according to your organization's policies.**



REPORTING TO AUTHORITIES



VICTIM



REPORTING TO AUTHORITIES

Tell the authorities...

- **What you were told about the abuse**
 - Provide as much detail as possible about what the minor told you.
 - Remember: If a minor tells you a friend has reported abuse, you must make a report.
 - In this case, report what you were told by the victim's friend.



REPORTING TO AUTHORITIES



REPORTING TO AUTHORITIES

Tell the authorities...

- **Offender's identity**
 - Provide as much detail as possible for investigators—such as a first and last name and any contact information you have.
- **Whether the victim is or will soon be around the offender**
 - This will allow authorities to take steps to ensure the victim is safe.



ONLINE REPORTING FORM

 U.S. CENTER FOR
SAFESPORT

Sexual Misconduct Incident Reporting Form

 **720-531-0340**

Background Information

YOU MAY REPORT ANONYMOUSLY. If you choose to report anonymously, please write ANONYMOUS where it says "Your full name." If you would prefer to report by phone, please call [720-531-0340](tel:720-531-0340). Callers may remain anonymous.

Your full name:

Your position/title:

Your phone number:

Your email address:

Date of incident (Required): 

Sport/Organization:

 <https://safesport.org/report-a-concern>

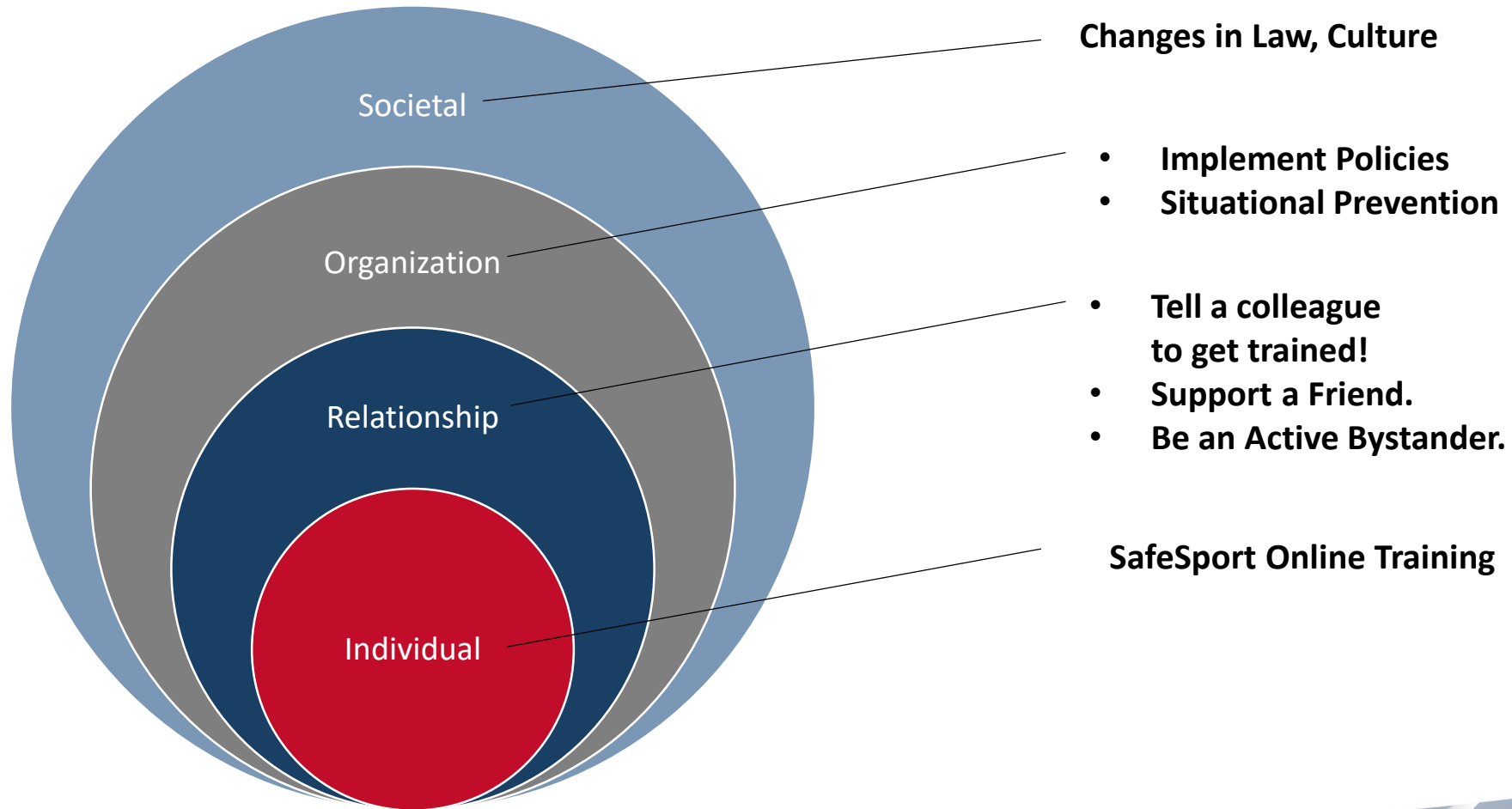


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ADDITIONAL RESOURCES



WHAT CAN YOU DO?

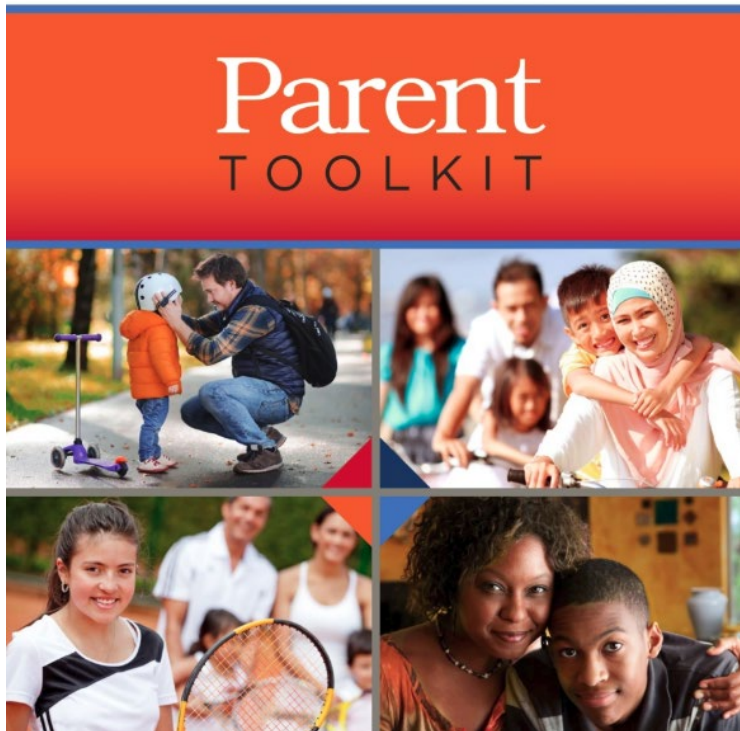


SAFESPORT TRAINED ONLINE COURSE

- Mandatory SafeSport training is for:
 - Master Instructor Trainers; Instructor Trainers for all US Sailing Training Programs: Small Boat, Keelboat, Powerboat (including current, candidates, and recertifying)
 - All Certified Race Officials (including current, candidates, and recertifying)
 - US Sailing Championship Committee Chairs
 - US Sailing Coaches; US Sailing Contract Coaches; US Sailing Coach applicants
 - US Sailing Team and Olympic Development support persons, as defined in The Racing Rules of Sailing, to include but not to be limited to medical; therapeutic; boat wrights
 - US Sailing Leadership and Management: Board of Directors, staff and interns and members of the Olympic Sailing Committee
 - **All US Sailing members are strongly encouraged as well as all organizational members**
- Training Covers:
 - Sexual Misconduct Awareness
 - Emotional and Physical Misconduct
 - Mandatory Reporting
- If affiliated with an NGB:
 - Access through safesport.org
 - Have US Sailing member ID ready
- For all others:
 - Access through athletesafety.org
 - Cost is \$20 per person



PARENT RESOURCES



Training:

- Parent's Guide to Misconduct in Sport

[Athletesafety.org](https://athletesafety.org)

Toolkit Covers:

- What you need to know about abuse
- Age-appropriate discussion starters about various forms of abuse
- Prevention Questions
- How to Respond
- Signs and Symptoms of Abuse

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Training #3: Focus on FUN!	11

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Handouts

Supporting and Responding

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Toolkit Contains:

- Training sessions for administrators to lead w/ parents and youth
- Facilitated by a non-coach
- Brief, facilitator-led training sessions (complete with videos and scripts) for each minor age group (preschool, school-age, middle school and high school)
- Brief and easy-to-read information about what to look for in cases of physical, sexual and/or emotional abuse, and how to respond in cases of potential abuse
- Resources for youth on how to support a friend or find help should they experience or witness abuse.

BYSTANDER INTERVENTION MODEL

FOUR STEPS TO PROTECT OTHERS

C

reate a distraction.

A

sk directly.

R

efer to an authority.


E

nlist others.




SAFESPORT DISCIPLINARY RECORDS

MENU



SIGN IN



DISCIPLINARY RECORDS

Locate past decisions from March 2017 - present


SearchOther Records

Please enter a name to begin your search.


Glossary of Terms

Name

Search


 > Disciplinary records

CONTACTPRIVACY POLICYSITE MAP



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US SAILING RESOURCES



2018 Covered Individuals for US Sailing under SafeSport policies include the following:

Group 1: US Sailing Leadership and Management

Mandatory SafeSport training to be successfully completed and Background Check required

- All US Sailing Staff and Interns
- Board of Directors
- Olympic Sailing Committee

Group 2: Staff and contractors who have frequent and direct contact with athletes and are associated with the following US Sailing programs: US Sailing Championships, Olympic Development Program and the US Sailing Team.

Mandatory SafeSport training to be successfully completed and Background Check required

- US Sailing coaches; Contract coaches; US Sailing Coach applicants
- Support persons, as defined in *The Racing Rules of Sailing*, to include but not be limited to medical; therapeutic; boat wrights

Group 3: Other individuals agreed by the SafeSport Entity and an NGB to be within the SafeSport Entity's jurisdiction who may be in a position of authority over an athlete

Mandatory SafeSport training to be successfully completed and Background Checks required

- Master Instructor Trainers; Instructor Trainers for all US Sailing Training Programs: Small Boat, Keelboat, Powerboat, Race Officials, etc.

Mandatory SafeSport training to be successfully completed is required.

- All Instructor Candidates in 2018 must successfully complete SafeSport training as a prerequisite for their course.
- All Instructors recertifying Instructor certifications in 2018 must successfully complete SafeSport training prior to renewal.
- Any certified instructor whose certification is current 2018 must successfully complete SafeSport training by December 31, 2018
- US Sailing Certified Race Officials, such as PROs, umpires, judges and measurers, etc., invited to a US Sailing Championship and/or other event for which US Sailing is the Organizing Authority must have successfully completed SafeSport training at the time of appointment to the Championship event.
- US Sailing Race Official candidates upon applying in 2018 for initial Race Official certification must have successfully completed SafeSport training upon application
- All Race Officials who are renewing Race Official certifications in 2018, must successfully complete SafeSport training prior to renewal.

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401-342-7966



safesport@ussailing.org

SAFESPORT PROGRAM HANDBOOK



<http://www.ussailing.org/safety/safesport/report-a-safesport-incident>

1



SAFESPORT
HELPLINE



Call the Helpline



Chat with the Helpline

About Sexual Assault

Terms & Conditions

Rainn Website

SAFESPORT HELPLINE (WEB + APP)

- Access live, confidential help over the phone
- [866-200-0796](tel:866-200-0796)
- <https://www.safesporthepline.org/>



U.S. CENTER FOR SAFESPORT™

CHAMPION RESPECT. END ABUSE.

DAN MILLS

TRAINING & TECHNICAL ASSISTANCE MANAGER

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FOR ADDITIONAL TRAINING OPPORTUNITIES CONTACT:

TRAINING@SAFESPORT.ORG

OR

720.965.2669

Your Opinion Matters

Please open the **NSPS app**
and complete the **session survey** found in the
menu bar for a chance to win a **free drink ticket!**

Thank you for attending this session