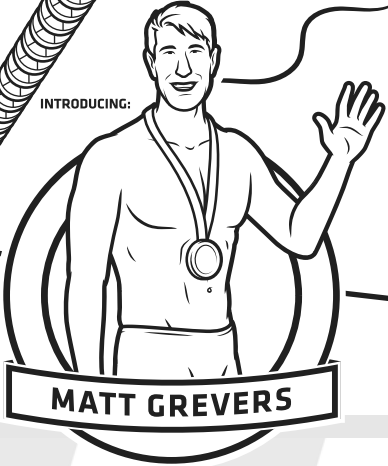




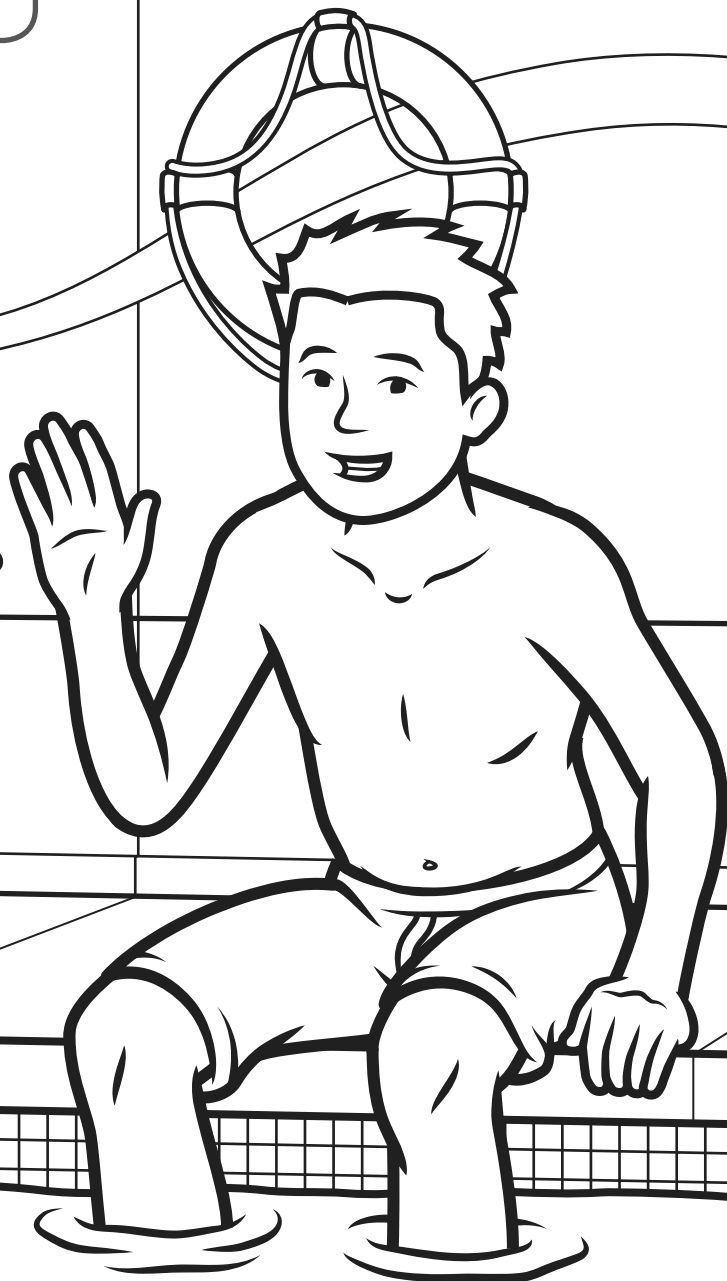
# SAFE SPORT ACTIVITY BOOK

SPRING 2018

- 11** Activities to learn about Safe Sport!
- Connect the Dots
- Image Searches
- Word Puzzles
- Draw A Picture
- Coloring
- & More!



*Creating a Safe Sport environment is something that we all can help achieve. Hi, my name is **Liv** and this is **Remy**. We're Safe Sport Champions. We believe that every kid deserves the chance to share in a positive environment while swimming. We are excited to walk through this activity book with you. So, let's get going and have some fun! I bet we will find some ways that we can do Safe Sport everyday.*





# WORD SEARCH

Find all of the words listed in the word bank below. Search up, down, forward, backwards or diagonal to find the hidden words.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | S | V | E | E | E | A | F | T | L | T | V | C | V |
| R | E | A | H | C | D | D | C | R | R | Y | U | X | A |
| O | I | L | P | X | N | E | U | O | I | L | L | N | L |
| P | T | U | Z | C | P | E | P | C | T | E | K | U | U |
| P | I | E | Q | S | O | S | I | U | A | F | N | F | A |
| U | L | S | E | T | E | N | R | R | I | T | B | D | B |
| S | A | R | Y | F | A | E | N | U | E | B | I | D | L |
| A | U | K | A | T | C | E | T | O | R | P | L | O | E |
| H | Q | S | U | M | J | N | L | R | M | K | X | P | N |
| S | A | F | E | Z | O | N | E | S | H | R | R | E | E |
| N | O | I | T | A | C | I | N | U | M | M | O | C | O |
| D | I | R | E | C | T | F | I | Q | D | E | F | A | S |
| V | R | I | B | I | W | E | E | R | I | O | L | D | H |
| W | B | V | U | Q | V | I | S | C | V | G | I | T | G |

qualities

culture

set

direct

protect

experience

safe

fun

friend

learn

valuable

safe sport

support

respect

values

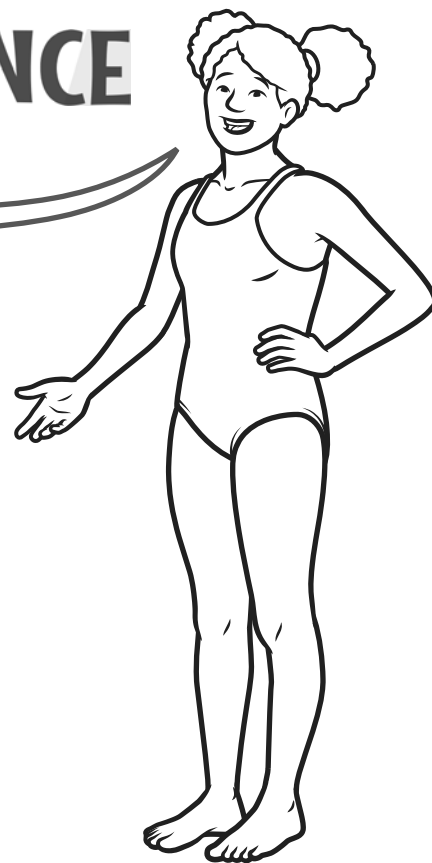
safe zones

communication

education

# COMPLETE THE SENTENCE

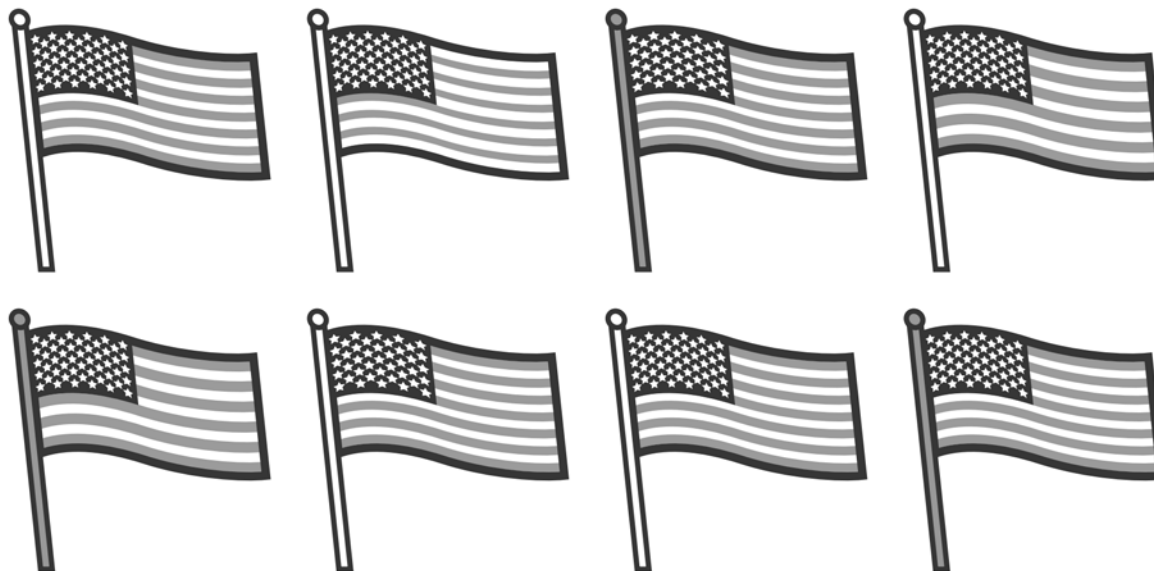
*There are ways you can help make a positive environment on your team, circle the correct word in each bold face pair to complete the sentences and find out how.*



1. Go ahead and **share/shine** your valuable opinions. Your athlete voice matters!
2. Talk with your teammates about how you want to **trap/treat** each other on and off the pool deck.
3. **Cheer/Jeer** your teammates on in practice and at meets. Everyone is included!

## SPOT THE PAIR

*Only two of these USA Flags are identical. Can you find the pair and circle them?*



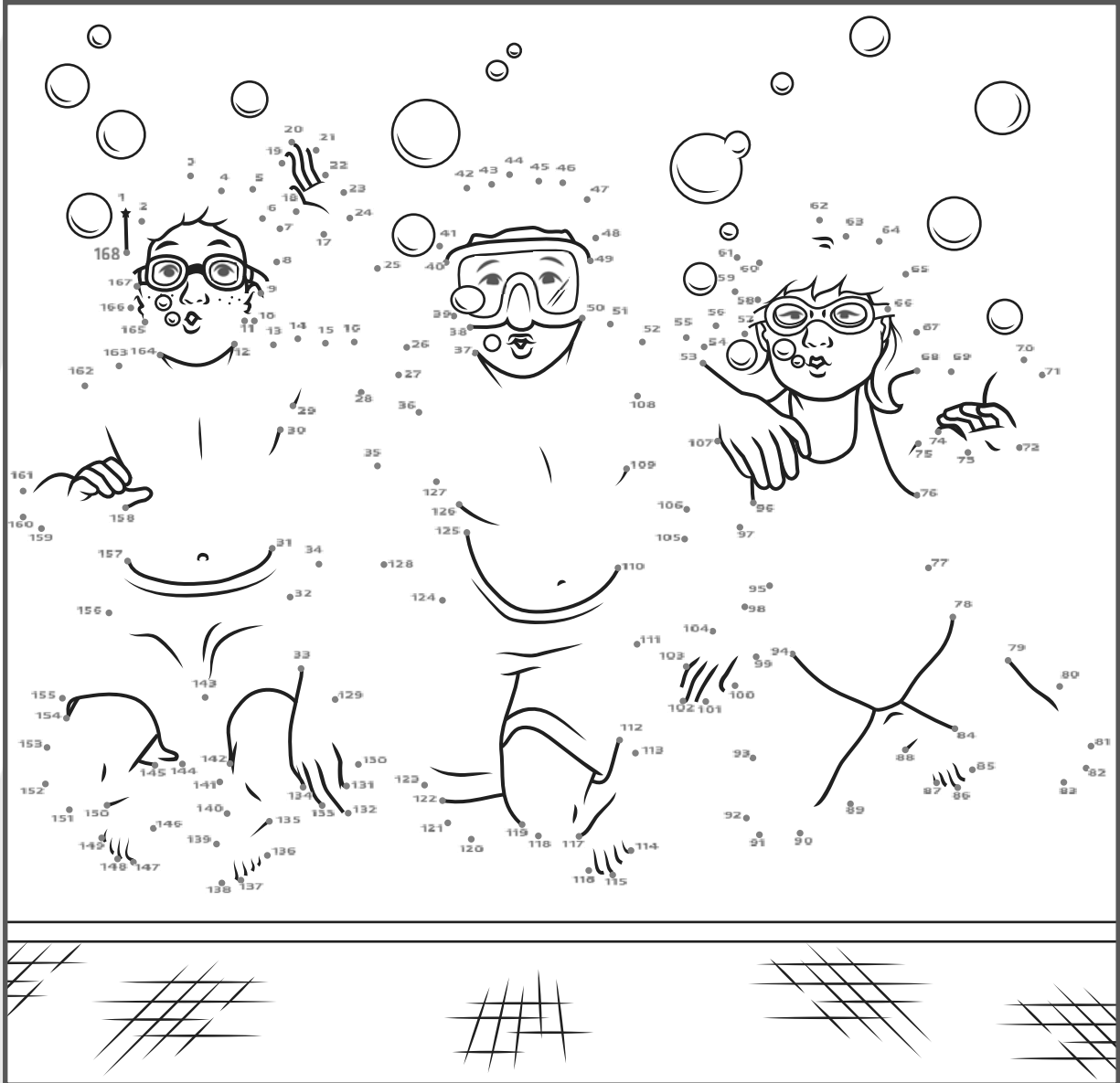


# CONNECT THE DOTS

Connect the dots from 1-168.

Color in the image when you are finished.

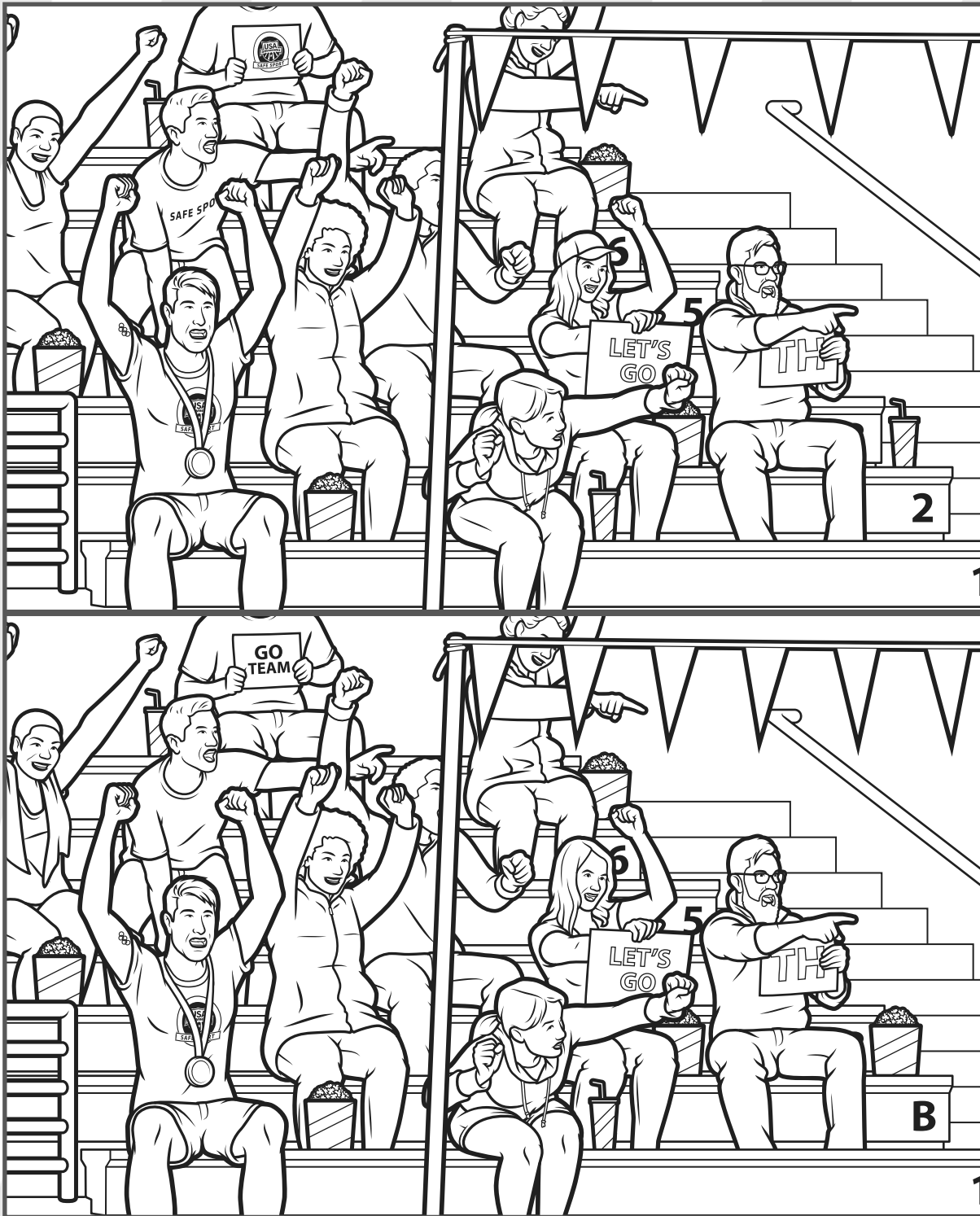
SAFE SPORT - ACTIVITY BOOK



Most important thing in swimming...  
Have Fun!

# SPOT THE DIFFERENCE

Can you find 8 differences between the two pictures?





# MATH PUZZLE

Solve the math problems, using the Number Key to find the letters, and write them on the line.



## NUMBER KEY

|   |    |
|---|----|
| M | 9  |
| A | 12 |
| N | 4  |
| F | 15 |
| I | 7  |
| T | 13 |
| O | 2  |
| C | 10 |
| K | 1  |
| E | 14 |
| W | 5  |
| R | 8  |
| D | 11 |
| L | 3  |
| B | 16 |
| S | 6  |

\_\_\_\_\_ a \_\_\_\_\_  
(7+2) (8+4) (20-19) (18-4) (1+3) (9+5) (15-10)

\_\_\_\_\_ on the \_\_\_\_\_  
(11+4) (3+5) (18-11) (6+8) (10-6) (10+1) (12+1) (22-8) (15-3) (1+8)

\_\_\_\_\_ something new from a  
(9-6) (7+7) (10+2) (16-8) (16-12)

\_\_\_\_\_ teammate.  
(3+12) (16-2) (3+0) (9-6) (10-8) (12-7)

\_\_\_\_\_ to someone who  
(12+4) (15-1) (8-4) (10-3) (5+5) (4+10)

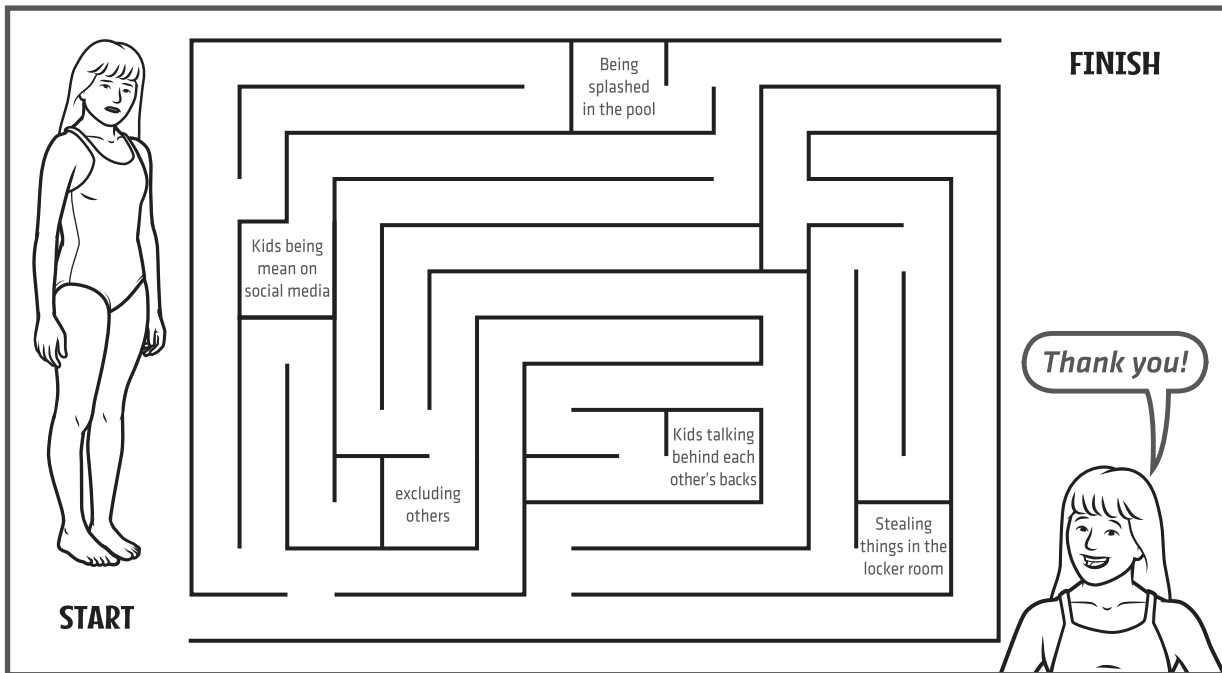
\_\_\_\_\_ it.  
(6-2) (14+0) (22-8) (9+2) (1+5)



*Being a good teammate is very important. The activities on these two pages show how you can do that.*

# MAZE

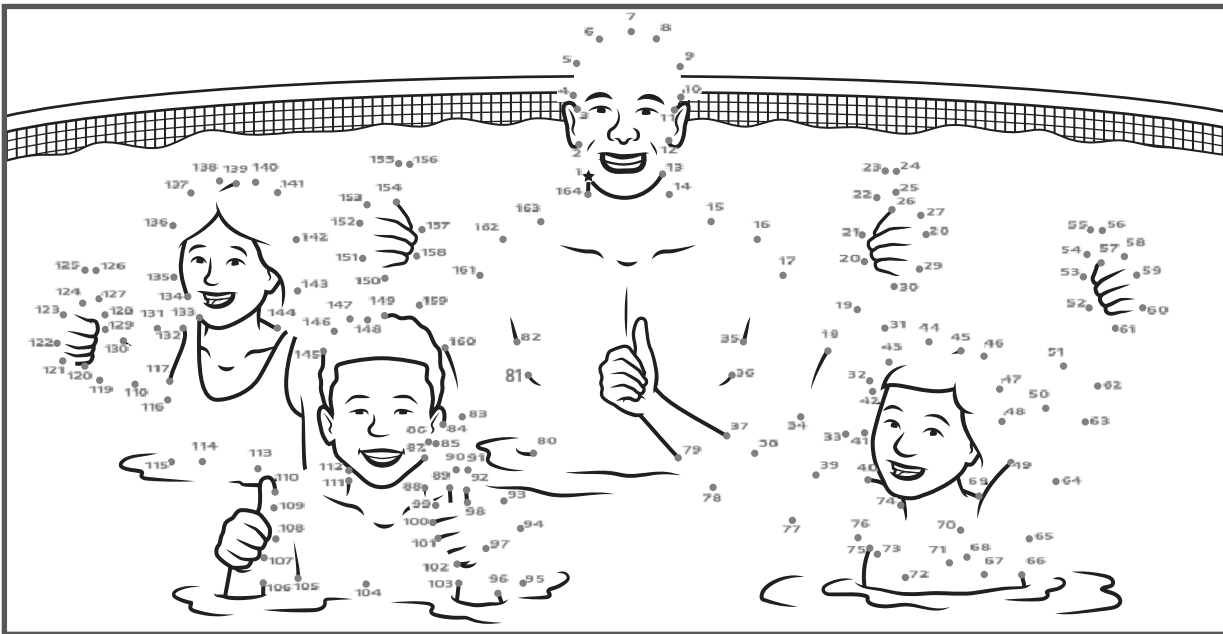
*Bullying, being mean or even rude is never okay. By avoiding all the bullying, help your friend get to a trusted adult who can help.*



# CONNECT THE DOTS

*Connect the dots from 1-164.*

*Color in the image when you are finished.*







*There are some areas at practices and meets we must be extra careful around. Here are 4 important lessons to think about when at the pool.*



# SWIMMING SAFE ZONES

*Fill in the blank with the best word from the word box to complete the sentence.  
(Note: Not all words are used)*

1. Walk with a \_\_\_\_\_ to and from the warm up and warm down pool.
2. If anyone's behavior in the locker room makes you uncomfortable, find an adult you \_\_\_\_\_ to talk to.
3. It is okay to \_\_\_\_\_ ask a teammate to stop pulling on your feet in the water during practice.
4. It is \_\_\_\_\_ alright to say something mean about someone on social media, or through texting.

## WORD BOX

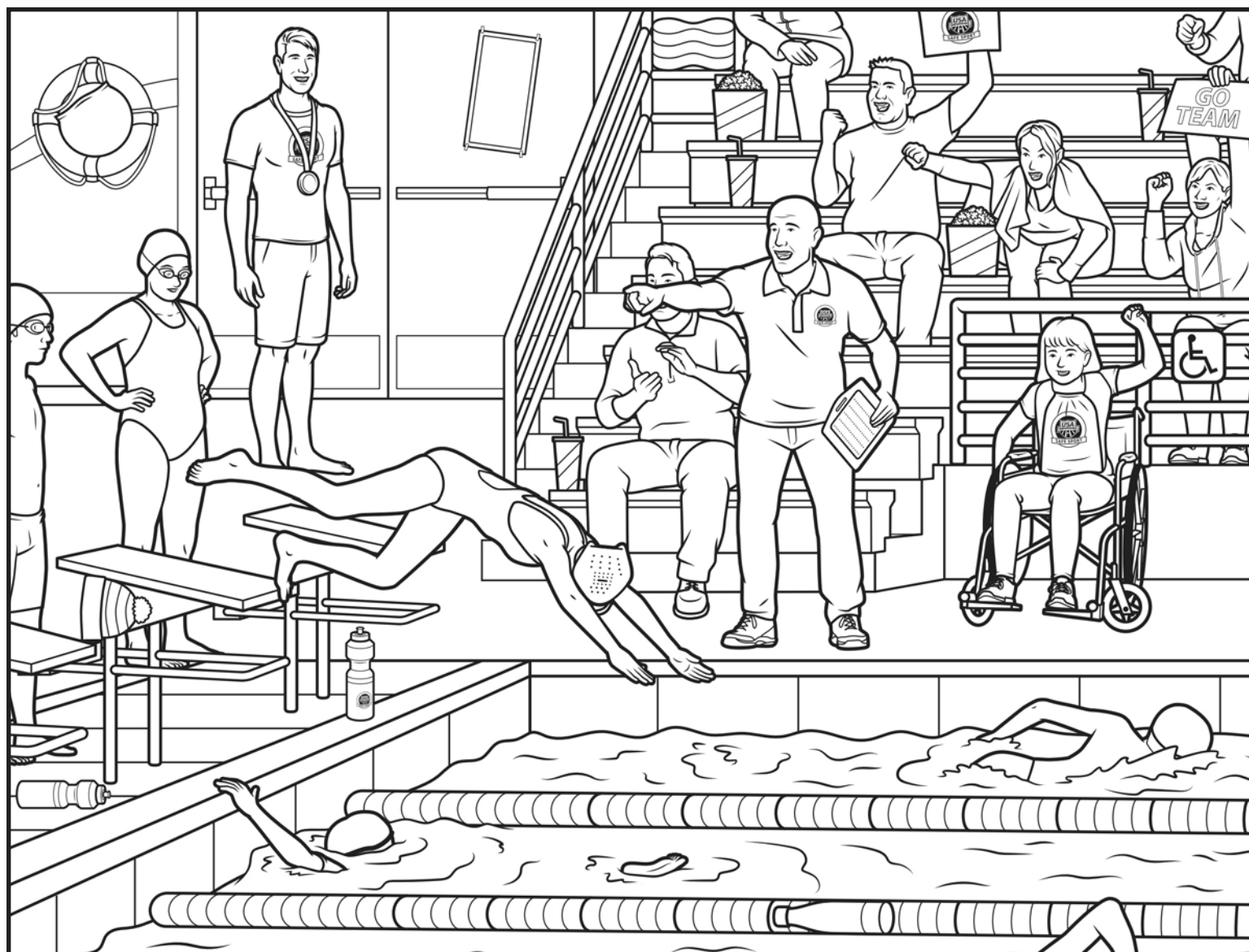
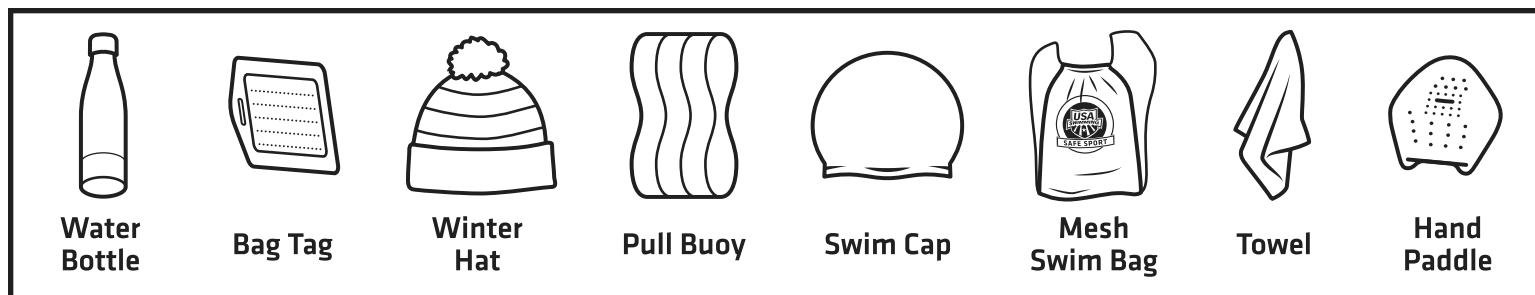
friend  
trust

explain  
cheer

never  
politely

# FIND THE PICTURES

Can you find all of the hidden objects in the picture below?





# DRAW A PICTURE

*Draw a picture of your favorite swimming memory.*

*My favorite swimming memory is when ...*

A large, empty rectangular box with a black border, intended for the user to draw their favorite swimming memory.

*For extra fun, write a description of what your picture is about.*

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*Remy and I love being Safe Sport Champions and we think that you are ready to be a Safe Sport Champion, too. Keep this activity book as a reminder of ways that you can show you are a Safe Sport Champion every day. See you next time.*

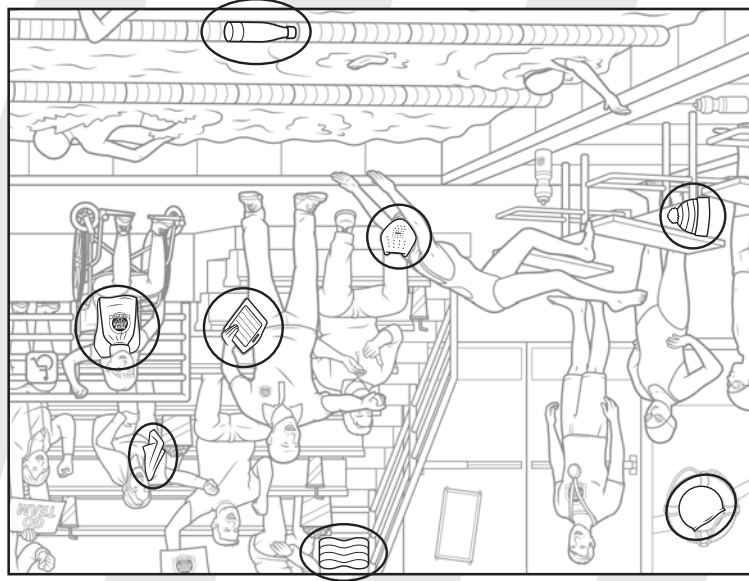
*Thank you for doing all of these activities with us. This has been fun, and we can't wait to get to have more fun with you soon.*





# ANSWER SHEET

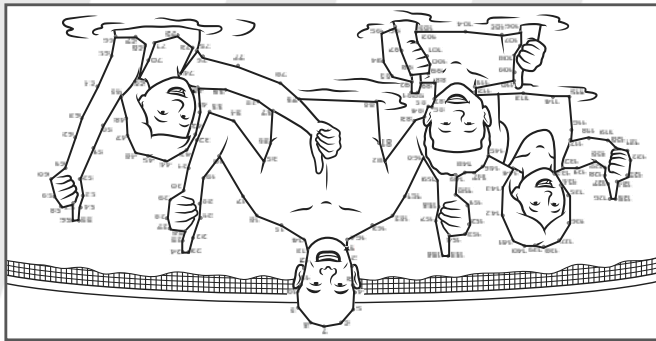
Find all of the solutions to each of the activities. No cheating!



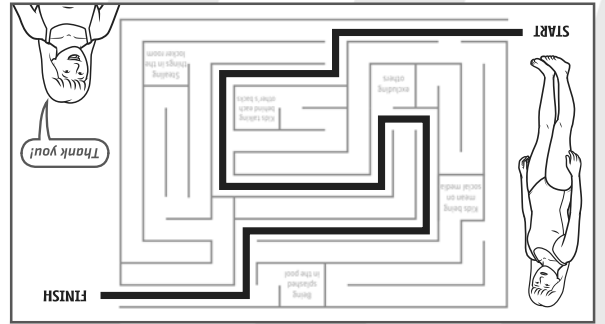
Find the Pictures Pg. 11

- Walk with a **friend** to and from the warm up and warm down pool.
- If anyone's behavior in the locker room makes you uncomfortable, find an adult you **trust** to talk to.
- It is okay to **politely** ask a teammate to stop pulling on your feet in the water during practice.
- It is **never** alright to say something mean about someone on social media, or through texting.

Swimming Safe Zones Pg. 10



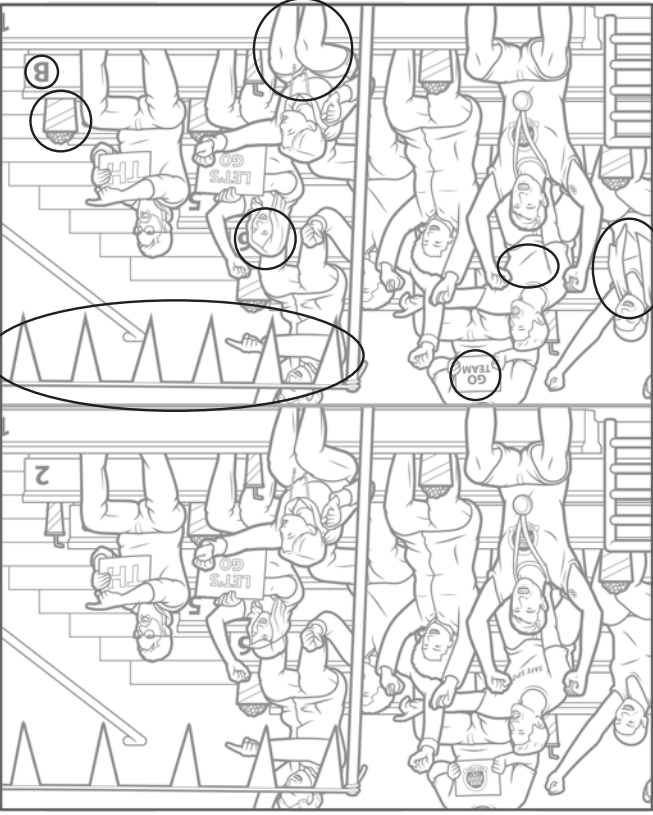
Connect the Dots Pg. 9



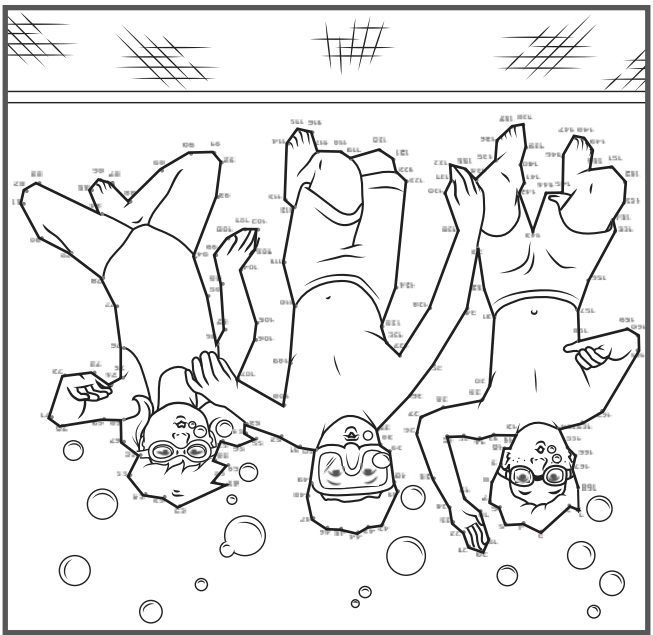
Maze Pg. 9

**M** <sup>(7+2)</sup> **A** <sup>(8+4)</sup> **K** <sup>(20-19)</sup> **E** <sup>(1+3)</sup> a **N** <sup>(9+5)</sup> **E** <sup>(15-10)</sup> **W**  
**F** <sup>(11+4)</sup> **R** <sup>(3+5)</sup> **I** <sup>(18-11)</sup> **E** <sup>(6-8)</sup> **N** <sup>(10-6)</sup> **D** <sup>(10+1)</sup> on the **I** <sup>(12+1)</sup> **E** <sup>(22-8)</sup> **A** <sup>(15-3)</sup> **M** <sup>(1+8)</sup>  
**L** <sup>(9-6)</sup> **E** <sup>(7+7)</sup> **A** <sup>(10+2)</sup> **R** <sup>(16-8)</sup> **N** <sup>(16-12)</sup> something new from a  
**F** <sup>(3+12)</sup> **E** <sup>(16-2)</sup> **L** <sup>(3+0)</sup> **L** <sup>(9-6)</sup> **O** <sup>(10-8)</sup> **W** <sup>(12-7)</sup> teammate.  
**B** <sup>(12+4)</sup> **E** <sup>(15-1)</sup> **N** <sup>(8-4)</sup> **I** <sup>(10-3)</sup> **C** <sup>(5+5)</sup> **E** <sup>(4+10)</sup> to someone who  
**N** <sup>(6-2)</sup> **E** <sup>(14+0)</sup> **E** <sup>(22-8)</sup> **D** <sup>(9+2)</sup> **S** <sup>(1+5)</sup> it.

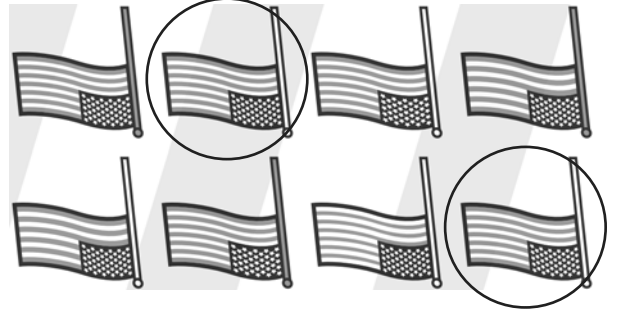
Math Puzzle Pg. 8



Spot the Difference Pg. 7



Connect the Dots Pg. 6



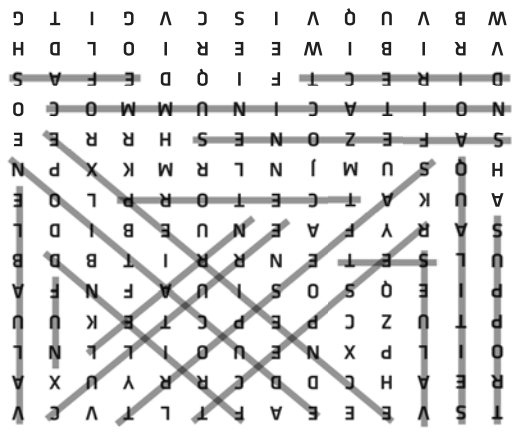
Spot the Pair Pg. 5

1. Go ahead and **share/shine** your valuable opinions. Your athlete voice matters!

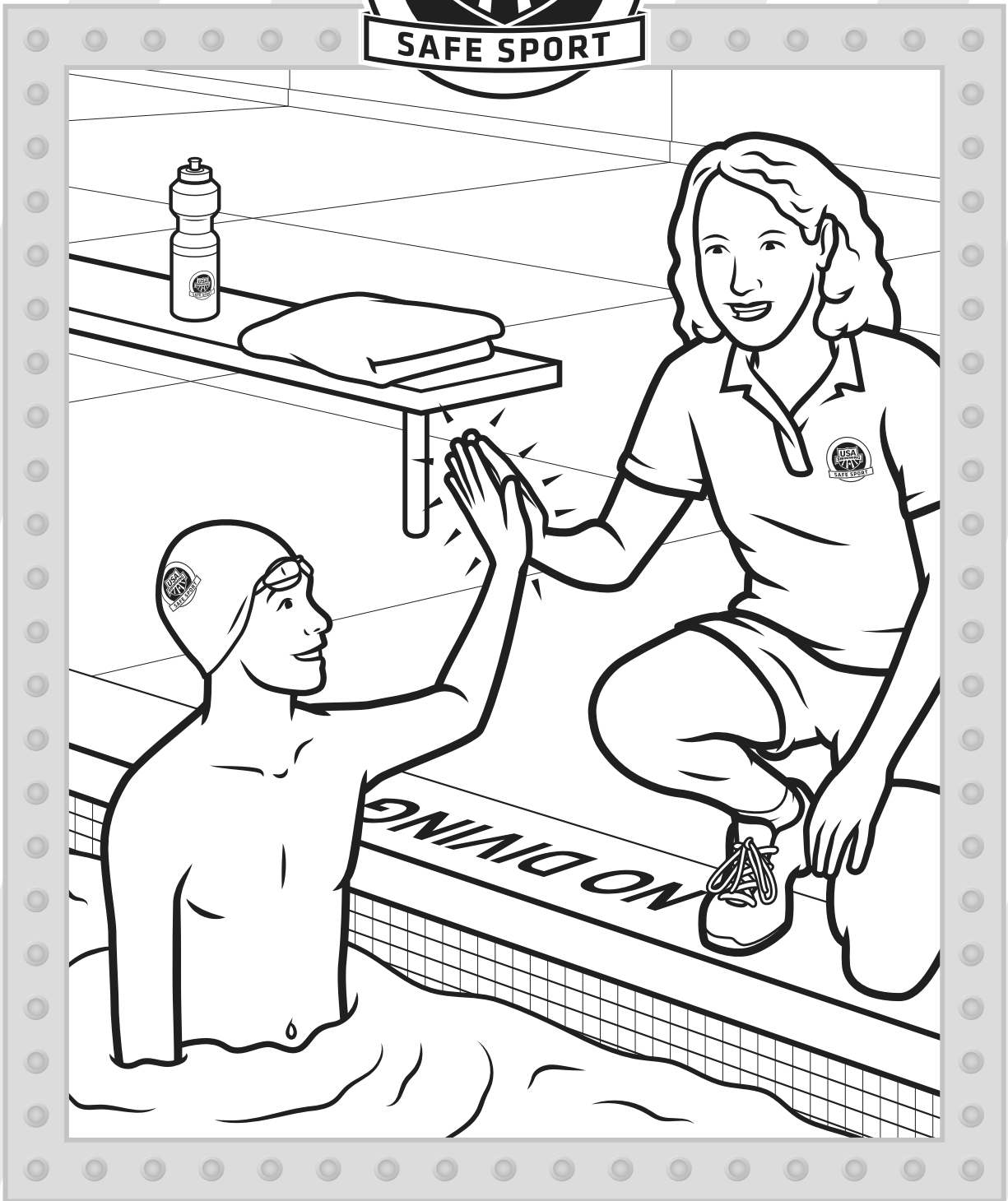
2. Talk with your teammates about how you want to **trap/treat** each other on and off the pool deck.

3. **Cheer/Jeer** your teammates on in practice and at meets. Everyone is included!

Complete the Sentence Pg. 5



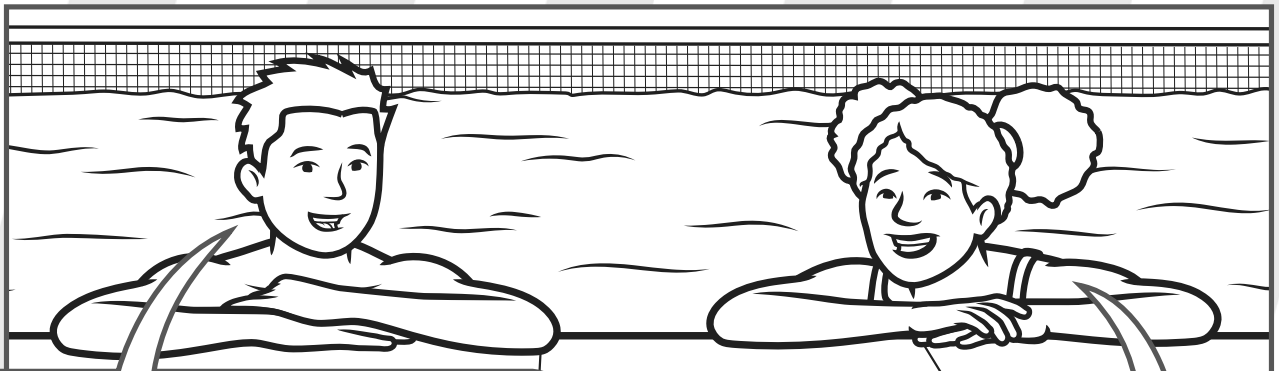
Word Search Pg. 4



[usaswimming.org/protect](https://usaswimming.org/protect)



# THANK YOU CARDS




*One more thing swimming friends...There are a lot of people who help make swimming a great experience for you. Take the time to thank them by filling out these thank you cards and giving them to them.*

*You can see some of our examples below.*


Dear mom,  
 Thank you for waking up every morning to drive me to practice. I appreciate how much you do for me!

Love,  
 Liv



Thank you, Coach Jason!  
 You have helped me reached swimming goals that I never thought I could achieve. Your support makes me want to work hard and never forget what swimming is all about, having fun!

Thank you very much,  
 Remy




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