



Read this:

You go into the locker room after practice and, while changing, are distracted by a group of swimmers behind you laughing and clapping loudly. You ignore it for a bit, but then they call your name to come and join them. You realize they are posing for pictures in front of the mirror, taking a picture and posting them as part of their streaks on Snapchat. You are told, "no worries - the pictures disappear!"

Discussion Questions:

What do you do?

>Safe Sport says: Taking pictures in the locker room is against USA Swimming rules. Speak up and ask them to stop and then tell a coach.

Why do you think that taking pictures in the locker room is against the rules?

>Safe Sport says: Because people are showering and changing their clothes in the locker room, taking pictures is against the rules. We wouldn't want anyone to be caught on camera without clothes or a suit on.

Should you tell a coach?

>Safe Sport says: Yes! You should always report a violation of the rules to your coach or another trusted adult - especially if your teammates didn't stop or you didn't feel comfortable saying something right away.

Does it make a difference if the pictures disappear (such as on Snapchat) or if they're posted to something more permanent (such as Instagram)?

>Safe Sport says: No, the rules are the same. There is no difference if one person sees the photos taken in the locker room or hundreds see it.

Wrap It Up:

What if you were the one who was taking the photos?

>Safe Sport says: Everybody makes mistakes. Maybe you didn't know the rules. Apologize to your teammates and coach and don't do it again. Be respectful of any consequences that the team might have for you.

***For Coaches: Talk with your athletes about media use and expectations around devices in the locker room. Consider developing team guidelines for social media use at the pool or during team events. For more resources, visit www.usaswimming.org/protect or contact Safe Sport at safesport@usaswimming.org.**