

SAFESPORT – A QUICK GUIDE FOR PARENTS

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U.S. Figure Skating strives to provide a safe environment for its members that is free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members, including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules.

You can learn more about U.S. Figure Skating's abuse prevention policies in [U.S. Figure Skating's SafeSport Handbook](#). In addition, U.S. Figure Skating has pre-recorded SafeSport webinars available in [Members Only](#) under the Leadership tab.

Preventing abuse in sport begins with creating awareness around what constitutes abuse or misconduct and knowledge of how to recognize the red flags and where to report them. Such education can help us all work together to create a safe, supportive and healthy skating environment for all members.

ONLINE PARENT TOOLKITS

The U.S. Center for SafeSport has free online training and toolkits to give parents the necessary SafeSport information for their young athlete. These toolkits help parents understand SafeSport best practices and how to respond to signs of abuse or misconduct.

[For Parents of Preschool Children](#)

[For Parents of School-Age Children](#)

[For parents of Middle School Youth](#)

[For Parents of High School Aged Adolescents](#)

[Parent Toolkit - All Ages](#)

ONLINE PARENT AND ATHLETE SAFESPORT TRAINING

In addition to the parent toolkits, the U.S. Center for SafeSport has developed online training courses for parents and athletes. The parent course was designed for the parents of athletes of all ages. The course explains the issue of misconduct in sport and is offered at no cost.

The Youth Athlete Training courses are free resources for children of preschool age; grades K-2; grades 3-5; middle school and high school. The online trainings are designed as an introduction for minor athletes and their parents to understand the importance of positive, welcoming environments in sports and to know where to report abuse, should it occur. Each course requires that a parent/guardian create an account for their minor athlete to access the training.

These courses can be found at www.athletesafety.org.

YOUTUBE VIDEOS ABOUT BULLYING

U.S. Figure Skating believes in empowering athletes of all ages to talk with trusted adults when they see or suspect that misconduct is occurring. Peer to peer bullying amongst athletes is not uncommon in sports and in schools. Below are three useful videos parents may share with their children to start a conversation about bullying and bullying prevention.

[The Importance of Bystander Power](#)
[How to Stop a Bully](#)

[What to do if You Witness Bullying](#)