

NATIONAL COACHING SYMPOSIUM 2018



Risk Management for Coaches and Athletes

John Pearce & David Liebenberg

Coaches Manage Risk Constantly

- On-Water
 - Planning, equipment, weather, injuries, emergency response, athlete needs.
 - Performance decisions, strategy and tactics, risk/reward assessment.
- Off-Water
 - Athlete wellness, managing energy and burnout, fitness, nutrition, psychology
 - Team dynamics, leadership and followership, discipline and accountability
 - Athlete safety, physical/emotional/sexual misconduct, SafeSport Program

Training and Communication

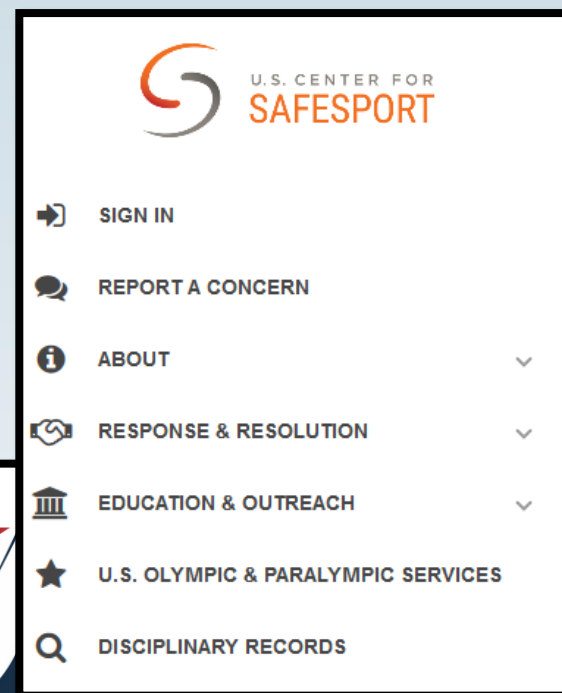
- No two circumstances are alike, and YOU, the coach, are best positioned to directly impact athlete experience, development, and well being.
- Take ownership – Be professional
 - Get trained.
 - Seek out continuing education.
 - Communicate.
 - Advocate.
 - Manage your own risk and liability.



On-Land Athlete Safety – SafeSport Program

Disclaimer

- I'm not a lawyer. Policies change frequently.
- The latest information is available via:
 - www.SafeSport.org
 - www.ussailing.org/competition/resources/safesport-us-sailing/
- US Sailing SafeSport Program Handbook (available on US Sailing website)
- Email: SafeSport@USSailing.org



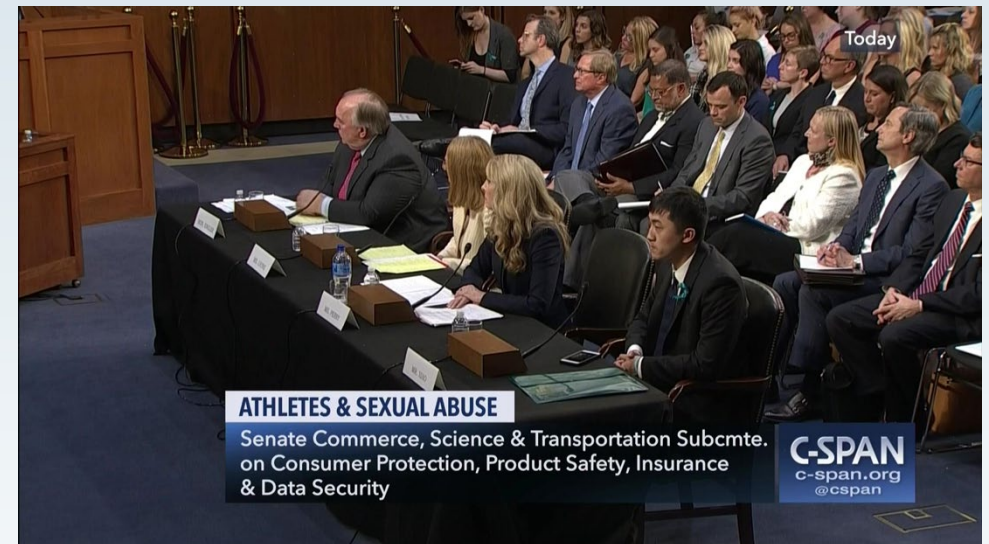
Athlete Abuse Statistics

- Before age 18, between 6% - 13% of competitive athletes experience some form of sexual abuse or assault within their sport. That's as many as 1/8 of athletes.
- The most reported form of misconduct, emotional misconduct increases as athletes move up the competitive ladder, with as many as 75% of elite athletes reporting that their coaches emotionally abused them during their athletic career.
- Children know their abusers more than 90% of the time.

The SafeSport Movement

On Feb. 14, 2018, the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 was signed into law

- Designed to prevent the abuse of minors and amateur athletes.
- Requires the prompt reporting of abuse to law enforcement authorities.
- Training of adults.
- Creation of policies by organizations.



What Coaches HAVE TO DO

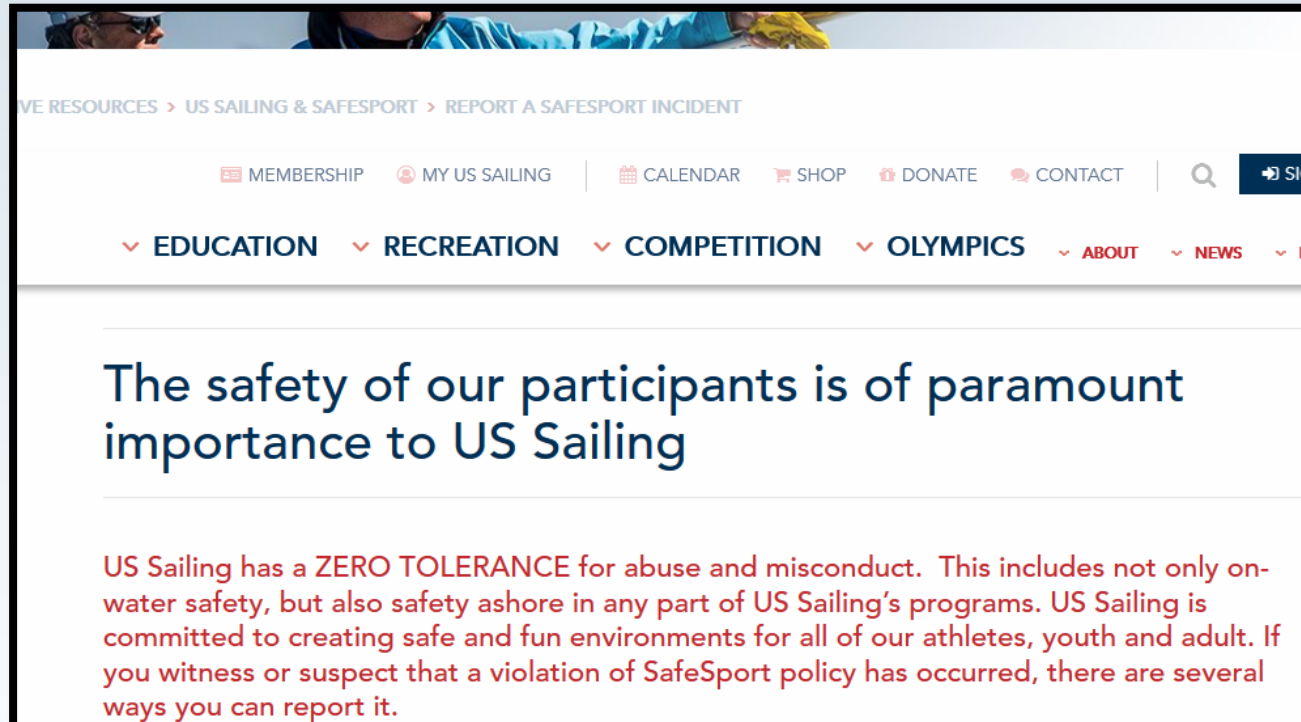
- Reporting
 - You are now required by law to report child or sexual abuse.
- Training
 - You are required to be trained, and stay trained.
- Update or Create Policies
 - Your team/organization will need updated policies for adult/minor interactions, team travel, communications, and more.

Mandatory Reporting - What Coaches HAVE TO DO

- *“The bill amends the Victims of Child Abuse Act of 1990 to extend the duty to report suspected child abuse, including sexual abuse, within 24 hours to certain adults who are authorized to interact with minor or amateur athletes at a facility under the jurisdiction of a national governing body. A “national governing body” means an amateur sports organization that is recognized by the United States Olympic Committee.”*
- *“An individual who is required, but fails, to report suspected child sexual abuse is subject to criminal penalties.”*
- Source: [US Center for SafeSport](#)

How To Report

- Go To [US Sailing SafeSport Reporting Website](https://www.ussailing.org/competition/resources/safesport-us-sailing/report-safesport-incident/) for guidelines:
 - <https://www.ussailing.org/competition/resources/safesport-us-sailing/report-safesport-incident/>



Training - What Coaches HAVE TO DO

- “SafeSport Trained Course” is required to maintain US Sailing Instructor/Coach Certification.
 - The SafeSport Trained course is geared toward coaches, team volunteers, officials or team staff members (athletic trainer, etc.).
 - FREE to US Sailing Members- Access through USSailing.org. Also free to members of any other National Governing Bodies.
 - For non-members of US Sailing (or another NGB), SafeSport Trained costs \$20 per person.
- Coming in 2019: Required annual refresher course.

Policies – New

- SafeSport has just published a [Minor Athlete Abuse Prevention Policies](#) which lay out prevention policies for the following areas:
 - One-on-one interactions
 - Massage and rubdowns
 - Locker rooms, rest rooms and changing areas
 - Social media and electronic communication
 - Local travel
 - Team travel
- Going forward, your organization will need to have policies to address these issues.

Sample Policies

- Limiting one-on-one interactions
 - Example: The “Rule of Three” – Prevents one-on-one coach/minor interactions
 - Example: “Observable and interruptible” - One-on-one interactions between minors and an Adult must be observable and interruptible by another adult.
- Social media and electronic communications
 - Example: Any email, text, social media type communication must also include the Parent/Guardian.
 - Example: No athlete / coach connections via personal social media accounts, and never communicate via Direct Message.

Sample Policies

- Travel

- Example: When only one adult and one minor travel to a competition, the minor must have guardian's written permission.
- Example: Adults shall not share a hotel room or other sleeping arrangement with a minor athlete (unless member of family)
- Example: Meetings are not held in hotel rooms and are "observable and interruptible"
- Example: All athletes, parents, and coaches sign the Team Travel Policy.

What Coaches Should Do – Next Steps

- Get “buy-in” from your organization’s leadership. They should:
 - Take the SafeSport Trained course
 - Read the US Sailing SafeSport Handbook
 - Create policies for travel, interactions, conduct, etc.
 - Appoint a SafeSport liaison. Get in touch with US Sailing.
 - Document policies and compliance clearly.

What Coaches Should Do – Next Steps

- Get “buy-in” from parents. They should:
 - Review the resources available on the [US Sailing Safesport webpage](#)
 - Free parent online training (30 minutes)
 - Free parent toolkits for specific age groups
- *Educating the other adults in your program is your best risk management. You need backup.*



Addressing Bullying

What is it? A Quick Guide:

- **Rude** = accidentally saying or doing something hurtful.
- **Mean** = saying or doing something to hurt a person on purpose, once or maybe twice.
- **Bullying** = cruel behavior, done on purpose and repeated over time, that involves an imbalance of power.

Addressing Bullying - Resources

- **Guidelines for preventing misbehavior:**
<https://www.psychologytoday.com/blog/coaching-and-parenting-young-athletes/201512/disciplinary-problems-and-bullying-in-youth-sports>
- **Coach's Guide to Bullying in Sports:** <http://www.active.com/mountain-biking/articles/coach-s-guide-to-bullying-in-sports>
- **Differentiating between rude, mean and bullying behavior:**
http://www.huffingtonpost.com/signe-whitson/why-bullying-is-the-new-little-boy-who-cried-wolf_b_6509816.html
- **Common views and myths about bullying:**
<http://www.pacer.org/publications/bullypdf/BP-1.pdf>
- **What to teach young athletes about bullying:**
<https://www.psychologytoday.com/blog/coaching-and-parenting-young-athletes/201702/what-teach-young-athletes-about-bullying>

Let's Get Back on the Water



Managing Risk On-Water

- What Coaches and Athletes have to do:
 - Obey US Coast Guard rules
 - Required equipment on board vessel
 - State boating license (NASBLA)
 - Get the US Coast Guard App for complete, up to date information and tools
 - Obey rules governing competitions
 - Class Rules, NOR, etc
 - PFD classification, Tow lines, Emergency Action Plans



Managing Risk On-Water

- What Coaches and Athletes have to do:
 - Drone Laws – Read the Gowrie Drone FAQ:
 - <https://www.gowrie.com/pdfs/GowrieSafetyReport-DronesSailingOrganizations.pdf>



- Prop Guard Laws: Know your local laws.
 - Ex: Suffolk County, New York requires prop guards for youth instruction.

Managing Risk On-Water

- What Coaches and Athletes should do:
 - Optimize gear and equipment
 - Wear PFD and engine Kill-Cord.
 - Ask your colleagues if they've had a close call. PFD and kill-cord could save your life.
 - Spare Parts
 - Is your on-water toolkit organized? Can another coach find what you need in there, while you assist the sailors?
 - Helmets
 - Some classes/orgs require. Many programs are finding success.

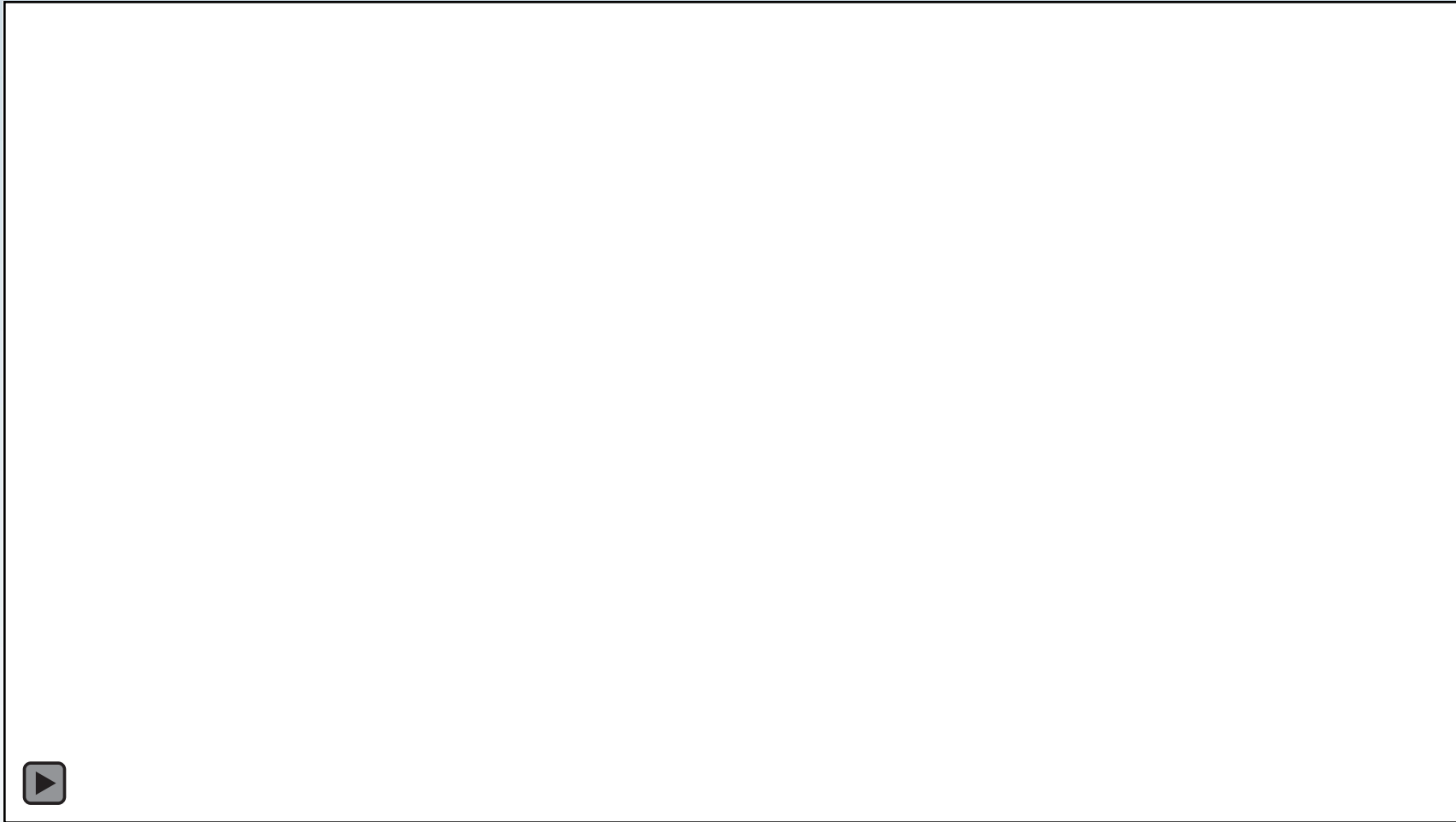
Managing Risk On-Water

- What Coaches and Athletes should do:
 - Review safety procedures and Emergency Action Plan on land.
 - Conduct on-water drills for capsize, breakdown, injury.
 - File a float plan – USCG App – float plan, emergency assistance, weather, etc.
 - Create redundancies – equipment, personnel, etc.
 - Train sailors and parents to operate a powerboat- [US Powerboating Instructor Course](#). Train RC staff. You can make money doing this...
 - Model safety and seamanship to your sailors and on media.

Case Study - M32 Academy

- Mandatory boat-specific training program for sailors prior to competing in M32 events (World Match Race Tour)
- Gear requirements:
 - PFD
 - Bright colored helmet
 - safety knife (one on shoulder of pfd, two taped to fore and aft beams)
 - athletic shoes
 - gloves

Case Study - M32 Academy



Case Study - M32 Academy

- Curriculum:
 - Run sheets are in place in order to help an academy instructor to deliver a module.
- The run sheet has four parts;
 - **what** area is covered,
 - **information** about the area,
 - **how** it's undertaken,
 - **description** for the instructor and a tick box for when it's complete.

Run sheet - M32 Safety

	What	Information
1	Intro	Welcome the participants and make sure everybody has arrived.
2	Local Information	Discuss all the local information that's needed, like dressing rooms, parking and if there is anything particular with the venue. Also introduce all the crew that's going to work during the module, which M32:s and power boats etc.
3	Signing Risk Statement	Make sure everybody get hold, read, sign and hand in the risk statement
4	Education program	Follow up the third and fourth page of keynote and explain that we start with a theory session followed up with a practical session on the M32 yachts. The module is ended with a multiple questions test. Also go through the education plan.
5	Personal safety equipment	When afloat sailors are required to carry a safety knife and wear an approved, brightly coloured helmet and a life jacket /buoyancy aid. Knife should be able to opened with one hand.
6	Communication on-board	One of the crew members is responsible for communication with the Race Management team. This person leads the communication: Loading and unloading hotseat guests, communication with the safety RIB, communication during a capsize, when under tow and other situations where communication off the M32 is required.
7	Capsize	Firstly watch the animation. Then go out and look on the M32 where we find the capsize lines and where to hold on if capsizing.

Resources

- 420 – [doublehanded “Save It” video](#)
 - <https://www.youtube.com/watch?v=gZT-lT0Hb0Q>
- [Olivia Constants Report](#) – A must read for any coach
 - https://www.ussailing.org/wp-content/uploads/2018/03/SSA-Report_Final.pdf

David Liebenberg



- 29er National and North American Champion.
- 49er Olympic campaign for the Rio Olympics.
- Foiling Nacra 17 campaign for the 2020 Olympics w/ Sarah Newberry

Risk Vs Consequence

How to Minimize the Risk - Acknowledge it

- Education
- Anticipation
- Visualization
- **DON'T LET IT BECOME NORMALIZED!**

How to Minimize the Consequence - Preparation

- Action plan
- Training
- Proper equipment

Thank You

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