

# **Minor Athlete Abuse Prevention Policy (MAAPP)**

---

## **NASA BEST PRACTICE GUIDELINES**

All USA Swimming members are required to abide by the Code of Conduct. In addition to that Code, USA Swimming publishes the following Best Practice Guidelines. The Best Practice Guidelines below describe strategies for creating an open and observable environment and establishing clear boundaries between adults and athletes.

1. Parents will be encouraged to appropriately support their children's swimming experience.
2. Two-deep Leadership: One coach member and at least one other adult will be present during all practices, suit fittings, athlete pick-up and other sanctioned club activities whenever at least one athlete is present.
3. Open and Observable Environment: An open and observable environment will be maintained for all interactions between adults and athletes. Private, or one-on-one situations, will be avoided unless they are open and observable. As an example, a meeting should be moved to an open and observable location if the meeting inadvertently begins in private.
4. Coaches will not invite or have an athlete(s) to their home without the permission of the athlete's parents (or legal guardian).
5. During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments will be maintained.
6. Athletes will not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
7. During overnight team travel, if athletes are paired with other athletes they will be of the same gender and should be a similar age. Athletes and Unrelated adults will not share a hotel room, other sleeping arrangement or overnight lodging while traveling.
8. When only one athlete and one coach travel to a competition, at the competition the coach and athlete will attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
9. Communications between non-athlete adult members and athletes will not include any topic or language that is sexual or inappropriate in nature.

---

## NASA ONE-ON-ONE INTERACTIONS POLICY

### I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

### II. Meetings

- a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can easily be observed and at an interruptible distance from another adult, except under emergency circumstances.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Applicable Adult or athlete's hotel room or other overnight lodging location during team travel.

### III. Meetings with mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

- a) The door remains unlocked;
- b) Another adult is present at the facility;
- c) The other adult is advised that a closed-door meeting is occurring; and
- d) Written legal guardian consent is obtained in advance by the Mental Health care Professional and/or Health Care provider, with a copy provided to the club.

### IV. Individual Training Sessions

Individual Training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

---

## NASA ANTI-BULLYING POLICY

Bullying of any kind is unacceptable at Northridge and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. NASA is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, team manager, or board member.

### Objectives of NASA's Anti- Bullying Policy:

1. To make it clear that NASA will not tolerate bullying in any form.
2. To define bullying and educate all coaches, swimmers, parents and board members of the types of behavior that constitute bullying.
3. To inform all coaches, swimmers and parents that there is a policy and protocol, should any bullying issues arise.
4. To make clear the responsibility of all NASA members to report bullying.
5. To spread the word that NASA takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

### WHAT IS BULLYING?

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members ("Members") of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- i. causing physical or emotional harm to the other Member or damage to the other Member's property;
- ii. placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. creating a hostile environment for the other Member at any USA Swimming activity;
- iv. infringing on the rights of the other Member at any USA Swimming activity; or
- v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

### REPORTING PROCEDURE

An athlete who feels that he or she has been bullied should do one or more of the following things:

- Talk to his or her parents;
- Talk to a NASA coach, Board member or other designated individual;
- Write a letter or email a NASA coach, Board member or other designated individual;
- Make a report to the US Center for Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to stop the bullying behavior as soon as possible and to make sure that memories are fresh and behavior can be accurately recalled.

### HOW WE HANDLE BULLYING

If bullying is occurring during team- related activities, we STOP BULLYING ON THE SPOT using

the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the children involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the children involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at Northridge or it is reported to be occurring at Northridge, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE CHILDREN INVOLVED using the following approach:

### FINDING OUT WHAT HAPPENED

1. First, we get the facts.
  - a. Keep all the involved children separate.
  - b. Get the story from several sources, both adults and children, and gather all available information regarding the circumstances under which the incident occurred.
  - c. Listen without blaming.
  - d. Don't call the act "bullying" while you are trying to understand what happened.
2. Then, we determine if it's bullying. There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
  - a. Review the USA Swimming definition of bullying;
  - b. To determine if the behavior is bullying or something else, consider the following questions:
    - What is the history between the children involved?
    - Have there been past conflicts?
    - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength and can include things like the "popularity" of the kids involved.
    - Has this happened before? Is the child worried it will happen again?
  - c. Remember that it may not matter "who started it." Some children who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
  - d. Once you have determined if the situation is bullying, support all of the children involved.

### SUPPORTING THE CHILDREN INVOLVED

1. Support the children who are being bullied
  - a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
  - b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
    - Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
    - Develop a game plan. Maintain open communication between NASA and the parents. Discuss the steps that will be taken and how bullying will be addressed going forward.

c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

## 2. Address bullying behavior

a. Make sure the child who engaged in the bullying behavior understands why his or her behavior is unacceptable. Young people who bully must learn their behavior is wrong and harms others.

b. Show children that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.

c. Work with the child to understand some of the reasons he or she bullied. For example:

- Sometimes children bully to fit in or to make fun of someone who is different from them. In other words, there may be some insecurity involved.

- Other times children act out because something else — issues at home, abuse, stress — is going on in their lives. They also may have been bullied.

These children may be in need of additional support.

d. Involve the child who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

- Write a letter apologizing to the athlete who was bullied.

- Do a good deed for the person who was bullied, for NASA, or for others in your community.

- Clean up, repair, or pay for any property they damaged.

e. Avoid strategies that don't work or have negative consequences:

- Zero tolerance or "three strikes, you're out" are generally unsuccessful strategies. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.

- Similarly, conflict resolution and peer mediation often don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame.

Facing those who have bullied may further upset kids who have been bullied.

f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

## 3. Support bystanders who witness bullying. Every day, children witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening:

a. Be a friend to the person being bullied.

b. Tell a trusted adult — your parent, coach or a NASA board member.

c. Help the child being bullied get away from the situation. Create a distraction, focus the attention on something else or offer a way for the target to get out of the situation. "Let's go, practice is about to start."

d. Set a good example by not bullying others.

e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

---

## NASA SOCIAL MEDIA/ELECTRONIC COMMUNICATION POLICY

The Northridge Area Swimming Association recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary methods of communication. While the Club acknowledges the value of these methods of communication, the Club also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

### GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct.

For example, as with any communication with an athlete, electronic communication should not contain in references or relate to any of the following:

- drug or alcohol use;
- sexually oriented conversation, sexually explicit language and/or sexual activity;
- the adult's personal life, social activities, relationship or family issues or personal problems; and/or
- inappropriate or sexually explicit pictures.

Note: Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional. Whether one is an athlete, coach, board member or parent, the guiding principle to use in communication is:

- "Is this communication something that someone else would find appropriate or acceptable in a face- to- face meeting?"
- "Is this something I would be comfortable saying out loud to the intended recipient of my communication in front of the intended recipient's parents, the coaching staff, the board or other athletes?"
- "Is this something I would be comfortable with if it were on the front page of my local newspaper?"

With respect to electronic communications, electronic communications with swimmers should be **Transparent, Accessible and Professional**.

**Transparent:** All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

**Accessible:** All electronic communication between coaches and athletes should be considered part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

**Professional:** All electronic communication between a coach and an athlete should be conducted professionally. This includes word choices, tone, grammar and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

#### **FACEBOOK, MYSPACE, BLOGS AND SIMILAR SITES**

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Club join their personal page as a “friend.” A coach should not accept any “friend” request from an athlete, and the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to “private message” each other through Facebook. Coaches and athletes are not permitted to “instant message” each other through Facebook chat or other IM methods.

Coaches are encouraged to set their pages to “private” to prevent athletes from accessing the coach’s personal information.

If the Club has an official Facebook page, athletes and their parents can “friend” the Club for information and updates on team- related matters.

#### **TWITTER**

Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to “direct message” each other through Twitter.

#### **TEXTING**

If coaches need to communicate with an athlete via text message, the athlete’s parent or legal guardian must be included on the communication. If the athlete communicates with the coach via text message first, the coach must include the parent or legal guardian on all responses to the athlete.

#### **EMAIL**

Athletes and coaches may use email communication. When communicating with an athlete through email, a parent or legal guardian must be copied on the communication. When a coach must communicate to entire group/team, another coach or a board member must also be copied.

#### **REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS**

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

#### **HOURS**

All electronic communication between coaches and athletes must only be sent between the hours of 8:00a.m. and 8:00p.m. unless emergency circumstances exist, or during competition travel.

---

## NASA LOCKER ROOM MONITORING POLICY

The following guidelines are designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

### FACILITIES

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use:

We practice at Northridge High School and Northridge Middle School.

These locations have changing areas that are shared with the general public. As such, there is a possibility for people who are not associated with NASA in the changing area around the time of practice.

### MONITORING

#### General Policy Considerations

Coaches and staff make every effort to recognize when an athlete goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, we will check on the athlete's whereabouts.

We prohibit parents from entering locker rooms and changing areas. In the event of an emergency, where a parent needs to enter the locker room, it must only be a same- sex parent.

If an athlete needs assistance with his or her uniform or gear (for example, a child under the age of eight), or an athlete's disability warrants assistance, then parents **MUST** use the private changing room located in the observation room at Northridge. Parents must let the coach know beforehand that he or she will be helping the athlete.

NASA has staggered practices, with different groups arriving and departing throughout the day. It is therefore not practical to constantly monitor locker rooms and changing areas over this extended course of time. While we do not post coaching staff inside or at the doors of the locker rooms and changing areas, we do make occasional sweeps of these areas. Coaching staff conducts these sweeps, with women checking on female locker rooms, and men checking on male locker rooms.

### USE OF CELL PHONES AND OTHER MOBILE RECORDING DEVICES

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Minor Athlete abuse Prevention Policy prohibit the use of such devices in the locker room or other changing area:

***Article 305.4***

***Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.***

---

## NASA TEAM TRAVEL/CODE OF CONDUCT POLICY

**Purpose:** During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles and hotel rooms – is less structured and less familiar. The purpose of the Team Travel Policy is to establish standards of behavior and manage expectations for NASA and its members, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel to a swim meet other team activity that is planned and supervised by NASA or the LSC.

### **Section 1 – USA Swimming Required Policies.**

NASA and LSC travel policies must include these policies. These items are Code of Conduct stipulations in the USA Swimming Rulebook.

- a) Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (Article 305.6.1)
- b) Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (Article 305.6.2)
- c) When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (Article 305.6.3)
- d) Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (Article 305.6.4)

### **Section 2 – Recommended Policies**

- a) During team travel, when conducting room checks and attending team meetings and/or other activities, two-deep leadership and open observable environments should be maintained.
- b) Athletes should not ride in a coach's vehicle with another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
- c) During overnight team travel, if athletes room with other athletes they shall be of the same gender and should be a similar age. Chaperones/team managers should stay in nearby rooms. Athletes and Unrelated adults will not share a hotel room, other sleeping arrangement or overnight lodging while traveling.
- d) When only one athlete and one coach travel to a competition, the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
- e) To ensure the propriety of the athletes and to protect the staff, there should be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- f) A copy of the Club Code of conduct must be signed by the athlete and his/her parent or guardian.
- g) Team or LSC officials should obtain a signed liability release and/or indemnification form for each athlete.
- h) Team or LSC officials should carry a signed medical consent authorization to treat form for each athlete.
- i) Curfew shall be established by the team or LSC staff each day of the trip.
- j) Team members and staff traveling with the team will attend all team functions, including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee
- k) The directions and decisions of coaches/chaperones are final.

- I) Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant or any other place at with the team has gathered without permission of the coach or chaperone.
- m) When visiting public places such as shopping malls, movie theaters, etc., swimmers will stay in groups of no less than three persons. 12 & Under athletes must be accompanied by a chaperone at all times.
- n) The head coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate club or LSC leadership and the parent or legal guardian of any affected minor athlete.

### **Section 3 – NASA Code of Conduct/Travel Policy**

The NASA Code of Conduct/Travel Policy for any meet will include the following but is not limited to:

- 1. All Team Members are expected to:
  - a. Refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
  - b. Display good respect and sportsmanship toward coaches, officials, administrators, teammates, and fellow competitors.
  - c. Use available changing facilities at the pool; “deck changes” are NOT permitted at any time.
  - d. Wear team attire or the assigned attire the entirety of the trip.
  - e. Attend all team meetings and activities and always be punctual.
  - f. Stay in groups of three or more when visiting public places and refrain from any loud or boisterous behaviors. These behaviors will also be kept to a minimum when in assigned hotel rooms.
  - g. Exhibit polite behavior at all times. When applicable, a 15% tip should be left for your waiter/waitress. If there was a problem with the service, please consult a coach.
  - h. Be in his or her assigned room by the assigned curfew and abide by the designated lights out time. Permission to leave the room after curfew must be obtained from the head coach.
- 2. Team members are also agreeing that:
  - a. Possession or use of alcohol or tobacco products by any athlete is prohibited.
  - b. Possession, use, sale or distribution of any controlled or illegal substance or any form of weapon is strictly forbidden. If found to be “just hanging out” with persons participating in these activities, the punishments will be the same as if actually participating. All persons involved will face disciplinary action.
  - c. They will accept responsibility for any damages or thievery at hotel and understand that further disciplinary action will be taken. Care is to be taken as to not cause damage to travel vehicles either.
  - d. Inappropriate physical contact with teammates is not acceptable, and they are to refrain from use of inappropriate language.
  - e. They are not to enter the hotel rooms assigned to opposite gender. Also privacy of roommates is to be respected.

Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to, dismissal from the trip and immediate return home at the athlete's expense. Additional consequences could involve future team trips and/or the athlete's status with the club. All team members; team staff and parents of minors are apprised in writing of this Code of Conduct.

## **Section 4 – Example Team Trip Code of Conduct/Permission Slip.**

### **CODE OF CONDUCT AND TRAVEL POLICY**

The following code (along with the USA Swimming Code of Conduct) is in effect throughout the entirety of the Winter Senior State Meet team trip (March 15-17, 2019). Additionally, anyone, who acts in a manner that would interfere with the trip objectives listed below, will be subject to return home (**at the expense of the individual involved**) as well as other possible punishments including future status with the club. Note that **ALL** members of this trip (Coaches, Athletes and Chaperones) must be members in good-standing with USA Swimming.

1. All team members are expected to behave in an exemplary manner. The reputation of Northridge Area Swimming Association, the coaching staff and athletes, is dependent on your behavior.
2. The coaching staff holds the final word on any rules, regulations, or disciplinary action throughout the team trip.
3. The consumption or usage of any illegal substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team/sport affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the trip.
4. At no time will male and female team members be in the hotel room of the opposite gender. The only exception would be if swimmers are in the room of the coaching staff while under two-deep direct supervision. This applies to members of any other team as well. The hotel has a lobby in which team members can socialize!
5. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling or spouse of that particular athlete). If this occurs, and an additional athlete shares the room then all must be of the same gender. In addition, the additional athlete's parents must provide written consent.
6. No team meetings or activity may be missed. Be punctual to all meetings and activity times.
7. Appropriate attire, including designated team wear, shall be worn during all team activities.
8. No team member may be out of his or her room after the assigned bedtime/curfew. Permission must be obtained from the Head Coach to leave the room past this time. The head coach will also establish a "lights out" time.
9. When visiting public places then athletes must stay in groups of no less than three persons.
10. Any damages or thievery incurred during this trip will be at the expense of the swimmer and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in public areas, and such behavior will be kept to a minimum in your hotel room.
11. All team members will be polite in public areas including restaurants. If applicable, leave a 15% tip. If there has been a problem with the service, see a member of the coaching staff.

I recognize my responsibility to abide by the rules and requirements of this senior group team trip. I acknowledge that I have received these and will abide by them.

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Parent: \_\_\_\_\_

Date: \_\_\_\_\_

Chaperone: \_\_\_\_\_

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

## **2019 Winter Senior State Team Permission Slip**

I, \_\_\_\_\_ GIVE PERMISSION FOR  
(Parent or Guardian) \_\_\_\_\_ TO TRAVEL WITH  
(Athletes Name)

USA SWIMMING SANCTIONED MEMBERS OF THE NORTHRIDGE AREA  
SWIMMING ASSOCIATION TO THE 2019 WINTER SENIOR STATE  
CHAMPIONSHIPS IN INDIANAPOLIS, INDIANA FROM

MARCH 15-17, 2019.

---

PARENT OR GUARDIAN SIGNATURE

---

---

## NASA MASSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES POLICY

### **Section 1 – Definition**

- a) In this section, the term “Massage” refers to any message, rubdown, athletic training modality including physical modalities (e.g. stretching, physical manipulation, injury rehabilitation, tec.) and electronic or instrument assisted modalities (e.g. stim treatment, dry needling, cupping etc.).

### **Section 2 – General Requirement**

- a) Any massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.

### **Section 3 – Additional Minor Athlete Requirements**

- a) Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
- b) Legal guardians must be allowed to observe the Massage.
- c) Any massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
- d) Recommended - Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.

---

## NASA MINOR ATHLETE ABUSE PREVENTION POLICY ACKNOWLEDGEMENT

### MINOR ATHLETE ABUSE PREVENTION POLICY WRITTEN ACKNOWLEDGEMENT OF POLICY NORTHRIDGE AREA SWIMMING ASSOCIATION June 23, 2019 to August 31, 2019

I acknowledge that I have received, read and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Northridge Area Swimming Association.

I acknowledge that My athlete(s) and I have read, understood and agree to the following areas of the Northridge Area Swimming Association's Minor Athlete Abuse Prevention Policy:

- One-On-One Interactions Policy
- Anti-Bullying Policy
- Social Media and Electronic communication Policy
- Locker Room Monitoring Policy
- Team Travel/Code of Conduct Policy
- Massage and Rubdowns/Athlete Training Modalities Policy

Guardian 1 PRINTED NAME:\_\_\_\_\_

Guardian 1 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_

Guardian 2 PRINTED NAME:\_\_\_\_\_

Guardian 2 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_

Swimmer 1 PRINTED NAME:\_\_\_\_\_

Swimmer 1 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_

Swimmer 2 PRINTED NAME:\_\_\_\_\_

Swimmer 2 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_

Swimmer 3 PRINTED NAME:\_\_\_\_\_

Swimmer 3 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_

Swimmer 4 PRINTED NAME:\_\_\_\_\_

Swimmer 4 SIGNED:\_\_\_\_\_ Date \_\_\_\_\_