

From: USATF membership@usatf.org 
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USA Track & Field (USATF) is committed to providing a safe, healthy environment and up-to-date information for all members. As cross country season kicks in, we're excited to share the latest updates to the Safe Sport Program, focusing on ensuring secure and supportive environments for athletes, coaches, and participants.



Here's what's new in October:

Safe Sport All Stars



This month, we'd like to give a big shoutout to all of our **Association Safe Sport Volunteer Coordinators**! With the cross country season just around the corner, these dedicated individuals have been hard at work ensuring everything is set up to keep athletes safe. From preparing resources and reinforcing Safe Sport policies, to making sure compliance is in place before the first race kicks off, they've shown incredible commitment and leadership. Thank you for going the extra mile to put athlete safety first, your proactive efforts make a real difference!

We love recognizing our members' efforts to keep our sport safe.
To nominate a Safe Sport All Star, please email usat@safasport@msaf.org

October Focus: Stand Up to Bullying

October is National Bullying Prevention Month, a time to highlight the impact of bullying and promote safe, supportive environments for athletes. Whether verbal, physical, or online, bullying harms well-being and belonging. This month, we'll focus on how to recognize, prevent, and respond so athletes, coaches, and parents are equipped to stand up for respect and safety in sport.



Recognize

Bullying in youth sports is repeated or severe aggressive behavior meant to harm, control, or tear someone down. It can be:

PHYSICAL
(HITTING, SPITTING)

VERBAL
(NAME-CALLING, THREATS)

CRIMINAL CONDUCT

SOCIAL OR ONLINE
(EXCLUSION, RUMORS, HARASSMENT)

Those are just examples. Remember that bullying can look like many other behaviors as well.

It's important to recognize warning signs, especially among athletes at higher risk. Recognizing these patterns early helps prevent lasting harm to athletes' health and well-being.

Prevent

CREATE CLEAR POLICIES THAT DEFINE UNACCEPTABLE BEHAVIOR

ONLINE REPORTING STEPS

SET CONSEQUENCES

MINIMIZING OPPORTUNITIES IN HIGH-RISK SPACES LIKE LOCKER ROOMS, BUSES, AND HOTELS

Coaches and organizations can strengthen prevention by fostering an inclusive environment. This is done by modeling respect, supervising unstructured time, and encouraging athletes to stand up for one another.

Respond

Quick, consistent responses stop harmful behavior from escalating and show athletes that safety is a priority. Respond calmly, consider the age and needs of those involved, and always follow reporting requirements to ensure bullying is addressed appropriately and fairly.

For a deeper understanding, check out

this U.S. Center for SafeSport resource
on bullying prevention.

MAAPP
MINOR ATHLETE ABUSE
PREVENTION POLICIES

Safe Sport at Every Event: MAAPP Policies for Participants

CLICK HERE TO
LEARN MORE!

Safe Sport is built into every USATF-sanctioned event. Clear protocols ensure all participants know the MAAPP and Reporting Policy through registration materials, event day reminders, and on-site communications. Safety isn't separate from the event; it's part of it.

2025 MAAPP

Meetings

All in-program meetings must be observable and interruptible. Private or supervised meetings with a licensed mental health care professional and/or a licensed health care provider, are allowed if the door is unlocked. All MAAPP Participant and USATF are notified, and proper consent forms are obtained.



Individual Training Sessions

All in-program individual training sessions must be observable and interruptible. Written consent is required before individual training sessions, collected annually, and may be withdrawn at any time; parents or guardians must be allowed to observe.

Manual Therapy and Therapeutic and Recovery Modalities

All in-program modalities must be observable and interruptible. Conducted by qualified Adult Participants with manual parental consent. All Minor Athletes remain appropriately supervised with narrated sessions and the option for a parent or guardian to observe.



Locker Rooms and Changing Areas

All in-program contact in locker rooms or changing areas must be observable and interruptible, with no recording devices allowed. All Participants must maintain appropriate behavior, respect privacy and parental requests, and organizations must provide monitored and private changing spaces.

Electronic Communications

Electronic communication is allowed, but not for recruitment or contact. All email, text, calls, & social media. All one-on-one communication between Adult Participants and Minor Athletes must be open, transparent, professional, and include a parent, guardian, or another Adult Participant.

Transportation

All in-program transportation must be observable and interruptible unless there is written parental consent, which can be withdrawn at any time. Requirements are met when another Adult Participant or at least two minors (age 8 or older) are present.

Lodging and Residential Environments

All in-program lodging, including hotels, rentals, and training sites, must be observable and interruptible. Adult Participants may not share rooms with Minor Athletes.



Understanding the SafeSport Code

What's the SafeSport Code? Here's the Playbook You Should Know.

Think of the SafeSport Code as the official rulebook for safety in the U.S. Olympic and Paralympic Movement. Just like every sport has rules to keep the game fair, the SafeSport Code lays out the rules to keep athletes, coaches, parents, and staff safe and respected.

So, what exactly does it do?

Sets the rules: It defines the U.S. Center for SafeSport's authority and jurisdiction (aka who's in charge of what).

Draws the lines: It lists out prohibited categories of abuse and misconduct, things that are never okay.

Explains the process: It shows how the Center responds to and resolves claims when misconduct is reported.



Why should I care?

By knowing the SafeSport Code, you're helping create an environment where everyone can **focus on what matters most: the love of sport.**

Who does it apply to?

Everyone in the game. The Code applies to all Participants in the U.S. Olympic and Paralympic Movement. If you're an athlete, coach, official, volunteer, staff member, or even a parent involved in the movement, you're covered.



The USOPC, all NGBs, and all LAOs must comply with the policies and Procedures within the Code.

SafeSport Code

The Code was first introduced March 3, 2017 and is revised periodically.
The most recent Version of the SafeSport Code is effective January 1, 2024.

Safe Sport for Parents & Youth Athletes



USATF

SAFE SPORT

Free, age-appropriate courses are available through your **USATF Connect profile** under the "Center for SafeSport Training" tab—just click "Access Additional Trainings." Here's how to use the courses to support athlete safety:

1. **Parents Guide to Misconduct in Sport** –

Designed for parents of athletes of all ages, this course explains how to recognize, prevent, and respond to misconduct and abuse in sport settings.

2. **SafeSport for Youth Athletes** – Designed for teens, this course helps athletes understand healthy boundaries, recognize inappropriate behavior, and learn how to support teammates who may be experiencing bullying, hazing, or other forms of misconduct. It also offers guidance on how to speak up and where to report concerns. (Parental consent required.)

3. **SafeSport for Kids** – Created for athletes ages 5–12, this course teaches the difference between discipline and abuse and encourages speaking up to a trusted adult when something feels wrong. (Parental consent required.)



Use the link below to see more available trainings:

[U.S. CENTER FOR SAFESPORT ONLINE TRAINING CATALOG](#)

Report a Concern

USATF prioritizes participant health and safety. Report sexual misconduct to the U.S. Center for SafeSport using their online form.

For concerns of bullying, hazing, harassment, physical misconduct, or emotional misconduct, you may report to USATF via our online form, email safesport@usatf.org, call (317) 713-4688, or text 833-9-USATF (987-2834).

We want all of our members to feel comfortable and safe. Your report can remain anonymous if you would prefer, but we encourage you to report incidents to us so we can continue to maintain a safe and encouraging environment for our sport.

Contact Us:

Email: usatfsafesport@usatf.org

Phone: (317) 713-4688

Website: www.usatf.org/safesport



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