



U. S. CENTER FOR
SAFESPORT

Minor Athlete Abuse Prevention Policy



Lander Diving Club
2026

EDUCATION & TRAINING POLICY

- A. Application
 - a. All USA Diving non-athlete members and athlete members age 18 and older
 - b. Adult staff and board members of Lander Diving Club
 - c. An adult authorized by Lander Diving Club to have regular contact with or authority over an amateur diver who is a minor
- B. Adults Required to Complete Mandatory Training:
 - a. All USA Diving non-athlete members and athlete members age 18 and older
 - b. Adult staff and board members of Lander Diving Club
 - c. An adult authorized by Lander Diving Club to have regular contact with or authority over an amateur diver who is a minor
- C. The above listed adults are required to complete training concerning child abuse prevention
 - a. Before regular contact with an amateur diver who is a minor begins; or
 - b. Within the first 45 days of initial membership, or upon beginning a new role subjecting the adult to this policy.
 - c. Training other than the Core Center for SafeSport Training does not satisfy this policy.
- D. Refresher Course(s)
 - a. A refresher course is required on an annual basis
- E. Lander Diving Club shall, subject to parental consent, annually offer and give training to members who are minors regarding prevention and reporting of child abuse
- F. Exemptions from this Education & Training Policy may be made on a case-by-case basis for victims/survivors

PREVENTION POLICIES

The following policies shall apply to:

- a. All USA Diving non-athlete members and athlete members age 18 and older
- b. Participating non-members (e.g., meet director, table workers, etc.)
- c. Adult staff and board members of Lander Diving Club
- d. An adult authorized by Lander Diving Club to have regular contact with or authority over an amateur diver who is a minor

ONE-ON-ONE INTERACTIONS:

- A. Observable and interruptible
 - a. One-on-one interactions between a minor diver and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under our jurisdiction are permitted if they occur at an observable and interruptible distance by another adult.
 - b. One-on-one interactions between minor divers and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under our jurisdiction are prohibited,

except in the circumstances described in subpart C of this section and under emergency circumstances.

B. Meetings

- a. Meetings between Applicable Adults and minor divers at a facility partially or fully under our jurisdiction may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.
- b. If a one-on-one meeting takes place in an office at a facility partially or fully under our jurisdiction, the door to the office must remain unlocked and open. If available, it will occur in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

C. Meetings with mental health care professionals and health care providers

- a. If a mental health care professional and/or health care provider meets with minor divers at a facility partially or fully under our jurisdiction, a closed-door meeting may be permitted to protect patient privacy provided that:
 - i. The door remains unlocked;
 - ii. Another adult is present at the facility;
 - iii. The other adult is advised that a closed door meeting is occurring; and
 - iv. Written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to our organization.

D. Individual training sessions

- a. Individual training sessions between Applicable Adults and minor divers are permitted at a facility partially or fully under our jurisdiction if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Permission for individual training sessions must be obtained at least every six months. Parents, guardians, and other caretakers must be allowed to observe the training session.

MASSAGES AND RUBDOWNS/ATHLETIC TRAINING MODALITIES

A. Massage or rubdown/athletic training modality

- a. Any massage or rubdown/athletic training modality performed at a facility or a training or competition venue must be conducted in an open and interruptible location. Any massage of a minor diver must be done with at least one other adult present and must never be done with only the minor diver and the person performing the massage or rubdown/athletic training modality in the room.

LOCKER ROOMS AND CHANGING AREAS

A. Non-exclusive facility

- a. If Lander Diving Club uses a facility not fully under our jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents,

Applicable Adults in Application categories 1 through 4 are nonetheless required to adhere to the rules set forth herein.

B. Use of recording devices

- a. Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization's jurisdiction is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by the Lander Diving Club and two or more Applicable Adults are present.

C. Undress

- a. Under no circumstances shall an unrelated Applicable Adult at a facility under our organization's jurisdiction intentionally expose his or her breasts, buttocks, groin, or genitals to a minor diver.

D. One-on-one interactions

- a. Except for divers on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor diver in a locker room or changing area when at a facility under our partial or full jurisdiction, except under emergency circumstances.
- b. If our organization is using a facility that only has a single locker room or changing area, we will designate separate times for use by Applicable Adults, if any.

E. Monitoring

- a. Our organization regularly and randomly monitors the use of locker rooms and changing areas at facilities under our jurisdiction to ensure compliance with these policies.

F. Applicable Adults make every effort to recognize when a minor diver goes to the locker room or changing area during practice and competition and, if they do not return in a timely fashion, will check on the minor diver's whereabouts.

G. We discourage parents from entering locker rooms and changing areas unless it is truly necessary. In those instances, it should only be a same-sex parent when other minor divers are changing in the same locker room or changing area. If this is necessary, parents should let a coach or administrator know about this in advance.

SOCIAL MEDIA & ELECTRONIC COMMUNICATIONS

A. Content

- a. All electronic communication originating from Applicable Adults to minor divers must be professional in nature.

B. Open and transparent

- a. Absent emergency circumstances, if an Applicable Adult with authority over minor divers needs to communicate directly with a minor diver via electronic communications (including social media), another Applicable Adult or the minor's legal guardian will be copied.

- b. If a minor diver communicates to the Applicable Adult (with authority over the minor diver) privately first, said Applicable Adult should respond to the minor diver with a copy to another Applicable Adult or the minor's legal guardian.
 - c. When an Applicable Adult with authority over minor divers communicates electronically to the entire team, said Applicable Adult will copy another adult.
 - d. Minor divers may "friend" the Lander Diving Club's official page.
- C. Requests to discontinue
- a. Legal guardians may request in writing that their minor divers not be contacted through any form of electronic communication by Lander Diving Club or by the Applicable Adults subject to this policy. The organization will abide by any such request that their minor diver not be contacted via electronic communication, absent emergency circumstances.
- D. Hours
- a. Electronic communications will generally only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or while traveling internationally or during competition travel.

LOCAL TRAVEL

- A. Transportation
- a. Applicable Adults who are not also acting as a legal guardian, shall not ride in a vehicle alone with an unrelated minor diver, absent emergency circumstances, and must have at least two minor divers or another adult at all times, unless otherwise agreed to in writing by the minor diver's parent/legal guardian in advance of each local travel.
- B. Shared or Carpool Travel Arrangement
- a. We encourage parents/legal guardians to pick up their minor diver first and drop off their minor diver last in any shared or carpool travel arrangement.

TEAM TRAVEL

Team/competition travel

When only one Applicable Adult and one minor diver travel to a competition, the minor diver must have his/her legal guardian's written permission in advance and for each competition to travel alone with said Applicable Adult.

Hotel rooms

Applicable Adults shall not share a hotel room or other sleeping arrangement with a minor diver (unless the Applicable Adult is the legal guardian, sibling, or is otherwise related to the minor diver). However, a parent/legal guardian may consent to such an arrangement in advance and in writing. Furthermore, a parent/legal guardian may consent in advance and in writing to the minor diver sharing a hotel room or other sleeping arrangement with an adult diver.

Meetings

Meetings shall be conducted consistent with the Lander Diving Club's policy for one-on-one interactions (i.e., any such meeting shall be observable and interruptible).