

SAFESPORT ACTIVITY BOOK



COLOR YOUR COVER!



8 PAGES OF FUN STUFF!

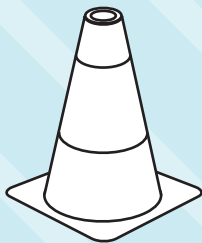
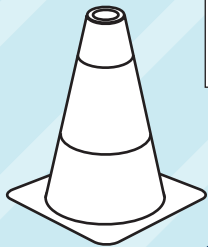
WORD SEARCH ■ MATCHING ■ SPOT THE DIFFERENCES
WHAT IN THE TRIATHLON? ■ FILL IN THE BLANK ■ COLORING PAGES



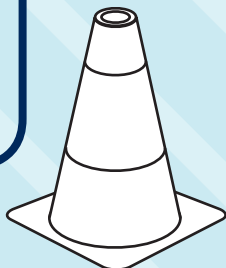
Word Search



R	T	S	E	C	Q	E	T	Q	S	M	S	D	M	Y	G	W	K	T	M	T	L	C	L	F
J	R	X	L	Z	R	D	N	F	A	M	I	L	Y	T	P	M	N	Y	I	R	D	N	L	K
C	J	C	B	U	O	X	E	Y	E	F	D	W	Y	O	W	T	M	V	H	O	J	R	J	V
I	T	N	T	J	U	I	M	J	N	P	G	M	S	K	E	S	B	U	Q	O	B	Q	Z	C
T	Q	L	Q	E	T	P	N	K	C	K	N	I	J	P	H	E	A	O	C	O	A	H	S	O
S	U	H	A	Z	L	H	O	P	W	K	T	Y	G	G	N	I	R	E	E	H	C	D	B	W
C	B	I	D	Y	C	M	R	T	Y	I	A	M	U	F	I	C	G	M	A	G	U	N	Q	S
T	V	B	P	B	I	R	I	J	V	Y	J	S	Q	Q	Z	I	Q	U	L	X	I	R	F	T
P	Y	N	K	A	V	U	V	E	H	R	D	F	A	H	F	L	B	C	Z	F	W	R	K	C
X	T	A	N	B	O	U	N	D	A	R	I	E	S	F	E	O	B	I	K	E	E	U	X	Q
C	N	R	P	T	Q	M	E	G	M	S	V	W	W	V	E	P	M	Z	L	V	O	N	M	W
M	P	D	O	V	C	L	N	X	H	D	G	S	B	E	G	S	T	H	I	W	C	M	J	X
L	I	I	Y	P	U	G	E	V	F	C	L	R	V	Y	C	O	P	T	F	C	Q	M	C	Q
W	U	Q	Z	C	S	M	L	Z	H	D	J	D	F	R	J	Q	R	O	P	U	F	A	A	K
E	E	V	N	I	M	R	T	L	A	S	E	L	U	R	V	O	X	S	R	C	N	L	O	Q
S	Y	M	V	P	Z	B	L	Z	P	F	B	K	I	R	P	Q	D	Z	J	T	T	P	P	U
Y	E	X	M	K	C	O	M	B	P	Y	G	R	Y	P	D	O	L	Q	H	T	E	W	S	F
R	W	I	K	K	R	O	H	W	Y	Y	J	O	U	N	C	C	H	X	G	O	T	D	S	A
E	W	V	R	I	F	N	A	I	M	H	H	S	K	G	Z	H	M	E	F	U	E	L	X	E
S	D	P	A	O	P	U	F	C	W	G	Q	J	G	H	O	G	E	F	F	W	A	M	O	I
C	D	O	S	C	M	U	C	V	H	Q	Q	O	B	M	I	Z	F	I	J	D	M	M	F	P
S	D	K	T	N	G	E	Q	U	P	P	A	Z	Q	H	B	M	A	U	F	I	M	O	C	W
Y	F	Z	Z	N	B	X	M	J	J	L	V	V	B	D	E	F	S	S	V	M	A	G	Y	F
D	B	L	F	Z	L	W	Q	Z	S	T	E	I	H	A	H	J	F	K	X	N	T	Y	T	M
D	C	N	T	B	S	X	A	X	K	J	H	Q	Y	Z	D	G	U	P	D	X	E	D	W	K



- | | | | |
|-----------|------------|------------|-------------|
| SAFESPORT | HAPPY | MEMORIES | ENVIRONMENT |
| FUN | CHEERING | BOUNDARIES | SPORT |
| TEAMMATE | SUPPORTIVE | RULES | SWIM |
| COACH | FAMILY | POLICIES | BIKE |
| SAFE | GOALS | CULTURE | RUN |
| POSITIVE | | | |



Word List

SUPPORTIVE
SAFESPORT
BULLYING
TRIATHLON
ENVIRONMENT
RESPECT

Fill in the Blank

_____ is treating someone the way you want to be treated.

1

Coaches teach you how to do _____

and encourage you to do your best.

2

_____ is a program that works to make sure kids have a safe and fun place to do triathlon.

3

A positive culture is an _____

that everyone should be a part of in the sport of triathlon.

4

Family and coaches should be _____

when learning triathlon.

5

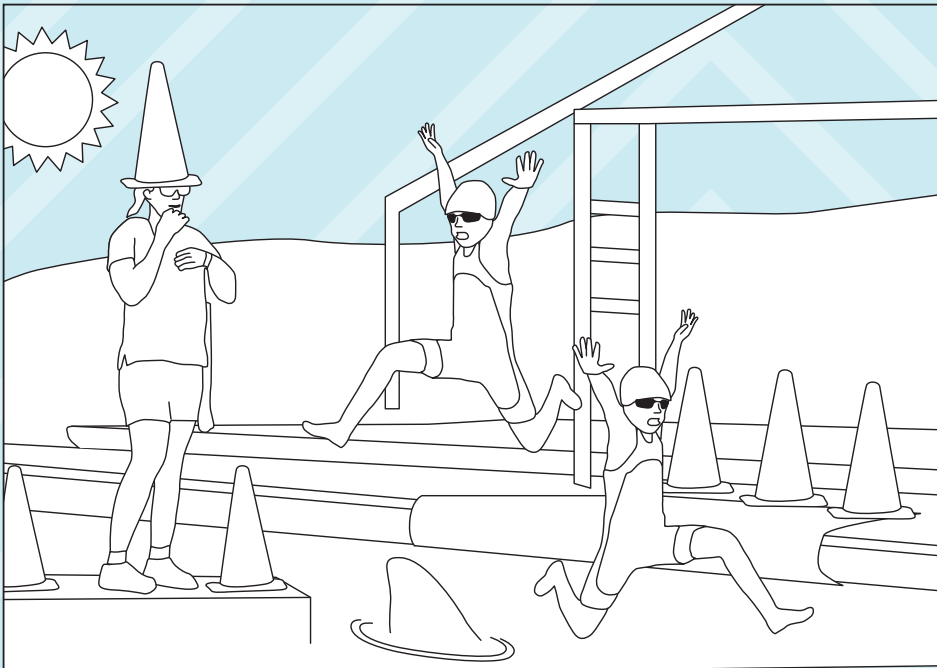
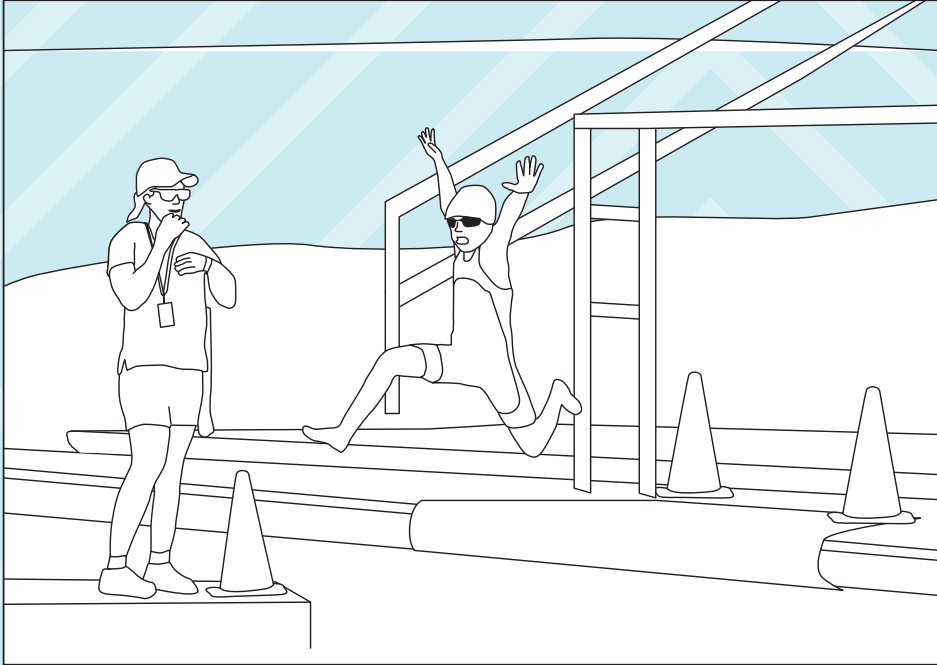
It is important to tell someone if you are experiencing _____

6

2

Spot the Differences

Can you find 10 differences between the pictures below?



What in the Triathlon?

Unscramble the letters to identify the triathlon items in the pictures.



o t e r
t a t o
t a

1



l f g a

2



d a l e m
a e

3



m s w i
a c p

4



r i i
u t t s

5

Word Match-Up

Draw a line to match the term to its definition.

REPORTING

PERSONAL BOUNDARIES

POLICIES AND GUIDELINES

RESPECT

SAFESPORT

BULLY

1

Rules for how we should behave and treat each other.

2

A program that works to make sure that every kid has a safe and fun place to do triathlon.

3

Your personal space and privacy.

4

To tell someone you trust if you feel, see or know that an adult or peer is acting in a way that makes you feel uncomfortable.

5

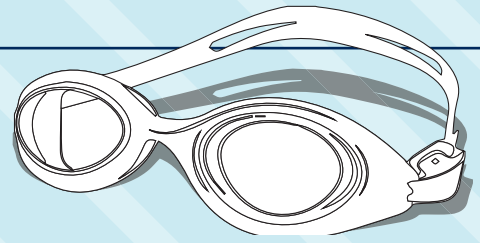
A person who uses strength or power to harm or intimidate.

6

To treat yourself and others with kindness, care and courtesy.



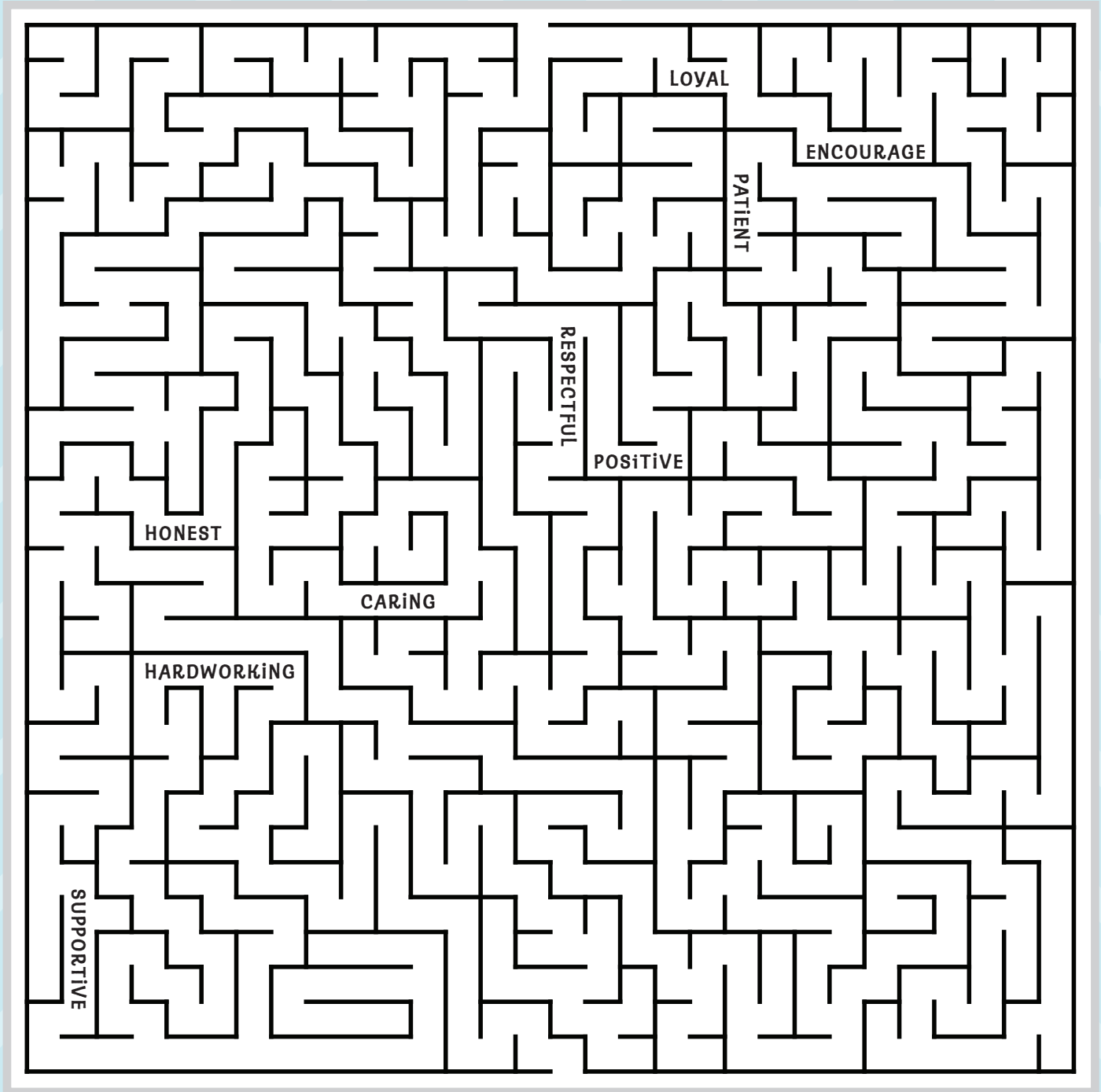
SAFESPORT ACTIVITY BOOK



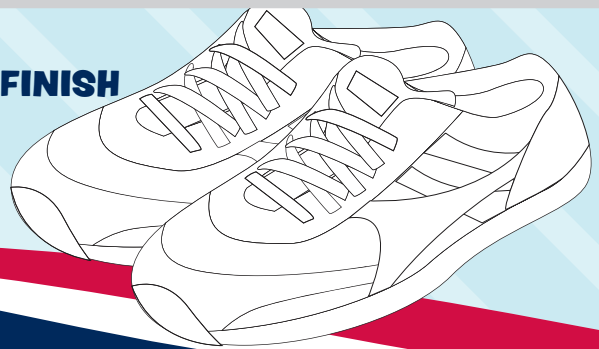
START

Maze

Collect the positive sport words through the maze.

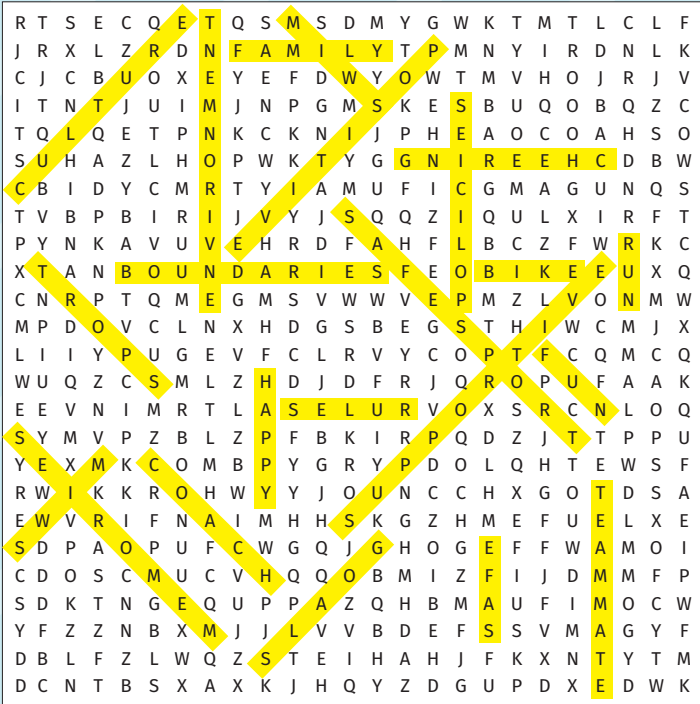


FINISH

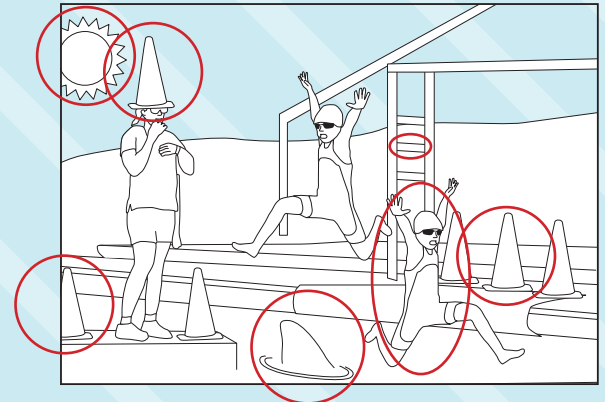
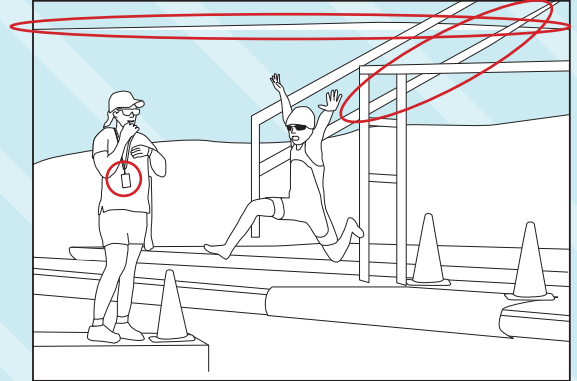


Answer Key

Pg. 1 - Word Search



Pg. 3 - Spot The Differences



Pg. 2 - Fill in the Blank

1. RESPECT
2. TRIATHLON
3. SAFESPORT
4. ENVIRONMENT
5. SUPPORTIVE
6. BULLYING

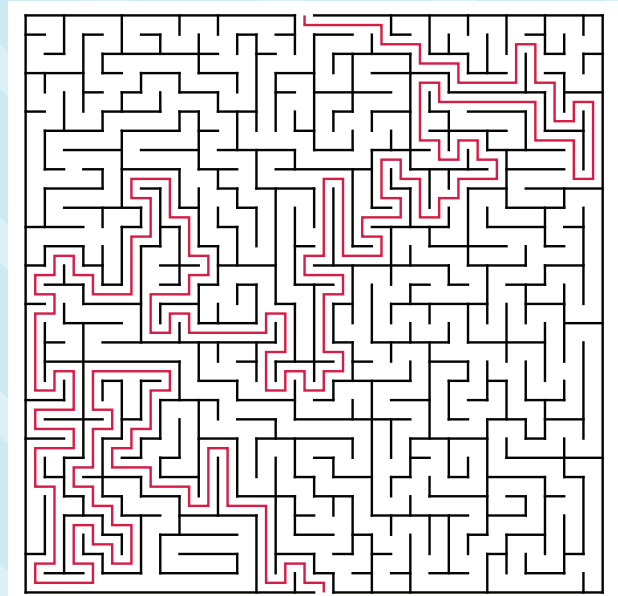
Pg. 3 - What in the Triathlon?

1. RACE TATTOO
2. FLAG
3. MEDAL
4. SWIM CAP
5. TRISUIT

Pg. 4 - Word Match-Up

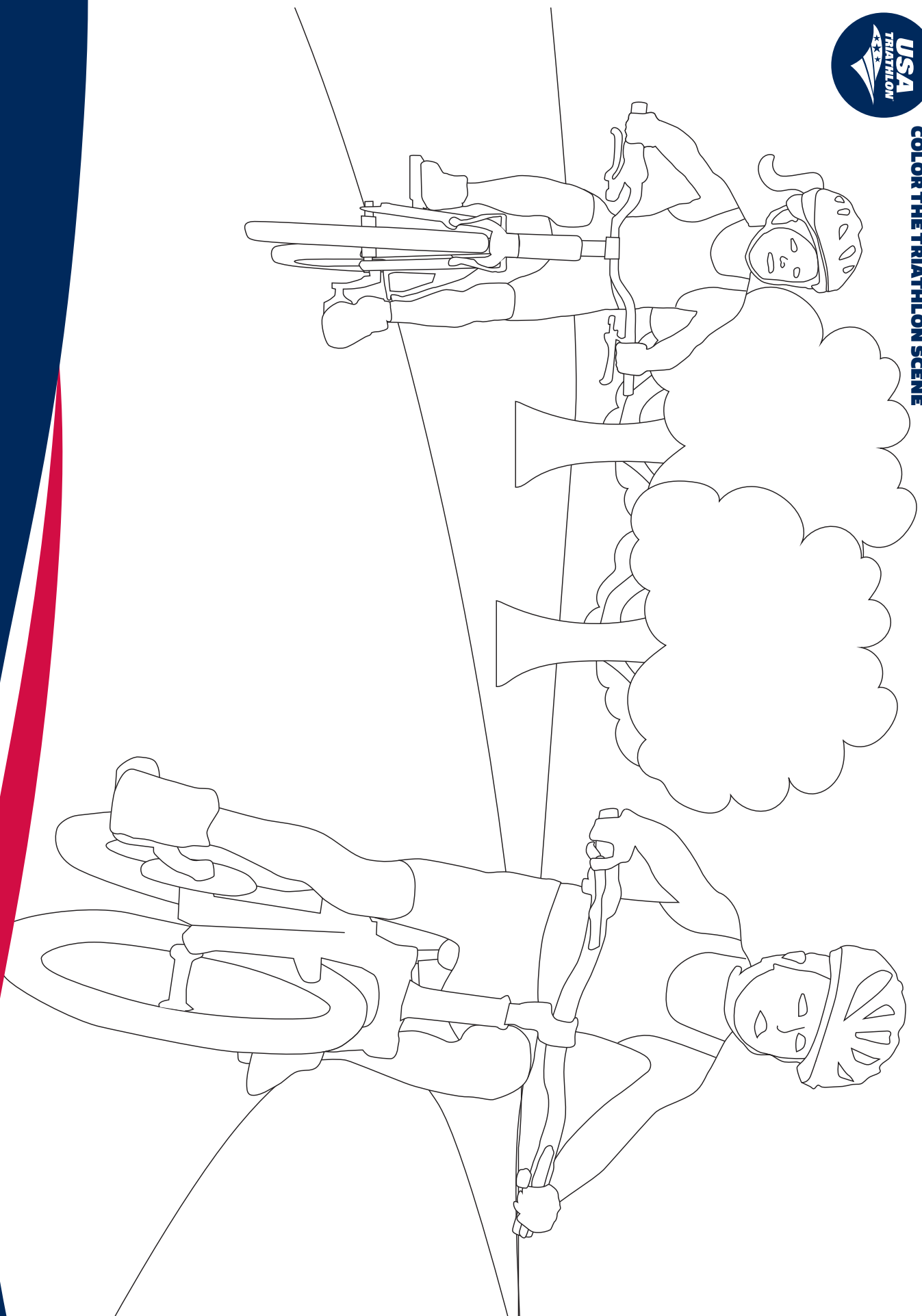
1. POLICIES AND GUIDELINES
2. SAFESPORT
3. PERSONAL BOUNDARIES
4. REPORTING
5. BULLY
6. RESPECT

Pg. 5 - Maze





COLOR THE TRIATHLON SCENE



Special thanks to USA Swimming Safesport for their inspiration!