

# ATHLETE RESOURCES

**This sheet is for:**

This sheet is for advocates working with athlete survivors to connect to both general and sports-specific resources. This sheet can help advocates better understand some of the sports-related resources and also think through how to find and connect to local, regional, national, and international support for athlete survivors.

**How advocates can use this:**

Advocates can use this to think through various resources for athlete survivors that might differ from resources from other survivors. It provides written instructions and considerations that advocates can use when making referrals and talking with athlete survivors about support options.

Athlete survivors of abuse in sport should have access to resources and understand the supports and systems available to them. The support network for athlete survivors can be strengthened by making it more inclusive of sports contexts, sports-related remedies, and sports-specific accountability. This may require more cross-training with organizations and entities to better understand sports systems and to connect these parts of the community with support and resources.

Considerations when thinking about local resources for athlete survivors:

**Age-appropriate:**

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Are the resources meaningful and accessible to the athlete's age? Child resources will differ from those for youth (adolescent and early adult). And youth services can differ from adult resources. Remember that mandatory reporting requirements vary depending on the support person's roles and responsibilities. It is critical to be clear about any limits of confidentiality.

**Strength-based:**

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Resources and supports should be strengths-based, which means they build on the athlete survivor's strengths and highlight what the athlete survivor has already built for themselves.

**Sport-specific and sports considerate:**

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Resources may be available within the particular sport governance or in connection with the sports ecosystem of the particular sport. This should be inclusive of someone's identity as connected to sport (such as being seen as a team captain, forward, point guard, or other specific positions/roles in the sport). It may depend on the circumstances and the region, level, and sport the athlete is involved in. Athletes have a distinct identity, culture, and system within which they function daily. It is crucial to have resources that are understanding, supportive, and integrative to the lives they lead.

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## Athlete Survivor Organizations

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The Athlete Survivors' Assist - an athlete survivor-founded and led organization that centers athlete survivor voices and lived experience in the creation of resources, education, and advocacy for systems change that makes sports safer for all. For access to more helplines see <https://theathletesurvivorsassist.org/helplines/>

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## Rape Crisis Centers and Local Services

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Access to confidential advocates and supports around sexual abuse.

- RAINN, [rainn.org](http://rainn.org)
- Database of National Support Resources, National Sexual Violence Resource Center, [nsvrc.org/find-help/](http://nsvrc.org/find-help/)
- Your state's Domestic Violence and/or Sexual Assault Coalition
  - Domestic Violence Coalitions, [thehotline.org/get-help/state-domestic-violence-coalitions/](http://thehotline.org/get-help/state-domestic-violence-coalitions/)
  - Sexual Assault Coalitions, [nsvrc.org/organizations\\_tax/stateorterritorysexualassaultcoalition/](http://nsvrc.org/organizations_tax/stateorterritorysexualassaultcoalition/)

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## Mental Health Resources

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- Local counseling options, such as School counselors (K-12) or College/university counseling
- Substance Abuse and Mental Health Services Administration, [samhsa.gov/](http://samhsa.gov/)

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## Systems of Reporting and Accountability

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### **The US Center for Safe Sport - [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org)**

Investigates reports of abuse in sport and has exclusive jurisdiction over investigations of sexual abuse in sport for all sports covered by the United States Olympic and Paralympic Committee.

The Center also maintains a Centralized Disciplinary Database of individuals who have caused harm in sport. The database is accessible to parents, advocates, and grassroots sports organizations. It is important that all organizations and advocates check if the coaches they employ and interact with are in the database. See <https://uscenterforsafesport.org/response-and-resolution/centralized-disciplinary-database/>

### **National Governing Bodies (NGB)**

Each of the 50 Olympic and Paralympic sports have an NGB that can respond to reports and conduct investigations that are outside of the Center's jurisdiction for investigation.

See [https://uscenterforsafesport.org/wp-content/uploads/2025/07/NGB-List\\_061925.pdf](https://uscenterforsafesport.org/wp-content/uploads/2025/07/NGB-List_061925.pdf)

### **Federal and State Criminal Legal Systems**

Reporting through 9-1-1, or reporting to the local law enforcement agency or to the law enforcement agency where the abuse occurred.

### **Child Protective Services**

Reporting Child Abuse or Neglect

- <https://childcare.gov/consumer-education/other-support-and-resources/child-protective-services>
- Reporting resources: <https://childcare.gov/contact>