

ATHLETE & SPORT SAFETY PLAN



This sheet is for:

This is a resource for self-care discussion questions for athletes survivors, as well as a planning worksheet for advocates and survivors to think through safety planning and resources.

How advocates can use this:

Advocates can use this with athlete survivors to talk through self-care and safety considerations, and this worksheet provides a space to write down those resources in one place.

What are the warning signs of danger or impact of trauma?

Are there certain feelings in your body when you feel unsafe or feel a stress response? Do you feel hot, short of breath, or stomach upset?

What are some things you can do in these situations?

What are your favorite regulating activities?

Can you try [box breathing](#), identify sensory inputs, or take a walk?

What are some actions or practices that can help you within your sporting environment?

Are there ways to avoid things that trigger stress response(s)? Do you need more support within your sport? More transparency? More resources?

Who in your social circle or support network could provide help or serve as a positive distraction?

Is there anyone that regularly travels with your team or is present within your sport that can support you?

Who is a friend you can reach out to for support?

What family members or friends could help?

Is there anyone that you can talk to about these stress responses? Anyone you feel comfortable being general with? Someone you can simply tell that you need a distraction.

What outside organizations or professionals could help?

- Who are confidential advocates you can access? (RAINN or other helpline supports, The Athlete Survivors' Assist, etc)
 - Do you have support through trauma-informed sports psychology or a therapist?
-

How can your sports participation and sports environment be safer?

Do you have a way to create boundaries or take time for yourself if you need a moment?

Remember: Self-care is not selfish-it is necessary for you to show up as your best person, and it is necessary for healing and thriving.

Try to find self-care activities that are easy to access and that you can do regularly, even when traveling for competition.

Self-care should help connect you with your body and bring peace and joy. It can be an activity that is fun or one that helps regulate your nervous system. These activities do not have to be expensive or exclusive.

One way to organize self-care is to ensure you engage in self-care activities across a range of areas/domains. These domains of your life may include:

- Physical
 - Emotional
 - Mental
 - Intellectual
 - Social
 - Spiritual
 - Environmental
 - Professional
 - Practical (everyday care)
 - Sports Participation, Culture, and Environment
-

Some examples are:

- Listening to music
- Taking a walk or running
- Watching a favorite TV show
- Reading a book
- Calling a friend
- Making a favorite meal
- Meditation
- Going to bed early
- Painting or coloring
- Getting a manicure or a pedicure
- Taking dogs to the dog park
- Spending time in nature
- Browsing in a store
- Going to a concert/live music
- Going out to eat
- Swinging on a swing
- Sitting by the beach or lake
- Taking an exercise class or doing a workout
- Organizing your desk, room, or closet
- Visiting a friend or family member
- Journaling
- Playing with a dog, a cat, other pet

ATHLETE AND SPORT-SPECIFIC SAFETY PLAN WORKSHEET^[1]

Developing a Safety Plan can be helpful for anyone who may feel like they are at high risk of a mental health crisis or need to think through safety in multiple locations and contexts. A Safety Plan is a prioritized written list of coping strategies and sources of support. The plan is brief, is in your own words, and is easy to read. Use this worksheet to help complete your own safety plan!

In general, what are three signs that indicate I may need to seek out or use support?

1.

2.

3.

When I am competing in my sport, what are the warning signs that a crisis may be developing? (Such as during practice or competition.) Think about what your body feels like when you know you may be disconnected from yourself, or what happens before you need support.

^[1] See <https://www.samhsa.gov/sites/default/files/988-safety-plan.pdf>

What are 3 internal coping strategies that can take my mind off my concerns and worries?

These are things you can do to take your mind off problems: relaxation techniques, physical activity, or even trustworthy distractions that will not make things worse, such as your favorite television show, rewatching your favorite movie, or listening to music. Be sure to include things you can do at home, on the road, or while traveling for competition. We do not recommend “doom-scrolling” or watching something new due to the unpredictability and potential to unintentionally encounter re-triggering content.

1. _____
2. _____
3. _____

What steps will I take to create a safer sports environment and minimize stressful situations?

Consider whether there is a recurring theme in what is retraumatizing or stressful. Is it always after checking into a new hotel? Is an unscheduled meeting more stressful than a scheduled one? Write out what a potential solution to rectifying this issue would be. If helpful, you can talk to a trusted teammate, friend, your therapist, or an advocate at The Athlete Survivors’ Assist about how to change behaviors, reduce triggers, and advocate for a safer sports environment.

What are some considerations I have for my physical safety?

What changes to my routine and travel should I make?

What concerns might I have about stalking?

Do I feel safe in the following places?

- | | |
|--|--|
| <input type="radio"/> At home | <input type="radio"/> On route to sports practice or games |
| <input type="radio"/> On route to work | <input type="radio"/> At sports facility |
| | <input type="radio"/> Other places |

Name some people, creatures, and things that make all parts of my life safer.

Who makes life easier and feels safer? Is it a friend, a dog, or a partner? Take note of what your body feels like when you think of those who make you feel truly safe.

Who can I ask for help?

Write their name, location, and/or phone number here. This person can be a teammate, a trusted coach, or a friend outside of your sport.

Contact Information

What kind of help can they provide?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Who are 3 people who can provide support when I need a distraction or to talk about what is bothering me?

Write their name and phone numbers. These people can be people you can talk to about what's bothering you, or they can be people who are reliable and can distract you and pull you back into your body.

1.	<hr/>	<hr/>
2.	<hr/>	<hr/>
3.	<hr/>	<hr/>

Professionals or agencies I can contact during a crisis:

Clinician Name, Phone, Address

Local Urgent Care or Emergency Department:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Text or call 988 or chat 988lifeline.org