

When is it Time to Report Abusive Coaching?

*Questions to ask yourself when trying
to decide if you should report abusive
coaching to SafeSport*

SOURCE: SHELBA WALDRON
DIRECTOR OF EDUCATION AND
TRAINING/SAFE SPORT

- Does the child report feeling scared or anxious to attend practice?
- Does the child blame themselves? “He was right. I did fall off the beam. I deserved it.”
- Is the athlete encouraged or expected to perform when injured?
- Is there high turnover on the team, because of a coach?
- Are there frequent injuries that would cause a reasonable person to be concerned about the coaching techniques?
- Has this been reported to the club management and been dismissed or ignored?
- Does the coach use hateful, discriminatory or belittling language?
- Do the parents feel fear of retaliation?

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- Does the coach seem to isolate the athletes from their parents or other teammates?
- Does the coach try to make medical, education, or other decisions that isn't part of their job?
- Does the coach encourage the athletes to miss school functions, church functions, dates, or family vacations to be at the gym?
- Are basic needs denied until "something is accomplished?" Are the athletes refused bathroom breaks, water, sunscreen, protective equipment, or meals as punishment?
- Is this ongoing and not a one-time incident?
- Are words of absolute used such as always, never, everyone, no one, and nobody? "You will never be a good gymnast."

IF YOU HAVE ASKED YOURSELF "IS IT WORTH REPORTING?" AND ANSWERED YES TO MORE THAN A COUPLE OF THESE QUESTIONS, THEN THE ANSWER IS YES.

TO FIND OUT MORE ABOUT THE REPORTING PROCESS, CLICK [HERE](#).

IF YOU HAVE QUESTIONS ABOUT THE REPORTING PROCESS, PLEASE REACH OUT TO SHELBA WALDRON AT SWALDRON@USAGYM.ORG