



February, 2025

Tualatin Hills Swim Club (THSC) Bullying Policy and Action Plan

A. PURPOSE

Bullying of any kind is unacceptable at THSC and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. THSC is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of THSC's Bullying Policy and Action Plan:

1. To define bullying and give all board members, coaches, parents/guardians and swimmers a good understanding of what bullying is.
2. To make it clear that THSC will not tolerate bullying in any form.
3. To make it known to all parents/guardians, swimmers and coaching staff that there is a policy and protocol should any concerns of bullying arise.
4. To clarify how to report bullying.
5. To spread the word that THSC takes bullying seriously and that all swimmers and parents/guardians are encouraged to report bullying and will be supported throughout this process.

B. BULLYING DEFINITION

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress. Bullying is more than simply rude or mean actions, it is unwanted behavior among peers that involves real or perceived power imbalance. The behavior is repeated and occurs over time.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member's property;

1. Placing the other member in reasonable fear of harm to himself or of damage to their property;
2. Creating a hostile environment for the other member at any USA Swimming activity;
3. Infringing on the rights of the other member at any USA Swimming activity; or
4. Materially and substantially disrupting the training process or the orderly



BULLYING POLICY AND ACTION PLAN

operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

C. REPORTING PROCEDURE

An athlete who feels that they have been bullied is asked to do one or more of the following things:

1. Talk to your parents/guardians;
2. Talk to a THSC Coach, Board Member, other designated individual, or trusted adult;
3. Write a letter or email to a THSC Coach, Board Member, or other designated individual; and/or
4. Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate THSC leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

D. HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is okay to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful, neutral behavior when you intervene.

If bullying is occurring at THSC or it is reported to be occurring at THSC, we address the bullying by *finding out what happened* and *supporting the kids involved* using the following approach:

E. FINDING OUT WHAT HAPPENED

1. **First, we get the facts.**
 - a. Keep all involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.



TUALATIN HILLS
SWIM CLUB

BULLYING POLICY AND ACTION PLAN

- e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyber bullying. Collect all available information.
2. **Then, we determine if it's bullying.** There are many behaviors that look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.
 - a. Review the USA Swimming definition of bullying;
 - b. To determine if the behavior is bullying or something else, consider the following questions:
 - What is the history between the kids involved?
 - Have there been past conflicts?
 - Is there a power imbalance? (Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.)
 - Has this happened before? Is the child worried it will happen again?
 - c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
 - d. Once you have determined if the situation is bullying, support all of the kids involved.

F. SUPPORTING THE KIDS INVOLVED

1. **Support the kids who are being bullied**
 - a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.
 - b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. The child is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - Develop a game plan. Maintain open communication between THSC and parents/guardians. Discuss the steps that will be taken and how bullying will be addressed going forward.
 - c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.



BULLYING POLICY AND ACTION PLAN

2. Address bullying behavior

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons they bullied. For example:
 - Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
 - Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- d. Involve the person who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the person who bullied can:
 - Write a letter apologizing to the athlete who was bullied.
 - Do a good deed for the person who was bullied, for THSC, or for others in your community.
 - Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
 - Zero tolerance or “three strikes, you’re out” strategies don’t work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - Conflict resolution and peer mediation don’t work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the immediate bullying issue is resolved, continue finding ways to help the person who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

3. **Support bystanders who witness bullying.** Every day, kids witness bullying. They want to help, but don’t know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.
 - a. Be a friend to the person being bullied;
 - b. Tell a trusted adult – your parent/guardian, coach, or THSC board member;



BULLYING POLICY AND ACTION PLAN

- c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."
- d. Set a good example by not bullying others.
- e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

G. CONCLUSION

THSC expects all members and staff to join us in our commitment to providing a safe, healthy, and positive environment for all participants.