



# SupportZone

IN PARTNERSHIP WITH

**SPORT LAW**

We know sport.



## Description of Service

*“Deep listening has one purpose; to help a person empty their heart.”  
-Thich Nhat Hanh-*

## SupportZone

Ontario Artistic Swimming (OAS) continues to take its commitment to wellbeing in sport very seriously. As part of our commitment, OAS is pleased to announce a new initiative to ensure that everyone involved in artistic swimming in Ontario can participate in one-on-one confidential conversations. **SupportZone** is a safe and welcoming space where athletes, coaches, parents, officials, and volunteers can share and ask questions about issues including questions about harassment, abuse, bullying or discrimination. Callers will be welcomed by a certified leadership coach and together we will determine what additional support you might need.

Our goal is to ensure our community has access to a neutral confidential third party to talk through what you may have experienced or witnessed, either in the past or present. While this service is not therapy, nor will advice or counselling be provided, we recognize that having a listening ear offers a safe space to process your experience.

## Let's Chat

**SupportZone** is being launched on **June 28, 2021**, and is being managed in partnership with [Sport Law](#), an organization with nearly 30 years of experience in providing exceptional management and leadership services to the amateur sport community. Calling

**SupportZone** will put you in touch with Lauren Brett of Sport Law, who is an Integral Coach and an accredited member in good standing with the International Coach Federation. All ethical guidelines of the coaching profession will apply. She is a former national team athlete and coach in the sport of Rhythmic Gymnastics who has a passion for ensuring that sport remains a safe and healthy experience for all participants. For more information about Integral Coaching® please [click here](#). Lauren is passionate about supporting sport leaders who want to have a bigger impact in their world by helping them lead from a place of humility, authenticity, and courage. Her mission is to change lives, one conversation at a time. To learn a little bit more about who Lauren is and her reflections on her time in sport, read her blog [here](#). It is our hope that SupportZone will encourage people to reach out, find answers to their questions and walk away more confident to address what has been weighing them down.



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## **Who this is for:**

### *For Athletes*

If you feel like you were bullied, harassed or abused or witnessed a person in authority maltreating someone, you can call us to work through the situation. If you are unsure about what to do next, you can call us, and we'll gladly listen. If you are feeling alone and scared, we're here to help. You are not alone, and we've created **SupportZone** for this purpose.

### *For Parents & Administrators*

Adults involved with sport (parents, spectators, officials, board members) may observe or be told about behaviours that are concerning and want advice or guidance on how to proceed or intervene. Please contact **SupportZone** to support you in determining your next steps.

### *For Coaches*

Coaches are being required to take on a lot more responsibility. Some are feeling overwhelmed by the new rules and expectations. If you are wondering whether your current coaching techniques meet today's standards, please connect with **SupportZone**. If you are worried you may have inadvertently caused harm to an athlete and want to have a safe space to talk through it, we are here to listen. If you have witnessed something and are unsure whether to report it, we are here to help. Together we can explore strategies to mitigate risk and find values-based solutions.

This anonymous, confidential and independent service offers:

- A safe space where you can share and validate your concerns with someone who cares and will not judge;
- Emotional support and an opportunity to talk through your feelings and any challenges you are facing with what you have experienced or witnessed;
- The opportunity to discuss available options and possible next steps;
- Information about additional support services and resources.

Reaching out for support does not mean you are filing a complaint and all information will remain confidential unless you determine otherwise.

Please contact Lauren Brett at [supportzone@sportlaw.ca](mailto:supportzone@sportlaw.ca) to set up a time to chat.