



# SAFE SPORT

The Safe Sport Committee is introducing a new program for October. We are calling the program “Safe Sport Social Media Splashdown.”

The theme : **“The day in the life of a Maryland Swimming Swimmer.”**

The program’s basic idea is to get all athletes and teams in the Maryland LSC involved in posting pictures or videos to the Maryland Swimming Instagram storyline. Athletes will be able to show everyone what they do either before, during, or after practice. It could be their pre-practice meal, what sets they do during their practices, or what hobbies they participate in after practice.

**If you are a Maryland swimmer, we want to see what your day looks like! (Include your teammates and coaches)**

Since this is a Safe Sport led program, of course a few rules are to be followed:

1. Each picture/video must include team apparel to show which team is being represented. (Example: team cap, team sweatshirt, team t-shirt, banner or mascot)
2. Each picture/video must follow MAAP rules. (Example: No locker room shots, nothing behind starting blocks)
3. No cursing or vulgarity of any kind in the pictures/videos. (Keep it clean!)

Submit your photo/video to: [mdswimsafesportcontest@gmail.com](mailto:mdswimsafesportcontest@gmail.com). Safe Sport team will review the submission, and if it follows all the guidelines, it will be posted to the Maryland Swimming Instagram story and be available to view for 24 hours.

**Note:** Participants can choose a song to play over the picture/video using the music sticker feature on Instagram. When submitting your picture/video, include if you would like a song to play over the picture/video. Please suggest the song, but please make sure the music is NOT EXPLICIT.

Thank you!

Safe Sport Committee