

**Video 3.3 Q:** Why was it important to attend the AthletesCAN Safe Sport Summit?

**A:** It was important for me to attend the safe sport summit because I believe that I'm in a very privileged position being a long-time national team athlete I believe that I do have a role to play in ensuring that my community is safe. I think that the summit was a rare opportunity for athletes across Canada to get together and to discuss very important issues. It was a rare opportunity for us to, to use our collective voice to come together and to demand change and demand a better sport for everybody across, across the country.

**Q:** What were your main highlights of the summit?

**A:** There were many highlights from the safe sport summit. I think the first thing that stood out to me was the fact that safe sport issues were prevalent in every single sport across Canada. I also think that what was extraordinary was the fact that there's so many athletes and others present at the summit and together we were able to in just a short period of time, approximately 2 hours, come to a consensus regarding the major changes that needed to occur in sport in order to ensure that sports were free from all forms of maltreatment. So I think that was pretty special and spoke for itself on how important these issues are for athletes in particular.

**Q:** What was the impact of attending the summit?

**A:** The safe sport summit was very impactful for me. We were able to listen to so many personal stories of the impacts of unsafe environments and maltreatment in sport, and I think it would have been impossible to have left the summit not having been changed in some capacity. The summit really reaffirmed and intensified my desire to be an advocate for safe sport and to help change sporting culture for the better.