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# **What should an athlete do if s/he feels his/her rights have been violated**

* **Seek guidance from your state P&A.** Federally-funded Protection and Advocacy Systems (P&As) for people with disabilities in the United States and its territories work to protect the rights of people with disabilities. Find the information for your P&A agency [here](https://acl.gov/programs/aging-and-disability-networks/state-protection-advocacy-systems) (scroll down until you see the heading P&A Programs, then click on the “Find your P&A Agency” option).
* **File a complaint under the Americans with Disabilities Act (ADA).** Businesses and public spaces, which includes health care providers, must comply with the ADA, and you can use [this information](https://www.ada.gov/filing_complaint.htm) to file report violations to the Department of Justice.
* **File a complaint with the Department of Health and Human Services, Office of Civil Rights** (OCR). Section 1557 of the Affordable Care Act prohibits discrimination on the grounds of disability in health care or health coverage. You can visit [OCR’s website](http://www.hhs.gov/ocr) to file a complaint or to request a complaint package, or call OCR’s toll free number at (800) 368-1019 or (800) 537-7697 (TDD) to speak with someone who can answer your questions and guide you through the process.

PROGRAMS: Feel free to include additional state/local organization information and contacts here