



OFFICIALLY OFFLINE

Intro

As an NCAA Official your role of managing intercollegiate athletic competition is both challenging and rewarding. Officials often try to be an invisible part of competition but with increased exposure due to social media and broadcast this is becoming more difficult.

Sometimes, fans of athletes and teams seek out ways to express frustration and disdain in inappropriate methods through unsolicited calls, texts, social media posts, and professional contact information. This adds an added layer of stress beyond just calling the game. Taking some steps to reduce your individual digital footprint can reduce these unacceptable and potentially harmful and forms of communication.

Digital Footprint Definition: The trail of data left behind as people use the internet. This can be active such as the data you share intentionally online, via social media posts, comments and photos. It may also be passive, which is data collected without your knowledge such as tracking cookies, public information, or personal information.

Support

Consider the following options to help reduce your own digital footprint and, subsequently, the possibility of harassing messages from the public.

Personal Information

Many websites and companies scrape person data for information repositories. Removing or opting out of your information with the following company sources will largely prevent your information from being visible in online public searches.

Acxiom	Opt Out
BeenVerified	Opt Out
Infotracer	Opt Out
Intelius	Opt Out
Lexis Nexis	Opt Out
Mylife	Process
Radaris	Opt Out
Spokeo	Opt Out
TruePeople Search	Opt Out
Whitepages	Opt Out

Consider searching for yourself online and see where your information may be visible and look to find the solution to remove data associated with that result.



Social Media

Get all the benefits of social media and connection without leaving yourself accessible or visible to the public. Also consider the accessibility of your family members and how their online presence may add to your footprint.

- Review your social media hygiene: [CISA Cybersecurity Basics for Social Media](#)

Facebook	Facebook Help Center Privacy Basics
Instagram	Instagram Help Center Privacy and Safety Center
LinkedIn	LinkedIn Help: Managing your Account and Privacy Settings
Twitter	Twitter Help Center: Protecting your Posts
WhatsApp	Privacy Check Up
YouTube	Managing your YouTube Privacy Settings

- Consider when you post on social media platforms relating to any officiating related info. It is suggested a delayed posting approach in order to limit personal exposure.

Phone Protection

Add additional layers of access protection for texts and phone calls to your mobile phone.

- iPhone: [Filter Unknown Senders](#)
- Android: [Enable Spam Protections](#)
- [iOS \(Apple\) Call Blocking](#)

Employment Access

Consider reviewing what professional information is available via your employers website. Review what is needed or viewable with your employer to determine how it can best allow for professional access but not connect to your officials role. Think about the use of generic intake options via email or business phone rather than direct communication access.

Additional Resources

Limiting the amount of data that is scraped from the internet by using different or generic email addresses for different accounts. [Disposable email services](#) are another option.

Google Removal of Contact Info: [Request Removal](#)

Conclusion

Officials are highly valuable to the intercollegiate athletic landscape and identifying ways to reduce any potential safety concerns will help the health of the officials ecosystem.