

Safe Sport Online Training Instructions

As USA Swimming members, athletes and registered adults may login on the USA Swimming website using their name and birthdate. As non-members, parents can create a free user account through the USA Swimming website.

Athletes (intended for 12-17, but younger with parent's permission)

1. Click the following link: <https://www.usaswimming.org/articles-landing-page/2017/04/05/free-safe-sport-training-for-athletes>
2. Scroll down to "USA Swimming Members" and click the link (www.usaswimming.org/learn)
3. Scroll down and input your information: last name, first name, birthdate
4. Click on the button "Go To Learn"
5. If you have not previously completed a profile: input your information. Note that the LCS is Indiana Swimming; the club is Lake Central Barracudas
6. After completing your profile (or logging in if a profile has been previously completed), click on courses to select the video. There is "Safe Sport for Athletes." "Buy" the free course (you'll have to fill out standard contact information). Once you "purchase" the video, click on the Dashboard button to access the video.

Parents

1. Click the following link: <https://www.usaswimming.org/articles-landing-page/2017/02/16/safe-sport-for-parents>

If you are a **non-member (This is most of you)**

1. Scroll down to "For Non-Members" and click the link (<https://learn.usaswimming.org/>)
2. Click on the button "Register"
3. Click on the button "Create Account" under the dark blue Learn box
4. Input your information. Note that the LCS is Indiana Swimming; the club is Lake Central Barracudas
5. After completing your profile, click on courses to select the videos. There is "Safe Sport for Swim Parents" and "Parent's Guide to Misconduct in Sports." "Buy" the **free** courses (you'll have to fill out standard contact information). Once you "purchase" the videos, click on the "Dashboard" button to access the video/s.

If you are a USA Swimming Member (athlete, coach, official)

1. Scroll down to "USA Swimming Members" and click the link (www.usaswimming.org/learn)
2. Scroll down and input your information: first name, last name, birthdate
3. Click on the button "Go To Learn"
4. After logging in, click on courses to select the videos. There is "Safe Sport for Swim Parents." "Buy" the **free** course (you'll have to fill out standard contact information). Once you "purchase" the video, click on the "Dashboard" button to access the video.