For athletes: (Turn off pop up blockers on your web browser)

Go to https://university.usaswimming.org/landing.
1. Click on Athletes.
2. Click on SSRP.
3. Click on View Info.
4. Click on Start.
5. Click on Login; You will be prompted to login or create a login if you are not currently a member.
6. Click on Start.
7. Once the course is complete click on the "Submit Button" and complete the survey at the end of the course.
8. To download the certificate, click on view transcript and click on the course "Download Certificate" button. (Sometimes it takes the system a little bit to update. Click Ctrl+Shift+R to refresh the screen or you may need to log out and then back in again later).

For parents: (Turn off pop up blockers on your web browser)

Go to https://university.usaswimming.org/landing.
1. Click on Parents/Volunteers.
2. Click on SSRP.
3. Click on View Info.
4. Click on Start.
5. Click on Login; You will be prompted to login or create a login if you are not currently a member.
6. Click on Start.
7. Once the course is complete click on the "Submit Button" and complete the survey at the end of the course.
8. To download the certificate, click on view transcript and click on the course "Download Certificate" button. (Sometimes it takes the system a little bit to update. Click Ctrl+Shift+R to refresh the screen or you may need to log out and then back in again later).