



All NHCP parents/guardians* and swimmers ages 13 and up, are required to take USA Swimming Safe Sport training every two years. Please see below for information on how athletes and parents can complete the training. If you have any questions, please reach out to Eric Neese [HERE](#).

The TUNA board of directors has set the bar for all of our athletes, ages 13 and up, and their parents to complete Safe Sport training by May 15th, 2024.

Safe Sport Training for Athletes Ages 13-17 (swimmers ages 18 and up must take the parent/adult training in the next section):
There is mandatory in person training for all swimmers in this age group at Osseo Middle School on Wednesday, April 10, 2024. Information is on the practice schedule. If your swimmer does not attend the in person training, there are two options on how they can take it:

1) USA Swimming holds a monthly ZOOM training for athletes. Dates and a registration link is below. If asked for, our club code is TUNA.

-Thur., April 11 at 8:00 p.m. EST | [REGISTER](#)

-Thur., May 9 at 8:00 p.m. EST | [REGISTER](#)

-Thur., June 6 at 8:00 p.m. EST | [REGISTER](#)

2) There is online training at the [USA Swimming portal](#), where your parent account is located. Parents need to create a separate login for their swimmer to take the online course. Directions are found [HERE](#). Once their separate login is created, they click the "Education" button at the top of the screen and then select "Safe Sport for Youth Athletes (13-17)". This will take them to the online course.

Safe Sport Training for parents/guardians and Swimmers ages 18 and up:

1) USA Swimming holds a monthly ZOOM training for adults. Dates and a registration link is below. If asked for, our club code is TUNA.

-Wed., April 10 at 8:00 p.m. EST | [REGISTER](#)

-Wed., May 8 at 8:00 p.m. EST | [REGISTER](#)

-Wed., June 5 at 8:00 p.m. EST | [REGISTER](#)

2) If those ZOOM times don't work for your schedule, there is online training at the [USA Swimming portal](#), where you have your parent account. Once you login

click the "Education" button at the top of the screen and select "Parents Guide to Misconduct in Sport" and you are good to go.

*USA Swimming requires one adult per login to take the training. Members are welcome to add additional 18+ profiles to their login account so multiple adults in a household can take the training, but it is not required.