

ATHLETE PROTECTION TRAINING (APT) GUIDELINES FOR USA SWIMMING MEMBERS

General Information:

- The APT must be taken annually.
- All new and existing adult members (18 years old and over) must complete.
- You can **renew** your APT by taking a Refresher course anywhere from 90 days prior and up to your expiration date.
- The APT automatically updates in SWIMS 3.0. It can take up to 24 hours to update.
- Members requiring APT can NOT participate in practices or meets if their APT is not completed.

Athletes Turning 18 Years Old:

- **Athletes can take the course up to 60 days prior to their 18th birthday, but the course must be completed by the time they turn 18. There is NO grace period.**
- **To take the APT, the swimmer turning 18 must create their own login and password.**
- When an athlete creates their login, it can take up to 24 hours for the course to appear for them.
- If the athlete does not yet have an account, to create a login, the parent who has the athlete in their "My Family" box needs to log in to their account. In the "My Family" box, select "View" next to the athlete's name. Then select "Create a Login Account." This account will be for the athlete. **This is the account they must take the APT course from.**
- Log-in accounts can be created through their parents' account for athletes ages 8-17.
- If the athlete is unable to create their login from their parents' account and is already 18, they must go to hub.usaswimming.org and create a new account. They must then link their membership record to this account.
- The athlete should NOT take the APT course under their parents' login account.

Four APT Courses found in Swims 3.0:

1. Athlete Protection Training: SafeSport Trained Core Course

- a. This is the course ALL members must complete their FIRST year of taking the course. This course takes up to 90 minutes to complete. The APT Core Course looks like this in Swims 3.0:

Athlete Protection Training

Format: **Course**

Dates : Open

Description : The Athlete Protection Training (APT) is required annually of all adult (18+) members of USA Swimming. The courses are provided by the US Center for SafeSport, and by clicking the link, you will be directed to your next required training. There are 4 trainings in the cycle: SafeSport Trained, Refresher 1, Refresher 2, and Refresher 3. You are automatically enrolled in the appropriate training. You are eligible to renew after 10 months

Course Fee: \$0.00

Part of Coach Certification: NA

GO TO COURSE



2. Refresher 1

3. Refresher 2

4. Refresher 3

b. Once a member has taken the Core Course, the next year they can enroll in one of the refresher courses. Each course takes approximately 35 minutes to complete.

- **DO NOT take the SafeSport for Adult Athletes! This course does not count as an APT Course!**

To Take the Course:

- Login to SWIMS 3.0 at hub.usaswimming.org on your computer. Mobile devices are not recommended.
- Click on the word EDUCATION in the blue stripe on your dashboard.
- Click on COURSE CATALOG.
- Click on the ALL COURSES pill and scan to the APT course you want to take.
- Do **NOT** select Safe Sport Courses as those are for the Safe Sport Recognition Program and do not count as an APT Course!

Suggestions:

- Use a computer not a mobile device.
- Turn off all pop-up blockers (allow pop-ups in your browser).
- Use an updated version of Chrome or Firefox.
- Complete everything on the screen including SURVEY that is offered and the [X] to close out the screen. The survey is very short and generally ensures the automatic update of the APT in Swims 3.0.
- Take a screenshot or photo of the full screen which includes date and time of completion.
- Those with a cognitive disability can request a waiver.

Adult Athletes with Cognitive Disabilities and for Victims and Survivors:

- If you feel you might be exempt from completing the APT due to a cognitive disability or because it could be triggering or re-traumatizing, please get in touch with SafeSport@usaswimming.org

Troubleshooting:

- If you do not see one of the courses listed above, contact rockwallswimoffice@gmail.com
- If you have completed the course but it has not updated to your member record within 1 week, contact rockwallswimoffice@gmail.com