

2025 SafeSport Requirements



The Midlakes Swim and Dive League is committed to the safety of our athletes in all sports. These are the SafeSport training requirements that must be met by every team in our league to 1) meet our insurance requirements, 2) educate and support our families, and 3) protect all our athletes.

SafeSport Courses

SafeSport Training Plan at Midlakes



Course Names and 2025 Prices

Some content has changed in the SafeSport courses as of March 2025, but the course names, pricing, and length remain unchanged.

SafeSport Trained - Not Affiliated - FFS	\$20.00
Refresher 1: Recognizing and Reporting Misconduct - Not Affiliated – FFS	\$9.99
Refresher 2: Preventing Misconduct - Not Affiliated- FFS	FREE
Refresher 3: Creating a Positive Sport Environment - Not Affiliated - FFS	\$12.99
SafeSport for Volunteers Abuse Awareness and Prevention Essentials	\$9.99
Parents Guide to Misconduct in Sport - Not Affiliated- FFS	FREE
SafeSport for Youth Athletes	FREE
SafeSport for Kids	FREE

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SafeSport Training Requirements for Clubs

Coaches - 100%

Every Midlakes coach for Swim, Dive, and Water Polo must take SafeSport training.

- Head coaches: Regardless of age
 - Take "SafeSport Trained" course \$20.
 - If a coach took "SafeSport Trained" in a previous year, they may take Refresher 1, 2, or 3.
 - If the coach took Refresher 3 last year, they must take the full "SafeSport Trained" course again.
- Assistant coaches:
 - If 18+, then same as head coach.
 - If <18, then take "SafeSport for Youth Athletes" course.

Athletes - 100%

Every athlete must take SafeSport training.

- If 13+, take the "SafeSport for Youth Athletes course".
- If 12 or under, then may take the "SafeSport for Kids" course.

Club Managers, Board Members, Aquatics/Programs Director – 1+ per club

Please identify at least one individual in the club's operational management who will take "SafeSport for Volunteers Abuse Awareness and Prevention Essentials". This individual(s) will be your designated person to manage any allegations of SafeSport violations for your club.

Swim Parent Representative(s) - 100%

Whether one or two people (or more) divide this role, each swim parent volunteer must take the "SafeSport for Volunteers Abuse Awareness and Prevention Essentials" training.

Parents and Volunteers – **may not volunteer on deck without training**

Training is free and we recommend that every parent take the "Parents Guide to Misconduct in Sport" course regardless of whether they volunteer on deck, e.g. even if they typically only volunteer for concessions, ribbons, announcing, set-up, clean-up. etc.

ALL on-deck volunteers must take the "Parents Guide to Misconduct in Sport" course. Volunteers **may not** help on deck or work with athletes unless they have been SafeSport trained. This includes **all** officials, timers, staggers, etc. (even if staging is not actually on deck).

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Reporting Requirements

Each club must prepare a roster report showing SafeSport compliance for each sport at your club - Swim, Dive, and Water Polo.

The report will include

- all coaches,
- at least one operational contact point,
- the parent representative(s),
- every athlete name with age group,
- and at least one parent per athlete.

The report will identify the training course each participant has taken. See the attached sample:

First Name	Last Name	Role at Club	SafeSport Training
Diane	Finley	Club Manager	SafeSport for Volunteers
Jerome	Davis	Parent Rep	SafeSport for Volunteers
Andrea	Dunlap	Head Coach - 19	Refresher 1
Phineas	Coolidge	Asst. Coach - 18	SafeSport Trained
Jessie	Franklin	Asst. Coach - 16	SafeSport for Youth Athletes

First Name	Last Name	Age as of June 15	Age Group	Girls/Boys	SafeSport Training	Parent with SafeSport Training	2nd Parent with SafeSport Training
Clara	Johnson	8	08U	Girls	SS for Kids	Steve Johnson	Pam Johnson
Asher	Smith	8	08U	Boys	SS for Kids	Angie Smith	Danielle Dawson
Josie	Manelo	7	08U	Girls	SS for Kids	Joseph Manelo	Francine Manelo
Frank	McCann	9	10U	Boys	SS for Kids	Jessica Davies	n/a
Joey	Walter	10	10U	Boys	SS for Kids	Sheila Walter	James Walter
Sam	Walter	10	10U	Boys	SS for Kids	Sheila Walter	James Walter
Jeffrey	Edwards	11	12U	Boys	SS for Kids	Dan Edwards	Lani Edwards
Diego	Gomez	12	12U	Boys	SS for Kids	Maria Gomez	Julio Gomez
Jessica	Edwards	13	14U	Girls	SS for Youth Athletes	Dan Edwards	Lani Edwards
Dmitri	Popov	13	14U	Boys	SS for Youth Athletes	Sasha Popov	n/a
Lucia	Garcia	10	15O	Girls	SS for Youth Athletes	Ximena Garcia	n/a
Lincoln	Brown	9	15O	Boys	SS for Youth Athletes	Naomi Brown	Anthony Brown

Each club must turn in their SafeSport compliance roster report to the Midlakes SafeSport Administrator at safesportmidlakes@gmail.com by:

- Swim - June 1
- Dive - June 23
- Water Polo - July 30

If your club has any late registrations after these deadlines, please send an updated roster when the family's SafeSport training is completed.

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Penalties for Non-Compliance

Athletes

If an athlete has not completed the appropriate age-level SafeSport training, they may not participate in any practices or competitions.

At least one parent per family should have completed the parent training before the athlete competes.

Volunteers

If a volunteer has not completed the parent SafeSport training, they may not volunteer on deck (timing, staging, officiating).

Clubs

Clubs may not compete at home or away meets if they cannot show SafeSport training for

- 100% of coaches,
- one parent representative AND one or more operational contacts (manager, director),
- 90% of athletes **,
- and one parent per family,

by the reporting deadline. While the club must meet a 90% threshold of athletes trained in order to attend competitions, Midlakes still requires 100% of athletes trained, so any athletes not trained should not be participating at practices nor at meets with the team.

*** The 90% threshold allows for athletes registering late or being on vacation or injured without affecting the club's ability to compete at meets.*

Course Substitutions

If a volunteer has taken the "SafeSport Trained" core course, they do not also need to take the "Parents Guide to Misconduct in Sport" or "SafeSport for Volunteers" courses.

If an individual has taken SafeSport training for another organization, this can count for Midlakes provided the course meets the minimum level of training for their role.

If the individual does not show up in your club's SafeSport admin reports because their prior training is associated with another organization (e.g. U.S. Rowing, U.S. Soccer Federation, etc.), please provide the email that individual used when taking their training to the Midlakes SafeSport Admin and we can associate them with your club to display in future reports.

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Group Training, aka “Watch Party”

A great way to make sure a lot of your athletes get the SafeSport training is to host a “watch party” at your club, maybe it’s the first 20 minutes of your first practice.

If you plan to offer a group watch party:

- Ensure that families opt in to any group training rather than opt out.
- There must be a supervisor to make sure all participants stay and watch the video, and to document the attendee names.
- Please keep in mind that athletes 13 and up should watch the "SafeSport for Youth Athletes" course, and athletes 12 and under should watch the "SafeSport for Kids" course due to the age-appropriateness of the material in each course.
- **You must notify the families of the potentially triggering content of the SafeSport training,** and you must **provide this warning** from the SafeSport youth courses to your families.

A NOTE TO PARENTS

By accessing this course, you agree to be bound by the terms and conditions. Parent/guardian consent is required for anyone under the age of 18 to access this training.

This course contains information about various forms of abuse. Content is presented in an age-appropriate way but may be uncomfortable or trigger trauma for some people, including parents who may have a history of experiencing abuse.

If you want to talk about abuse you or someone else has experienced, please contact the SafeSport Helpline at safesporthelpline.org or 866-200-0796. If you would like to make a report, please visit uscenterforsafesport.org/report-a-concern.

Select *ACKNOWLEDGE* below to continue.

ACKNOWLEDGE