

2026 Safety Training Requirements

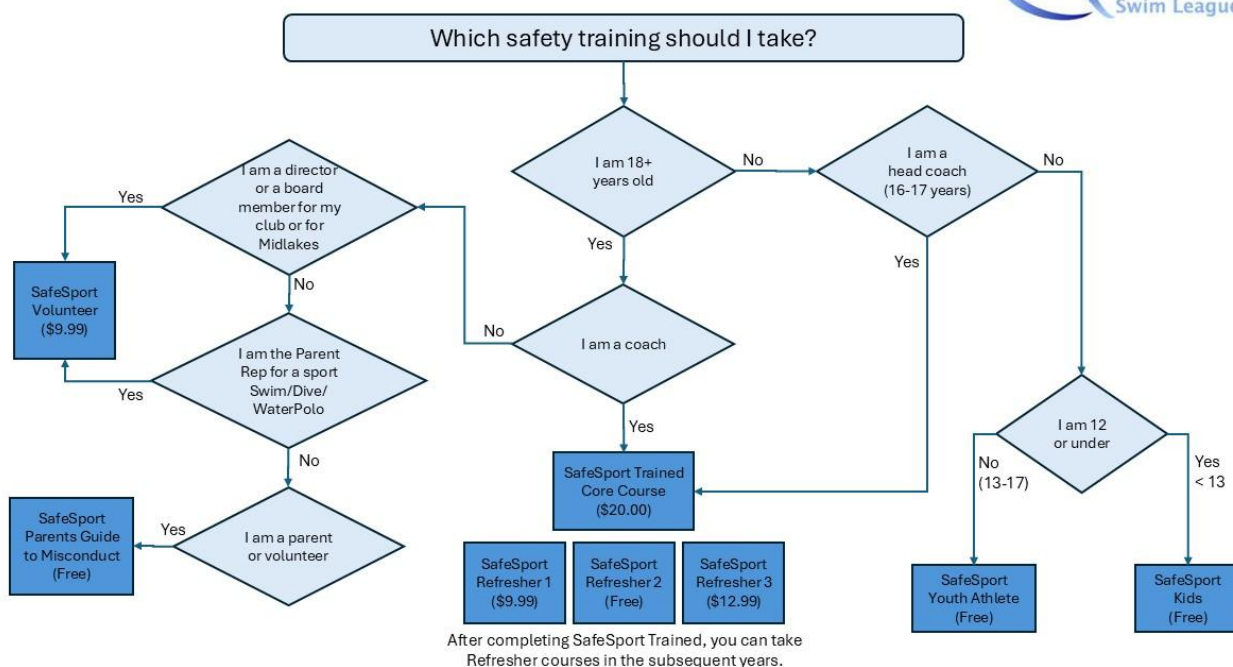


The Midlakes Swim and Dive League is committed to the safety of our athletes in all sports. We contract with the U.S. Center for SafeSport to provide safety training for our participants. Here are the requirements that must be met by every team in our league to

1) meet our insurance requirements, 2) educate and support our families, and 3) protect all our athletes.

Safety Training Decision Tree

Safety Training Plan at Midlakes



Course Names and 2026 Prices

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

A price break is allowed on the “SafeSport Trained” course using our discount code: MDLKS19

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Safety Training Requirements for Midlakes Teams

Coaches - 100%

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

- Head coaches: Regardless of age
 - Take the "SafeSport Trained" course \$20. (If the coach is 16-17 years old, they must have written acknowledgment from a parent due to course content.)
 - If a coach has completed the "SafeSport Trained" course in a previous year, they may take Refresher 1, 2, or 3 in that order.
 - 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 safety 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 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 against 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).

Revised January 24, 2026

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Reporting Requirements

Each club must prepare a [Safety Training Verification Report](#) showing safety training 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 team parent representative(s),
- every athlete name with age group,
- a list of approved parent volunteers with SafeSport training (aim for at least one per family).

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
Susan	Li	11	12U	Girls	SS for Kids	Kimberly Li	n/a
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	15	15O	Girls	SS for Youth Athletes	Ximena Garcia	n/a
Lincoln	Brown	16	15O	Boys	SS for Youth Athletes	Naomi Brown	Anthony Brown
Andy	Nguyen	17	15O	Boys	SS for Youth Athletes	Angelie Ngyuen	David Nguyen

Each club must turn in their [Safety Training Verification Report](#) to the Midlakes SafeSport Administrator at athletesafetymidlakes@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 report when the family's safety training is completed.

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Participant Expectations and Penalties for Non-Compliance

Athletes

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

Volunteers

If an on-deck volunteer has not completed the parent SafeSport training, they may not volunteer on deck. The following roles are considered on-deck, including but not limited to,

Swim: timing, staging, officiating; **Dive:** all volunteers are on deck; **Water Polo:** scoring

Clubs

Clubs are expected to provide a report by the reporting deadline that shows SafeSport training for the following participants:

- 100% of coaches,
- all team parent representatives AND one or more operational contacts (manager, director, etc.),
- 100% of athletes,
- and all on-deck volunteers.

Midlakes requires 100% of athletes trained, so any athletes who are not trained should not be participating at practices nor at meets with the team. Make sure to send updated reports as new families come on board with training after the initial reporting deadline.

Penalties

Financial penalties were approved (by majority vote) at the 2025 spring Midlakes general membership meeting as follows:

- Failure to provide proof of training completion for all participants will result in weekly fines starting the first week of dual meets in the amount of \$400.00 per week.
- Failure to pay fines may result in exclusion of the club from Midlakes insurance benefits, forfeiture of the meet(s) and attendance in League Championship meets.

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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 the club's SafeSport admin reporting system because their prior training is associated with another organization (e.g. USA Swimming, U.S. Soccer Federation, U.S. Rowing, etc.), please provide the email the individual used when taking their training to the Midlakes Safety Training Admin and we can associate them with your club to display in future reports.

Group Training, aka "Watch Party"

A great way to make sure a lot of your athletes complete their safety training is to host a "watch party" at your club, for instance, it could be held during 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.

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