

2025 SafeSport Training for Midlakes Participants Athletes, Coaches, Parents/Volunteers, Directors/Board Members

Midlakes Swim & Dive League is committed to improving the development and safety of athletes and participants involved in swim, dive, and water polo. In an effort to prevent the emotional, physical, and sexual abuse of athletes, Midlakes has implemented both prevention training and prevention policies through the SafeSport program. The goal of all trainings is to equip participants with knowledge on how to Prevent, Recognize, and Respond to abuse and misconduct and keep our league safe and fun for all participants.

All athletes, coaches, parent representatives, and on-deck volunteers must take SafeSport training as part of belonging to the Midlakes Swim & Dive League. Each club has received the **2025 SafeSport Requirements** document that details specific training requirements, reporting procedures, and training/reporting deadlines.

Coaches, Athletes, Directors, Board Members, and Parent Reps

- **must be trained *before your sport's first practice***
- **coaches and athletes will not be allowed to enter the pool until their training is complete**

On-deck volunteers must be trained:

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

We recommend everyone get trained as soon as possible so you don't forget and end up rushing to squeeze the training in at the last minute. ***Please note the special requirements around group watch parties if your club offers that.***

Each Club has a specific link and Enrollment Key to distribute to all Participants at your club so that the training courses for each Club can be monitored and recorded. Do not share this link or key with participants outside of your Club. Below you will find instructions for registration and descriptions of courses available.

Please let us know what questions you have. Let's have a great season!

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Additional SafeSport Resources:

US Center for SafeSport Website: <https://uscenterforsafesport.org>

How to Access the Required Training For Mercerwood Shore Club

Log in to an Existing Account:

1. Go to <https://safesporttrained.org/#/login> and log in with your existing credentials.

Create a New Account:

1. If you do not already have a SafeSport training account, go to:
<https://safesporttrained.org?KeyName=FSMIDLAKESmercwoodshoreclub>
2. Select **Enrollment Key** on the landing page and enter the following key where it says "key name": **FSMIDLAKESmercwoodshoreclub** (This will ensure your training is linked to Mercerwood Shore Club).
3. Fill in the required information to sign up. You will not have a Member ID #, so can ignore this. Your "Role" is explained below:
 - Swimmer/Diver/Water Polo Player = **Athlete**
 - Parent/Volunteer = **Volunteer**
 - Coach = **Instructor**
 - Board Member/Program Director = **Staff**Enter **Midlakes** as the "Name of Sport or Community Organization".
4. Once your info is entered correctly, click the light blue "**Sign Up**" button at the bottom of the web page. Read and accept the Terms and Conditions.

Access the Training:

1. From the Welcome/Dashboard page, select "**Catalog**" near the center of the page.
2. From the Catalog, select the appropriate training as detailed above by clicking "**Enroll**". From there, you can begin the online training session.
3. If you are taking a paid training (e.g. Volunteer, SafeSport Trained, or a Refresher course), you will need to finish purchasing the course through the Shopping Cart first. After purchasing, your course will be available from the "My Courses" link in the menu or from the dashboard.

If your athlete completes their training under the parent's account, please let your Club know which parent and which email was used for the training.

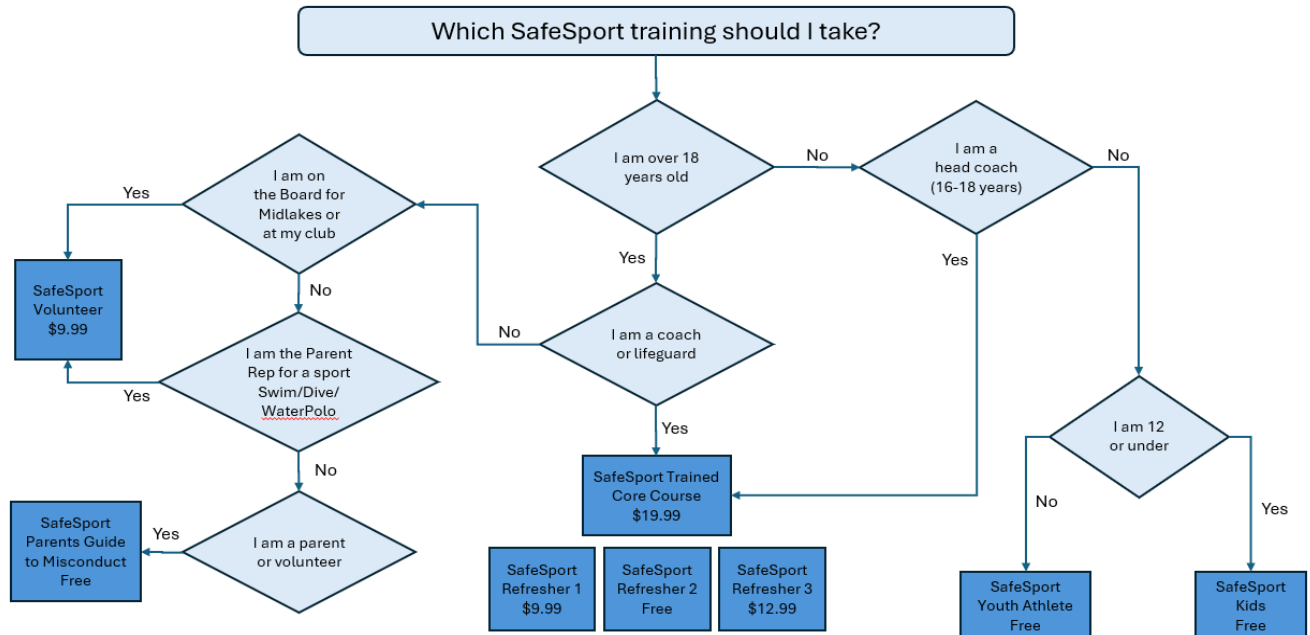
Once you and your athlete(s) have completed SafeSport training, your training certificate will be saved within the SafeSport training system. You can access it at any time to print your certificate in the future if needed.

SafeSport Training through Another Organization:

If you or your athlete(s) have already completed SafeSport training for another sport within the U.S. Center for SafeSport system, please let your club know so we can link your training to your club.

Here is a handy decision tree to help you determine which SafeSport training you or your athlete should take.

SafeSport Training Plan at Midlakes



After completing SafeSport Trained, you can take Refresher courses in the subsequent years.

