

Instructions for Completing the APT (ATHLETES)

1. Athletes must have their own login through the USA Swimming website. If you haven't done this in the past, go to www.usaswimming.org and select on the right in the banner:

 Login / Register

2. In the window that opens select Create a Login. (This will require athletes to have their own email address.) Then follow the steps to set up a username and password.

LOGIN

Please login with your username and password.

(Note that usernames created on our old system before Sept 1, 2022 will no longer work. Click "Create a Login" below if you need a new account)

Username:

Password:

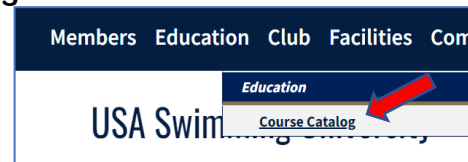
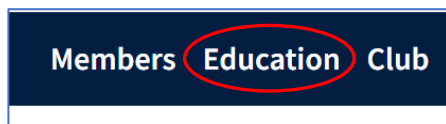
LOGIN

[FORGOT USERNAME](#)

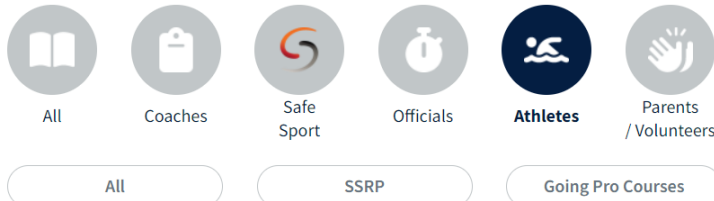
[FORGOT PASSWORD](#)

[CREATE A LOGIN](#)

3. Log into your account on the USA Swimming website.
4. Click the Education tab and select Course Catalog



5. In the window that opens, select Athletes → 18+ Requirements.



6. The APT course options will appear in the window.


SAFESPORT
UNDERSTANDING MANDATORY REPORTING
(CANRA) Mandatory Reporting: Understanding Your Responsibility
Required for California residents, this course covers child abuse and neglect, responses to disclosure, and barriers to reporting.
[VIEW INFO](#)


ATHLETE PROTECTION TRAINING
Athlete Protection Training
✔ Complete - Passed
A comprehensive 90-minute overview of facts, principles, and strategies to help you provide safe and positive sport environments.
[VIEW INFO](#)


ATHLETE PROTECTION TRAINING
Athlete Protection Training - Refresher 1
⚠ Next Up
⌚ Due 05/10/2025
Reinforces reporting practices and principles including how best to respond when someone discloses abuse and reporting
[VIEW INFO](#)


ATHLETE PROTECTION TRAINING
Athlete Protection Training - Refresher 2
✔ Complete - Passed
This course covers recognizing and preventing misconduct in sport and applying the Minor Athlete Abuse Prevention Policies.
[VIEW INFO](#)


ATHLETE PROTECTION TRAINING
Athlete Protection Training - Refresher 3
✔ Complete - Passed
Reviews reporting and retaliation, bystander intervention, mitigating potential risks in locker rooms, and digital communications.
[VIEW INFO](#)

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7. The order of the courses to be completed over a four-year cycle is Athlete Protection Training, Refresher 1, Refresher 2, Refresher 3. You will only be able to access the course that you need to complete.
8. Once you complete the course, take a screen shot of the certificate or the final screen that includes the date of completion. This will be helpful if the course fails to update in your record.

NOTE: Do NOT take Safe Sport for Adult Athletes – it does NOT count as the requirement for athletes who are 18 and older.

It can take up to 24 hours for the course to update in your record. If it doesn't match after that, the most efficient and effective way to get assistance is to contact businessoffice@virginiaswimming.org. THERE IS NO NEED TO TRY TO TAKE THE COURSE AGAIN!