**Online Safe Sport Education for Athletes (12 & Over)**

1. Visit [www.usaswimming.org/learn](http://www.usaswimming.org/learn).
2. Enter your last name, first name and date of birth into the search parameters boxes. Click “Search”.
3. Click “Continue” next to your name.
4. Click “Go to Learn”.
5. Select “Courses” at the top.
6. For athletes ages 12-18, click on the Safe Sport for Athletes course and complete the course using the prompts.
7. For athletes over the age of 18, click on SafeSport Training for Adult Athletes.