



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the One-on-One Interactions section of the policy.

One-on-One Interactions

One-on-One Interactions present a risk for an Applicable Adult to abuse a minor athlete or initiate grooming behaviors to do so. This portion of the policy sets the expectation that if a one-on-one interaction occurs, it is done in a way that is observable and interruptible by another adult.

Meetings: In swimming, meetings between adults and minors are common. MAAPP requires that another adult be present AND that the meeting be in a location that is easily observed and interruptible. USA Swimming has recommended a similar concept, two-deep leadership, as a best practice for years. Now, two-deep leadership is not recommended, it is required.

Private Instruction: Legal guardians often hire coaches to give private lessons to their minor athlete. A private lesson is a one-on-one interaction between an Applicable Adult and a minor athlete but it is not a one-on-one interaction occurring in the course of team practices or USA Swimming events and activities. USA Swimming recommends that individual training sessions be observable and interruptible by another adult and the that minor athlete's legal guardian be allowed to observe the session. This is the only piece of the One-on-One Interactions section that is recommended and not required.

Frequently Asked Questions

Q: What does observable and interruptible mean?

A: Observable and interruptible means that the interaction takes place in such a way that another adult can see all the interactions that are happening AND another adult can interrupt the interaction if he or she observes a questionable behavior in the moment that it is occurring. That interruption could include a physical interruption and/or a vocal interruption.

Q: What does "except under emergency circumstances" mean?

A: An example of an emergency circumstance could include an individual experiencing a medical emergency leaving an Applicable Adult and a minor athlete without another adult in an observable and interruptible distance.

Q: Can a lifeguard serve as the second person within an observable and interruptible distance?

A: Yes, if the lifeguard is an adult and can completely observe the interaction and interrupt in the moment. However, remember that a lifeguard's responsibility is to those in the pool and accordingly likely will not be able to observe or interrupt a one-on-one interaction.

Q: Is a telephone call considered to be a one-on-one interaction?

A: Yes. Therefore, a telephone call between an Applicable Adult and a minor athlete must be observable and interruptible by another adult. A duration of a telephone call made during an emergency circumstance must be consistent with the type of emergency.



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the Social Media and Electronic Communications section of the policy.

Social Media and Electronic Communications

Private electronic communications between an Applicable Adult and a minor athlete present an opportunity for the Applicable Adult to initiate grooming behaviors that may lead to abuse. Just as one-on-one interactions between an Applicable Adult and a minor athlete must be observable and interruptible, any communications between an Applicable Adult and a minor athlete should be open, transparent. Additionally, electronic communications between an Applicable Adult and a minor athlete must involve the minor's legal guardian and take place during reasonable hours.

Before MAAPP, USA Swimming rules required every team establish a social media/electronic communication policy. This section of MAAPP replaces that requirement. Members will note that this section of the MAAPP is similar to the USA Swimming's previous Model Policy on Electronic Communication and published Best Practice Guidelines.

Frequently Asked Questions

Q: Can our team still use our Electronic Communication Policy instead of this one?

A: No, you cannot use the Electronic Communication Policy that you have had to this point. Every team is required to adopt this policy, including the Social Media and Electronic Communications section, in full.

Q: Are minor athletes still allowed to follow their favorite celebrity swimmer on a fan page?

A: Yes, under the policy, a minor athlete can follow or friend a celebrity swimmers fan page.

Q: What do I do about my pre-existing social media connections with minor athletes?

A: Applicable Adults are required to discontinue existing social media connections with minor athletes.

Q: When does a minor athlete's legal guardian need to be copied on an electronic communication to a minor athlete?

A: An Applicable Adult must not send a one-on-one communication to a minor athlete. A minor athlete's legal guardian must be copied on an electronic communication sent by an Applicable Adult to the minor athlete.

Q: How should an Applicable Adult communicate with the team or a group of minor athletes?

A: If an Applicable Adult sends a message to a group of minor athletes or an entire team, another adult must be copied on the communication. It is not required that each minor athlete's legal guardian be copied on an electronic communication sent by an Applicable Adult to a group of minor athletes or an entire team.

Q: What would be an emergency circumstance?

A: An emergency circumstance should be an isolated incident that is an objectively reasonable emergency in order to justify an electronic communication sent outside of 8:00a.m. – 8:00p.m. An example would be to notify the team that early morning practice is cancelled at the last minute.

Q: Is a telephone call considered to be an electronic communication?

A: A telephone call is similar to a one-on-one interaction. Therefore, a telephone call between an Applicable Adult and a minor athlete must be observable and interruptible by another adult. A duration of a telephone call made during an emergency circumstance must be consistent with the type of emergency.

Q: Can a team change the hours during which electronic communications can be sent to a time period other than 8:00 a.m. to 8:00 p.m.?

A: No.

Q: Can an LSC send communications to a committee including an athlete representative outside of 8:00 a.m. to 8:00 p.m.?

A: No. LSC staff and board members are Applicable Adults. Electronic communications sent to minor athletes must only be sent between the hours of 8:00 a.m. and 8:00 p.m.



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the Travel: Local and Team section of the policy.

Travel: Local and Team

Local and team travel occur frequently in our sport and presents a series of unique risk factors. The goal of this policy is to minimize the opportunity for an Applicable Adult to abuse a minor athlete during local and team travel.

Before MAAPP, USA Swimming rules required every team establish a travel policy. This section of MAAPP replaces that requirement. Members will note that this section of the MAAPP is similar to USA Swimming's previous Model Policy on Team Travel and published Best Practice Guidelines.

A legal guardian must consent in writing, in advance, for every instance in which their minor athlete travels alone with an Applicable Adult. Please note, it is the responsibility of the team to maintain parent consent forms covered in this section.

Teams often try to save money during team travel. For example, it has become a common practice for teams to rent a house which may be more cost effective than paying for hotel rooms. That practice is no longer permissible.

Frequently Asked Questions

Q: Can Applicable Adults ride alone in a vehicle with a minor athlete?

A: Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless agreed to in writing by the minor athlete's legal guardian.

Q: How is "overnight lodging location" in Section II(b) defined?

A: Overnight lodging location refers to a non-traditional lodging situation that teams might use. This includes, but is not limited to, non-traditional arrangements such as VRBO rentals, Air BNBs, campers, trailers, etc. All the travel rules apply to these locations as well.

Q: Can an adult athlete share a hotel or sleeping arrangement with a minor athlete?

A: Yes, an adult athlete can share a hotel room, other sleeping arrangement or overnight lodging location with a minor athlete only if the minor athlete's legal guardian provides written permission in advance and for each instance for the minor to share a hotel room, other sleeping arrangement or overnight lodging location with said adult athlete. No other Applicable Adult can share a hotel or sleeping arrangement with a minor athlete.



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the Locker Rooms and Changing Areas section of the policy.

Locker Rooms and Changing Areas

Locker rooms and changing areas are private and enclosed spaces in which abuse can occur. To prevent abuse of minor athletes in these private areas, this section of the MAAPP is intended to keep Applicable Adults from being present in a locker room or changing area at the same time as minor athletes.

Prior to MAAPP, a team locker room policy has been a strongly recommended best practice. This section of MAAPP is very closely aligned with USA Swimming rules, Model Policy on Locker Rooms and published Best Practice Guidelines. Now, rather than recommended practices, this is a USA Swimming requirement.

Please note that Adult Athletes are Applicable Adults. It is important for adult athletes to carefully read and understand their responsibilities under this section. Please read every point carefully to avoid confusion.

Frequently Asked Questions

Q: What does the word “expose” mean in Section III?

A: Expose means a purposeful showing of private parts or being bare skinned for an abnormal amount of time while changing. Adult athletes should be thoughtful to turn their bodies away and shield their private parts from minor athletes while changing.

Q: Does this policy only apply to locker rooms at competitions?

A: No, this policy applies to any and all locker rooms or changing areas used by Applicable Adults and minor athletes in connection to practice, competition, camps, etc.

Q: Does this policy mean that athletes over the age of 18 cannot share a locker room or changing area with teammates under the age of 18?

A: No. Unrelated Applicable Adults must not be alone with a minor athlete in a locker room or changing area except for athletes on the same team and athletes attending the same competition.

Q: Can Masters swimmers use a locker room at the same time as minor athletes?

A: An unrelated Applicable Adult must not be alone with a minor athlete in a locker room or changing area. If a Masters swimmer meets the definition of an Applicable Adult, then the Applicable Adult must not be alone with a minor athlete in a locker room or changing area.

Q: Can an athlete deck change?

A: NO. Deck changing is prohibited under USA Swimming rules and by MAAPP.



The USA Swimming Minor Athlete Abuse Protection Policy (MAAPP) has five parts. This resource is intended to provide information regarding implementing the Massages, Rubdowns and Athletic Training Modalities section of the policy.

Massages, Rubdowns and Athletic Training Modalities

Massages, rubdowns and athletic training modalities can present a risk for Applicable Adults to abuse minor athletes. As a result, all massages, rubdowns and athletic training modalities performed on a minor athlete must be conducted in an observable, interruptible environment by a non-coach licensed professional.

This section of MAAPP is very closely aligned with USA Swimming rules requiring massages and rubdowns be performed by a non-coach licensed professional. Now, this requirement extends to other forms of treatment.

Frequently Asked Questions

Q: What is an athletic training modality?

A: Examples of an athletic training modality includes stretching, physical manipulation, injury rehabilitation, stim treatment, dry needling, cupping, etc.

Q: Can a coach assist an athlete stretching a leg or working out a shoulder knot?

A: No. Under no circumstance is a coach permitted to perform a rubdown or massage even if the coach is a licensed massage therapist or athletic trainer.

Q: Is it permissible for a coach to use an applicator to help apply relief creams or work out a muscle?

A: No. The use of instrument assisted modalities by a coach is not allowed.

Q: Does a legal guardian have to give permission for a massage therapist to work on their minor athlete?

A: Yes. The legal guardian must provide advance, written consent to the licensed massage therapist or other certified professional, with a copy provided to the club.



Athlete Protection Training Requirement for Adult Athletes

Starting June 23, 2019, adult athletes will be required to complete the USA Swimming Athlete Protection Training. This resource is intended to provide information regarding this membership requirement.

USA Swimming requires all adult members to complete Athlete Protection training. Previously, this requirement did not extend to adult athlete members. This training and education requirement is not a part of the Minor Athlete Abuse Prevention Policy (MAAPP)

As a membership requirement, adult athletes who are currently 18 and older must complete this training by June 23rd. Those who are 17, about to turn 18, must complete this training by their 18th birthday. Successful completion the training, on an annual basis, is now a membership requirement of adult athletes, and failure to complete it will result in an athlete's inability to swim in a meet or at practice. This is the same membership requirement for all non-athlete members.

Frequently Asked Questions

Q: What is an adult athlete?

A: An adult athlete is an athlete member age 18 years and older.

Q: Can an athlete take the training before they turn 18?

A: Yes. Subject to parental consent, an athlete can access and complete the training prior to turning 18.

Q: How can I access the training?

A: An adult athlete will access the same training that non-athlete members must take at www.usaswimming.org/apt. The athlete member will enter his or her name and date of birth to initiate the process and log into the LEARN platform. Once in the LEARN system the athlete will access the Athlete Protection Training.

Q: Which courses are required to complete Athlete Protection Training?

A: Adult athlete must take THREE Courses: Sexual Misconduct Awareness Education, Mandatory Reporting and Emotional and Physical Misconduct. Upon completion of each course, the athlete will receive a completion certificate. After receiving the certificate, the athlete must complete the survey in order to fully complete the course.

Q: Will the free athlete training count towards the requirement?

A: No. The course labeled "Free Safe Sport Training for Minor Athletes" does not satisfy the requirement. Adult athletes must complete the "Athlete Protection Training".

Q: Can athletes take the training in a large group with one login to the training?

A: No. Each adult athlete must login to LEARN with their own name and date of birth, otherwise there will not be a way to track that they have completed the training. **Suggestion:** Take a training practice time and have all the athletes that must complete the training in one place, with their own electronic device. Have them log in on their own but complete the training in a group setting. This way the club can account for them taking it.



Q: How will an adult athlete be able to show that they completed the training?

A: Once the adult athlete completes the training, the athlete's member record in SWIMS will populate an updated training expiration date. The athlete's Deck Pass account will also reflect whether the adult athlete has completed the training.

Q: How will a meet official know whether an adult athlete has completed the training?

A: The meet recon report will reflect whether an adult athlete has completed the training.

Q: Is there a grace period in order to complete the training?

A: Yes. There is a 30-day grace period given to the adult athletes to complete this initial training requirement.

Q: Do masters swimmers have to complete the training?

A: This APT training requirement is a USA Swimming adult athlete membership requirement. If a U.S. Master's Swimming member is also a USA Swimming athlete member, they are required to complete the training as a requirement of continued athlete membership in USA Swimming.

Q: What happens if an adult athlete competes in a meet without completing the training?

A: If an adult athlete member competes when their membership requirement was not satisfactorily fulfilled, swim time would not be valid. This will affect an adult athlete's ability to achieve qualifying times.