YMCA Athlete,

As an athlete age 18 and older, you are considered an adult according to the Safe Sport Law and the YMCA of the USA. In order to participate in the 2022 YMCA National Long Course Swimming Championship, YMCA of the USA requires you to complete an athlete protection training, and sign and attest to the YMCA of Code Conduct, Concussion Awareness Protocol, COVID-19 Protocol, Consent and Liability Waiver and the Video/Photo Release.

**Please complete the online training and sign the waivers to satisfy legal requirements for YMCA of the USA by Thursday, July 14.**

**Step 1:**

Athlete Protection Training - If you have already completed athlete protection training through USA Swimming or the U.S. Center for Safe Sport, you will upload your completion certificate with your attestation (see Step 2).

If you have not completed the athlete protection training, use [this link](https://www.praesidiumacademy.com/redeem) and this registration code: **reg-yusa-610-swimmingdiving to activate the training course.** The training will take approximately 60 minutes to complete.When finished, save your completion certificate; you will be prompted to upload your certificate, and upload it with your attestation (see Step 2).

**Step 2:**

Athlete Attestation – Use [this link](https://YUSA.formstack.com/forms/ymca_of_the_usa_event_attestation) to complete your attestation and upload your Athlete Protection Training certificate. You will need to enter your YMCA’s four-digit association number, which is [**insert number**].

Thank you for completing these items promptly. We look forward to seeing you compete in and enjoy the YMCA’s national championship experience!

Best of luck to you and safe travels!