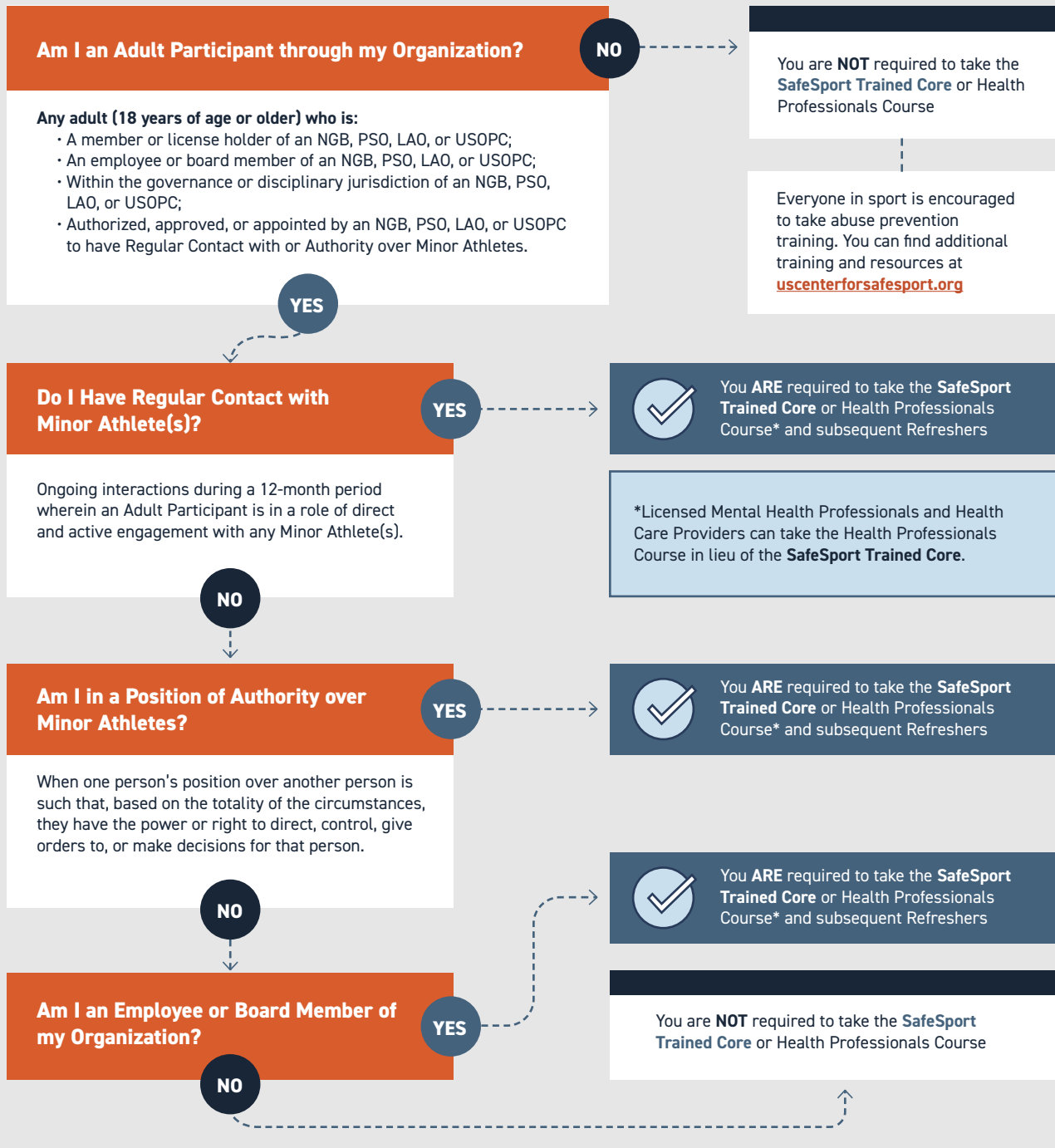


The U.S. Center for SafeSport develops key policies and training courses to keep Athletes and other Participants within the U.S. Olympic and Paralympic Movement safe from abuse and misconduct. Follow these guidelines to understand who needs to take the training and your obligations to follow a four-year training progression called the QUAD Training Cycle.

## DO I NEED TO FOLLOW THE U.S. CENTER FOR SAFESPORT'S EDUCATION AND TRAINING POLICY?

This flowchart will help you determine your training requirements from the Center.



## IF YOU ARE REQUIRED TO FOLLOW THE EDUCATION & TRAINING POLICY

You must complete training every 12 months. The Core course is taken in the first year, followed by Refresher 1, Refresher 2, and Refresher 3 in each subsequent year. The cycle begins again with the SafeSport® Trained Core in year 5.

**Important:** All courses are intended for adults ages 18+, unless otherwise noted. If you are under 18, you must have parental consent to take our courses. Please check with your NGB's membership services department on where and how to access SafeSport training through your organization.



### SafeSport® Trained Core

This core course gives a comprehensive overview of facts, principles and strategies to help you provide safe and positive sport environments.



### Refresher 1:

#### Recognizing & Reporting Misconduct

Reinforces reporting practices and principles including how best to respond when someone discloses abuse, barriers to reporting, and legal considerations.



### Refresher 2:

#### Preventing Misconduct

Reviews information about recognizing and preventing misconduct, as well as reporting responsibilities, including in-depth information on applying the Minor Athlete Abuse Prevention Policies (MAAPP).



### Refresher 3:

#### Creating a Positive Sport Environment

Reviews basics of reporting and highlights concepts of retaliation, bystander intervention, and how to mitigate potential risks in settings such as locker rooms and digital communications.

**Year 5** — cycle begins again with the SafeSport® Trained Core

## FREQUENTLY ASKED QUESTIONS ON COMPLETING REQUIRED TRAINING

### **Am I required to take SafeSport training?**

Certain Adult Participants in the U.S. Olympic and Paralympic Movement must take the SafeSport® Trained Core course and annual Refresher courses. Specific requirements can be found in your NGB's [MAAPP](#) or Athlete Safety Policy.

Some NGBs may have additional training requirements; review your organization's athlete safety policies to learn more.

### **Where do I go to take online SafeSport courses?**

It varies, depending on which NGB you're affiliated with.

- Many NGBs connect to SafeSport courses through their own membership platform or website.
- Some NGBs require members to access courses directly on the Center's learning portal with an Enrollment Link or Enrollment Key the NGB provides.

Importantly: Check with your NGB's membership and training information to confirm how you should access SafeSport training. To ensure any SafeSport training requirement you may have is met or credited, you must strictly follow your NGB's instructions to access these courses.

### **How long do SafeSport courses take to complete?**

The [NGB Course Catalog](#) lists approximate course times. Courses can be completed over multiple sessions and progress saves automatically. You can pause your progress and resume at another time.

### **Where can I go with technical questions or difficulties?**

If you're following your sport organization's specific course access instructions but have a technical glitch: Submit a service and support request through the [SafeSport Support Hub](#). We will try to resolve your concern as quickly as possible.

### **Will I get a certificate upon course completion? Do I need to share that certificate with my organization?**

Yes: you will receive or be able to download a Certificate of Completion. If you took the course at [safesporttrained.org](#), you'll find it in your account's Transcript section ([see access instructions](#)). If you are using a learning platform hosted by your NGB, follow instructions from your organization on how to access your completion.

Contact an administrator at your organization about any requirements your NGB may have for evidence of course completion.

### **A course I completed does not appear in my profile. How can that be changed?**

If you access training through your NGB's learning portal: Please contact your NGB directly for assistance. The Center is unable to view third-party membership platforms.

If you access courses through [safesporttrained.org](#) and see no evidence of completion in your profile's Transcripts section: Please submit a service and support request through the [SafeSport Support Hub](#).

## FREQUENTLY ASKED QUESTIONS ON COMPLETING REQUIRED TRAINING

### **Which email address should I use to register for training?**

Because the registration email is the identifying information used to ensure that a profile is unique and not tied to another learner: Users should select an email address that they will continue to have access to in the future, so they can continue to complete courses in the correct order. This will also ensure these courses are correctly affiliated with their profile.

### **I am a Health Professional. Do I have to take the full SafeSport Trained Core course?**

Licensed mental health professionals and health care providers can take the Health Professionals Course in lieu of the SafeSport® Trained Core course. You must contact your NGB to request credit for this course equivalency.

### **I (or one of my members) already completed the (Adult Athlete, Parent, Youth...) course. Can this count toward my SafeSport training requirement?**

No. The MAAPP requires that certain Adult Participants must take the SafeSport® Trained Core course and annual Refresher courses in three subsequent years. Supplemental courses, such as those for parents and youth, do not fulfill this requirement (exception noted above for health professionals).

### **Can my 17-year-old child complete SafeSport training now, to fulfill SafeSport training requirements for adults? Or do they have to take it on their 18th birthday?**

A parent or guardian must provide consent for their 17-year-old to take the SafeSport® Core Trained course now to ensure they meet any training compliance requirements they might have upon turning 18.

Note: Each NGB has its own requirements regarding training of minors turning 18. Ask a leader in your organization what policies apply to you or learn more at [maapp.uscenterforsafesport.org](https://maapp.uscenterforsafesport.org).

### **I coach in multiple sports, under multiple NGBs. Do I need to take each required SafeSport course multiple times? How can I share the information so I don't have to take courses twice?**

No. You do not need to take the same required SafeSport course multiple times, even if you have multiple NGB affiliations. To connect your SafeSport learner account across multiple NGBs, please submit a service and support request through our [SafeSport Support Hub](#).

### **How do I reset my password?**

If you use [safesporttrained.org](https://safesporttrained.org) for courses: You can reset your password [here](#). If you use your organization's learning platform for courses: Follow your organization's password reset process.

### **Can my friends or co-workers outside the U.S. Olympic and Paralympic Movement take SafeSport courses?**

Yes. We offer over a dozen free or affordable courses tailored for varied audiences including parents, volunteers, health professionals, kids, and more. Visit our [SafeSport Courses for All](#) page to learn more.

## FREQUENTLY ASKED QUESTIONS ON COMPLETING REQUIRED TRAINING

### **Are SafeSport courses accessible and available in languages other than English?**

We offer SafeSport® Trained Core and Refresher courses in seven languages, with many other courses available in Spanish and French. Our courses are optimized for screen readers, and we prioritize accessibility of courses to individuals of all abilities: [contact us](#) if you require extra assistance.

### **How can I learn about SafeSport course updates or other news?**

We communicate course updates in various ways, including in the Latest News section of your learner account (if you access courses through [safesporttrained.org](#)), and directly to NGB athlete safety liaisons (by newsletter and email) to help them inform their membership.

### **Can I request an exemption from online training if I am a survivor of abuse?**

Yes – per the MAAPP, exemptions from the online training requirement may be made on a case-by-case basis for survivors of abuse. Requests may be made directly to the U.S. Center for SafeSport at [exemptions@safesport.org](mailto:exemptions@safesport.org). Exemption requests for other reasons may be made directly to the NGB, which must track those exemptions.

### **I am an Adult Participant required to complete training because of my role within the Olympic Movement. How often do I need to complete training?**

Training must be successfully completed every 12 months, and it must be completed in the correct order. Individuals must begin with the SafeSport® Trained Core course in the first year, then complete Refresher 1 in year two, then Refresher 2 in year three, and finally Refresher 3 in year four. At the conclusion of this cycle, the learner will start the cycle over and take the SafeSport® Trained Core course again.

### **What is an NGB, PSO, LAO or the USOPC?**

These acronyms mean National Governing Body (NGB), Paralympic Sports Organization (PSO), Local Affiliated Organization (LAO), and U.S. Olympic and Paralympic Committee (USOPC). You can find these full definitions within the [Minor Athlete Abuse Prevention Policies](#).

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