

Athlete Protection Training (APT)

Step by Step Instructions for Taking the Athlete Protection Training

To complete the training go to www.usaswimming.org/protect or type protect into the search window on the USA Swimming home page.

You will input your first and last name and your birthday. Be sure to use your legal name. When the system finds you, click "This is me". The system will refresh, bring back information about you and you will click on "Athlete Protection Training Course". Click through this and the next page to continue with Athlete Protection Training.

You will go to the Praesidium website. It should pre-populate your name and USAS ID number and a user login. The password box will be blank. To get your password, select your state. The password will then populate. **Write down your user name and password.** Click the "Click here to Enroll" button.

Log in at the log in page using the user name and password you just wrote down. The next page will have the course on it – Establishing Healthy Coach Athlete Boundaries. This is the one you need. It is the same course for everyone!

The course takes about an hour to complete. You need to do it before December 31, 2011 in order to keep your membership current. You will need to take the course every two years and the due date for it will be printed on your non-athlete card. There is no charge for this course.

If you get knocked out of the site, if it asks for a registration code, or tells you your login is invalid, **do not go back to the USA Swimming site.** You will need your user name and password. Open your internet browser and go to Praesidiuminc.com. Enter your login and password and click submit. Click on the course title, Establishing Healthy Coach Athlete Boundaries. The course will resume at the beginning of the last section where you left off.