



Thank You for a Great Year

The USA Swimming Safe Sport team thanks you for everything you've done to promote this program and keep members safe. Click the video below to see their message.



Ohio Swimming Spotlight

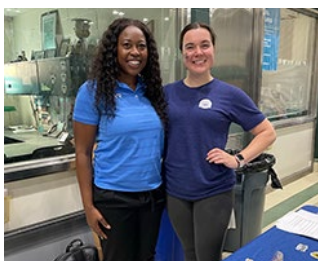
Caroline Holmes, a former USA Swimming Safe Sport fellow and current Ohio Swimming Safe Sport Chair, now helps Ohio Swimming host an annual Safe Sport Pentathlon swim meet. The meet is a continuation of her Safe Sport Fellowship capstone project from 2018, and centers around the five pillars of Safe Sport. It's complete with swag, trivia games, and themed championship medals.

Ohio Swimming recently completed the annual meet on November 16, and for the first time, included a special training opportunity for parents. Parents who were on-site completed the training required for clubs to earn Safe Sport Club Recognition approval.

"The 2025 OSI Safe Sport Pentathlon was a success," said Holmes. "We had over **300 swimmers** in the meet, which was an increase of more than 100 participants from last year. Additionally, we had **over 100 parents attend the in-person Safe Sport parent training**, facilitated by Cha'Vera Jackson from USA Swimming. Cha'Vera helped run the Safe Sport trivia station for the athletes, and her expertise and presence during the education portion of the event was greatly appreciated. **It was awesome to have in-person support from USA Swimming** for the Pentathlon this year - I think the athletes and parents had a lot of fun and were able to learn about Safe Sport in the process!"

Great job, Ohio Swimming, for thinking outside the box to help members participate in education!

Do you want to learn more about this meet and what Ohio Swimming is doing to help members complete training? Reach out to them at safesport@swimohio.com.



Become SSRP Approved in as Little as Three Months

Are you looking for a New Year's resolution for your club? Take advantage of these easy-to-follow steps to complete Safe Sport Club Recognition (SSRP) in as little as [three](#) or [six months](#).

Other helpful resources to become SSRP approved:

- [SSRP website](#)
- [Sample email](#) to encourage training participation from parents and athletes
- [SSRP training opportunities website](#)
- Step-by-step directions on applying ([PDF](#) | [Video](#))
- [Coach-Owned Club](#) | [Institutionally-Owned Club](#) | [Parent Board-Owned Club](#)

- [Pulling SWIMS reports](#) for online education completion for parents and athletes

Do you have additional questions? Email ssrp@usaswimming.org for help.

SSRP Spotlight

Thank you to all our clubs that were approved for [Safe Sport Club Recognition](#) (SSRP) in November.

Throughout the month, 27 clubs were either approved for the first time or had their approval status renewed.



2026 Safe Sport Club Recognition Training

For Parents:

- January 20 | 8 p.m. ET | [Register](#)

- February 17 | 8 p.m. ET | [Register](#)
- March 17 | 8 p.m. ET | [Register](#)

For Athletes:

- January 22 | 8 p.m. ET | [Register](#)
- February 19 | 8 p.m. ET | [Register](#)
- March 19 | 8 p.m. ET | [Register](#)

Members can also participate in trainings online at their own pace through the Education tab on their USA Swimming account. To learn more, including easy-to-follow steps, visit USA Swimming's Safe Sport training page [here](#) .

Additional Education

Read the articles below, provided to USA Swimming by TrueSport, to further your education on a variety of topics:

- [How Coaches Can Better Support Athletes After Change](#)
- [8 Ways to Help Your Student-Athlete Recover from Change](#)



Unable to Attend Live Educational Opportunities?

If the timing doesn't work, that's okay! [Log in](#) to USA Swimming University to start and complete courses at your own pace.

Tip: These courses count towards SSRP approval points. If you click these links, remember to log in to earn credit for SSRP approval points.

- For parents: [Parents Guide to Misconduct in Sport](#)
- For athletes: [SafeSport for Youth Athletes \(5-12\)](#), [SafeSport for Youth Athletes \(13-17\)](#)

SWIM SHOP

Login

EducationHelp

Welcome to USA Swimming University

BACK TO COURSES

Parents Guide to Misconduct in Sport

This course educates parents on recognizing, responding to, and preventing abuse and misconduct in their child's sport setting.

Must be logged in to access this course

SAFESPORT
PARENT'S
GUIDE
TO MISCONDUCT
IN A SPORT



Passing
grade/score: 100%

🛒

\$0.00 (Member)
\$0.00 (Non-Member)

👤

Course
Ages 17.5 to ∞



© 2025 USA Swimming
1 Olympic Plaza Colorado Springs, CO, 80909