



Preparing for Swim Meets this Season

With Championship season right around the corner, it is important to prepare your facilities and families appropriately. Keep the information below in mind when preparing to host or attend a swim meet.

- Be sure to implement the Safe Sport Meet360 Guide. The guide, [located here](#), is intended to assist meet administrators, meet directors, and clubs in creating a healthy and positive environment free from abuse for athletes.
- Take advantage of the [free poster templates](#) available in the USA Swimming Safe Sport Club Toolkit. Some available options include:
 - Locker room
 - Reporting
 - Massage
 - No cameras
 - No deck changing
- Download and use the locker-room monitoring sign-off sheet, available for free on the USA Swimming Safe Sport website [here](#).
- Review and understand [how, why, and where to report](#) any concerns you might hear or see.
- Confirm everyone on your team has seen and acknowledged the [Minor Athlete Abuse Prevention Policy](#) before participating in any team activities.
- If you have an athlete who is about to turn 18 years old, remind them to take their [Athlete Protection Training](#) before heading to competition.
 - Tip: Athletes can take the training up to one month prior to their 18th birthday.
- Always abide by the [U.S. Center for SafeSport Code of Conduct](#)

Member Spotlight

Congratulations to Wisconsin Swimming Safe Sport Chair, **Dr. Monna Arvinen-Barrow**, for being the keynote speaker at the 2026 PanAm Aquatics Convention. The convention focused on the intersection of science, technology, and health and how they work together to support optimal performance, longevity, and well-being for athletes across aquatics.

Are you interested in learning more? Click [here](#) to create an account and start exploring!

U.S. Center for SafeSport Training Updates

Please be aware that the following courses will be updated on Wednesday, March 25. If any learners have started but not finished any of these courses, please do so before March 25 to avoid having to restart the course from the beginning.

- SafeSport Trained Core
- Refreshers 1, 2, and 3
- SafeSport for Volunteers
- Understanding Mandatory Reporting
- Creating Safe and Inclusive Environments for Athletes with Disabilities

Updates to the courses will include:

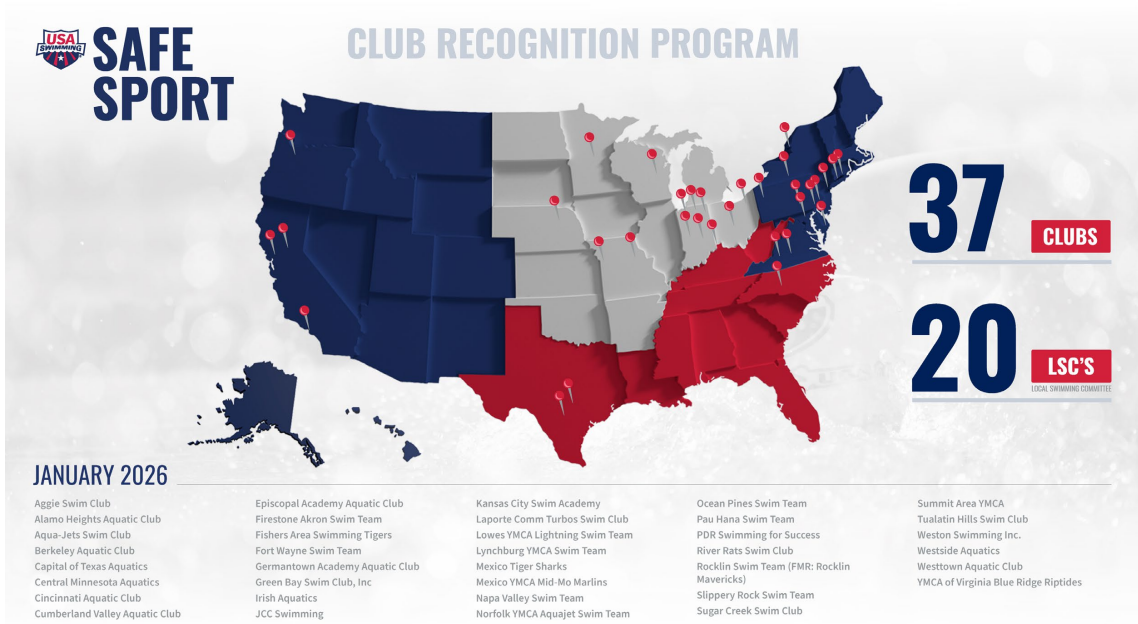
- New content reflecting the 2026 U.S. Center for SafeSport Code,
- Simplified definitions to improve learner understanding, and
- Technical fixes to correct minor bugs.

Technical questions on the above can be submitted to the U.S. Center for SafeSport [here](#).

SSRP Spotlight

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

Throughout the month, 37 clubs in 20 LSCs were either approved for the first time or had their approvals renewed. **This is the highest number of approvals in the month of January since the inception of the SSRP program.**



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.



2026 Safe Sport Club Recognition Training

For Parents:

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

For Athletes:

- 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](#) .



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 \(13-17\)](#)

The screenshot shows the USA Swimming University website interface. At the top right, there is a 'SWIM SHOP' link and a 'Login' button with a user icon, which is highlighted by a yellow arrow. Below this is a navigation bar with 'Education' and 'Help' links. The main header features the USA Swimming logo and the text 'Welcome to USA Swimming University'. A 'BACK TO COURSES' button is located on the left. The central focus is the course 'Parents Guide to Misconduct in Sport', which includes a description: 'This course educates parents on recognizing, responding to, and preventing abuse and misconduct in their child's sport setting.' A warning icon indicates 'Must be logged in to access this course'. The course details show a price of '\$0.00 (Member)' and '\$0.00 (Non-Member)', a 'Course' icon, and an age range of 'Ages 17.5 to ∞'. A progress indicator shows 'Passing grade/score 100%'. A thumbnail image of a person in a white shirt and cap is also visible.



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