

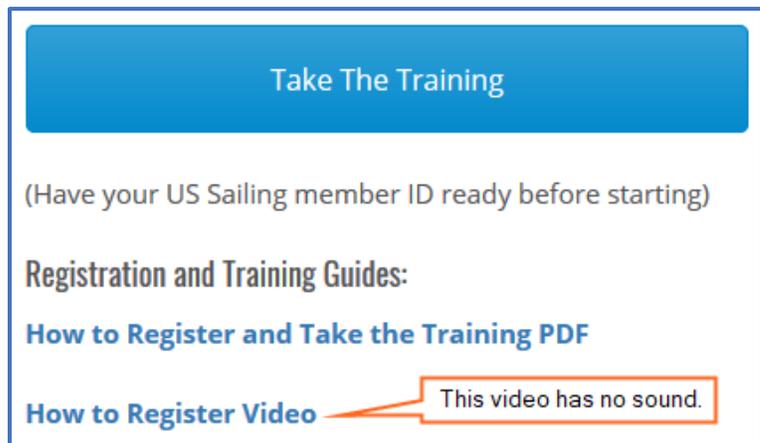
How to Take US Sailing's Free SafeSport Training

1. Navigate to the [US Sailing SafeSport](http://www.ussailing.org/safety/safesport/) page (<http://www.ussailing.org/safety/safesport/>). You can also find the US Sailing SafeSport web page in the Safety tab drop-down at the top of every US Sailing web page.

The training takes about 90 minutes in total, but you don't have to do all three sections at once. You can take a break and return later.

PART A: REGISTER

2. Scroll down and click on the "Take the Training" button. Please have your US Sailing member ID handy before starting.



3. Add your US Sailing membership information to the system so SafeSport can report your training back to us.

(This allows us to link a member's successful completion of SafeSport training to their Member ID which will be recorded as a certification in the US Sailing data base.)

A screenshot of a web form titled "Add Membership" with a close button (X) in the top right corner. The form contains the following fields: "Organization *" with a dropdown menu showing "U.S. Sailing"; "Member ID *" with an empty text input field; and "Membership Help" with a text input field containing the text "Membership Help" and an information icon (i) on the right. At the bottom right of the form are two buttons: "Cancel" and "Continue".

4. The next screen asks you to confirm information about your US Sailing membership. Follow the directions and click SAVE.

5. Next, register your account with your email address. You will need to create a password.

This does not need to be your US Sailing password, but it can be.

The image shows a registration form titled "Register : 1 Account". It contains five input fields, each with an asterisk indicating it is required: "First Name *", "Last Name *", "Email *", "Password *", and "Confirm Password *". At the bottom right of the form, there are two buttons: a "Cancel" button and a "Next >" button.

6. You will be prompted to check your email to confirm your email address. Open the email from no-reply@safesport.org and click on "Confirm Email Address" in the body of the email, then proceed to the next step of registration.

7. You will be returned to this dialog box, where you can sign in with your email and password:

The image shows a "Sign In" dialog box. It has a title "Sign In" at the top. Below the title are two input fields: "Email" and "Password". Below the "Email" field, there is a red error message that says "Email is required". To the right of the "Password" field, there is a blue link that says "Forgot Password?". At the bottom of the dialog box, there are two buttons: a "Register" button and a "Sign in" button.

PART B: START THE TRAINING

8. SafeSport training consists of three parts. You must successfully complete all three to be SafeSport trained:

- A. Sexual Misconduct Awareness Education
- B. Mandatory Reporting
- C. Physical and Emotional Misconduct

The screenshot shows the user's profile and training progress. The profile section includes a placeholder for a profile picture, the name 'Your Name', email 'youremail@email.com', and nickname 'your nickname', with an 'Edit' button. Below this is a 'Recent Activities' section with three items: 'Sexual Misconduct Awareness Education' (with a play button icon), 'Mandatory Reporting: Understanding Your Responsibilities' (with a play button icon), and 'Emotional and Physical Misconduct' (with a play button icon). A callout box points to these items with the text 'Click on each topic to begin the section.' Below the activities is a progress summary table:

Complete	Incomplete
0	3

A second callout box points to this table with the text 'Keep track of the sections you've completed.' Below the table is a message: 'No Curricula Started. Once you have started one or more activities corresponding to a curriculum, it will be displayed here.' At the bottom is another progress summary table:

Complete	Available	View More
0	1	1

9. The training homepage will show you which parts of the training you have completed. If you wish, you can download a certificate of completion for each of the three sessions or one for full completion of all SafeSport Training. It's not required to print a certificate, but for now we recommend that you save the overall certificate as a PDF.

Recent Activities



Mandatory Reporting
Understanding Your Responsibilities

[Certificate](#)



Emotional and Physical Misconduct

[Certificate](#)



Sexual Misconduct Awareness Education

[Certificate](#)

Complete 3	Incomplete 0	
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SafeSport Trained
The U.S. Olympic Committee and your national sport organization require all specified individuals to complete this education requirement.

[Certificate](#)

Complete 1	Available 0	
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10. You can return to <https://safesport.org/> at any time to continue a training session or review your training history. You will sign in again as shown in step 7.

11. Before the end of 2018, US Sailing will automate the reporting of SafeSport training information so it displays as a certification in SOARS and in My Certs & Courses. Until that time, US Sailing can assist you if you need to verify your training.

Questions? Please contact one of our Member Experience Representatives by emailing info@ussailing.org or calling (401) 342-7900.