

## DIRECTIONS for ATHLETES NEEDING TO TAKE THE ATHLETE PROTECTION TRAINING

I highly recommend not waiting until the last minute to take your APT course.

- 1) First step for athletes is to create your own login. Click the link below and choose “create a login” and follow the prompts. You will need to get your ID from your coach or SWIMS 3.0 Team coordinator. During the “login creation process” you will need to “link” your account in SWIMS to this new login. If you miss this step, you will create a login that does NOT link to your account of information in SWIMS.

<https://omr.usaswimming.org/omr/welcome/E4AF4FF8BF7CB1> - you can also use your Team’s registration link.

Loading...

### LOGIN

Please login with your username and password.  
(Note that usernames created on our old system before Sept 1, 2022 will no longer work. Click "Create a Login" below if you need a new account)

Username:

Password:

**LOGIN**

[FORGOT USERNAME](#) [FORGOT PASSWORD](#) [CREATE A LOGIN](#)

### HELP

If you are a parent about to register your child, please create your account first - ARTICLE

[How to create an Account as a Parent - VIDEO](#)

[How to create an Account for Existing Members - VIDEO](#)

[How do I set up my new SWIMS account if I already have a membership? - ARTICLE](#)

[How do I create an account in SWIMS as a new member? - ARTICLE](#)

[How do I create a new account for a family member? - ARTICLE](#)

- 2) Once you create your own login, your dashboard should have your name and membership card in the top left. It may take a minute or a few refreshes to see it. It is kind of important to see this then you know you linked your account properly.
- 3) Once you see that the account was created properly, on the top toolbar, click “Education.”
- 4) Choose “Course Catalog” from the drop-down menu.

USA SWIMMING

EVENTS & TICKETS FIND A SWIM TEAM & LESSONS SWIM SHOP Welcome Henk Settings Logout

Members **Education** Club Facilities Competition Groups Reporting Officials Admin Help

**Henk Jansen**  
Coach, Official, LSC Admin, Member  
Member ID: 61AF3F7ADD354C

#### My Member Cards

(Click to view card)

Coach Good Standing Official Good Standing LSC Admin Good Standing Member Good Standing

#### My Family

No Family Members

#### My Account

General Info Contacts Photos  
Groups Club Transfer

#### Payment Transactions

This feature is under construction. It will be available again soon.

- 5) On the next screen, click the “My Courses” pill on the left, choose “Athlete Protection Training.” If the name of the course does not match, it is not the correct course. Try clicking “All Courses” right above “My Courses” and see if you can find it.

USA SWIMMING

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## USA Swimming University

**Henk Jansen**  
Roles: Coach, Official, LSC Admin, Member

Filter By:

Certifications All Courses **My Courses** Transcripts Safe Sport Courses

Certification Filters  
All Courses

### My Courses

**Background Check** Format: Other  
Dates: Open

**Quality Coaching Framework** Format: Course  
Dates: Open

**Athlete Protection Training** Format: Course  
Dates: Open

- a. If you cannot find the course on your list, try hitting refresh a few times, try using a different browser. If all that fails, email the Central Office, [office@ctswim.org](mailto:office@ctswim.org).
- 6) Click "Athlete Protection Training" and follow the prompts. The course will take about 45 minutes to complete.
- 7) Once you complete the course, it should take about an hour for your SWIMS 3.0 account to update.
- 8) I recommend downloading your certificate. Directions to download can be found on the [CT Swim Safe Sport page](#).

Good luck,

Henk