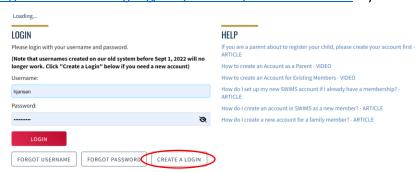
## DIRECTIONS for ATHLETES NEEDING TO TAKE THE ATHLETE PROTECTION TRAINING

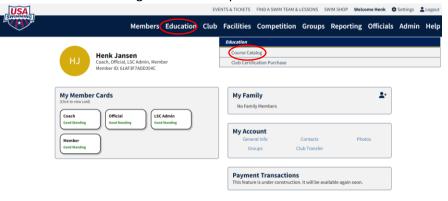
I highly recommend not waiting until the last minute to take your APT course.

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.

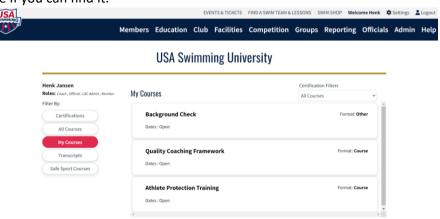
https://omr.usaswimming.org/omr/welcome/E4AF4FF8BF7CB1 - you can also use your Team's registration link.



- 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.
- Once you see that the account was created properly, on the top toolbar, click "Education."
- 4) Choose "Course Catalog" from the drop-down menu.



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.



- 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, <a href="mailto:office@ctswim.org">office@ctswim.org</a>.
- 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 <u>CT Swim Safe Sport page</u>.

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Henk