



**U.S. CENTER
FOR SAFESPORT**

ONLINE TRAINING CATALOG

PREVENT. RECOGNIZE. RESPOND.

GET #SAFESPORTTRAINED!



OUR GOAL

TO END ABUSE IN SPORT

Federal law gives the nonprofit U.S. Center for SafeSport an important mandate: To end sexual, physical, and emotional abuse and misconduct in amateur sport.

We pursue this goal by setting athlete safety policies and reinforcing abuse prevention and accountability across the Olympic and Paralympic Movement—encompassing over 11 million athletes and allies in more than 50 sports.

And we help parents, coaches, athletes, and more build better sport cultures in organizations across America that stir kids to move, compete, and thrive.

SAFESPORT COURSES FOR DIVERSE ROLES AND AGES

Now more than ever, athletes deserve—and parents expect—sport environments that make them feel safe, supported, and strengthened.

We offer more than a dozen SafeSport courses to enable anyone to understand how to prevent and recognize abuse in any sport setting. Though each course has a distinct focus and audience, all will better equip you to:



Prevent.

We help you proactively take steps to prevent abuse, showing how power imbalances and culture dynamics can affect abuse prevalence, and highlighting ways to build inclusion and team cohesion.



Recognize.

We introduce distinct forms of sexual, physical, and emotional abuse and misconduct, how they may appear in your environment, and how to recognize warning signs.



Respond.

We'll show you strategies for building team habits of attention and intervention if warning signs become evident, and for properly reporting and responding to disclosures.

In these pages, learn about each course and choose the theme or scope that's right for you. [Reach out to us](#) for guidance on packages to get your whole organization SafeSport® Trained affordably and conveniently. Ask us about our free abuse prevention courses providing tailored education to speciality audiences. All courses are for ages 18+ unless otherwise specified.

WE'VE DELIVERED OVER **4** MILLION SAFESPORT TRAININGS



The SafeSport® Trained Core gives a comprehensive overview of facts, principles and strategies to help you provide safe and positive sport environments. You'll learn to prevent, recognize, and respond to emotional, physical, and sexual abuse and misconduct in sport. This foundational course brings concepts home with realistic, thought-provoking scenarios to help you test your knowledge and apply learnings to real life.

UNIT 1: SEXUAL MISCONDUCT AWARENESS AND EDUCATION

- » Creating safe and respectful environments
- » The coach-Athlete relationship
- » Laws and policies
- » Sexual misconduct: Definitions, types, and terms
- » Consent: Definitions, rules, and sample scenarios
- » Power imbalances and sexual misconduct
- » Child sexual abuse: Introduction, facts, myths, and legal definitions
- » Grooming
- » Why some victims don't report
- » Signs and symptoms of abuse
- » Managing high-risk situations
- » Compliance and reporting: Do's and Don'ts

UNIT 2: MANDATORY REPORTING

- » Barriers and legal requirements
- » Suspicion of abuse
- » Responding to disclosures
- » Reporting to authorities

UNIT 3: PHYSICAL AND EMOTIONAL MISCONDUCT

- » **Bullying and Cyberbullying** (includes scenarios)
- » **Hazing** (includes scenarios, myths/facts)
- » **Harassment** (includes scenarios, creating safe environments)
- » **Emotional Misconduct** (includes scenarios)
- » **Physical Misconduct** (includes scenarios)

88%

OF SAFESPORT CORE TRAINEES REPORT THAT THE COURSE BETTER PREPARED THEM TO PROTECT ATHLETES FROM MISCONDUCT.



CORE REFRESHER COURSES

30 MINUTES (EACH COURSE)

To supplement and illuminate key Core concepts, we offer two Refresher courses ranging from 20 to 30 minutes that efficiently summarize key learnings from the SafeSport® Trained Core course and go deeper on a specialized topic. Refresher courses can only be taken after completion of the SafeSport Trained Core Course. Each Refresher includes a pre- and post-test to reinforce and assess your knowledge. Our Refresher courses should be taken in the following sequence.

REFRESHER: RECOGNIZING AND REPORTING MISCONDUCT

Reinforces reporting practices and principles including how best to respond when someone discloses abuse, barriers to reporting, and legal considerations.

REFRESHER: CREATING A POSITIVE SPORT ENVIRONMENT

Reviews basics of reporting and highlights concepts of retaliation, bystander intervention, and how to mitigate potential risks in settings such as locker rooms and digital communications.

“THIS COURSE IS GOOD NOT ONLY FOR THE COACHING OF MINORS: IT’S GOOD FOR ANYONE IN A ROLE WITH POWER. THE INFORMATION CONVEYED ABOUT POWER-DYNAMIC ABUSE SHOULD BE MANDATORY FOR MORE LEADERS AND MANAGERS.”

– SAFESPORT TRAINEE



SAFESPORT
ABUSE
PREVENTION
FOR ADULT
ATHLETES



ABUSE PREVENTION FOR ADULT ATHLETES

30 MINUTES

Do you know adult athletes who would benefit from important SafeSport® Trained Core learnings, tailored to their specific role, in just 30 minutes? This course summarizes valuable athlete safety concepts—cultural, technical, and legal—with real-world examples relevant to common situations adult athletes may face. You'll learn to:

- » Identify and navigate power imbalances (including coach-athlete relationships) that can play a role in sexual misconduct
- » Define consent and understand relevant factors including age and impairment
- » Respond and report appropriately (and legally) to abuse and its disclosure
- » Understand barriers to reporting, and factors such as retaliation



SPEAKING YOUR LANGUAGE

Accessibility across languages and abilities is a high SafeSport priority. We now offer our SafeSport® Trained Core and Refreshers in seven languages, with many courses available in Spanish and French. Every day, we expand our ability to reach every athlete, everywhere.

“THE PROGRAM IS VERY WELL-CONCEIVED AND VERY RELEVANT TO TODAY’S COACHES, ATHLETES, AND OFFICIALS.”

— SAFESPORT CORE TRAINEE

FOR SPECIALIZED SPORT AUDIENCES



HEALTH PROFESSIONALS: YOUR ROLE IN PREVENTING ABUSE IN SPORT

90 MINUTES

Health professionals are key partners in promoting athlete safety and well-being. This course provides concrete and relevant information to help health professionals respond to abuse and misconduct in sport and health care environments alike. By taking this course, you'll learn to:

- » Recognize types and signs of abuse and misconduct
- » Create safer, abuse-preventive spaces and policies for training and treatment
- » Respond to abuse and disclosures, and recognize barriers to reporting
- » Incorporate a trauma-informed approach into your practice
- » Safely reintegrate athletes who have been harmed back into sport
- » Create and promote a culture that prioritizes athlete safety



CREATING SAFE AND INCLUSIVE ENVIRONMENTS FOR ATHLETES WITH DISABILITIES

60 MINUTES

Athletes with disabilities play every imaginable role throughout sport. Yet they are two to four times more likely to experience abuse and misconduct than athletes without disabilities. Anyone who interacts with athletes needs to understand safe and empowering ways to work with athletes with disabilities and support inclusive adaptive sport settings. By taking this course, you'll learn to:

- » Define types of disabilities and understand risk factors athletes with disabilities face
- » Work and communicate with athletes with disabilities (and personal care assistants) in effective and empowering ways
- » Identify types of abuse and misconduct athletes with disabilities may face
- » Understand the concept and attributes of consent, and how power imbalances can affect abuse risk
- » Recognize and respond appropriately to signs and symptoms of abuse, incorporating reporting and legal factors
- » Make organizational policies more inclusive



SAFESPORT FOR VOLUNTEERS: ABUSE AWARENESS AND PREVENTION ESSENTIALS

15 MINUTES

American sport is fueled by the enthusiasm and dedication of volunteers who provide invaluable support, spirit, and leadership. But however infrequent or informal their engagement, they have critical positions to play to support and reinforce athlete safety. In this quick but chock-full course for volunteers in diverse roles—from event logistics to vendor operations—you'll learn to:

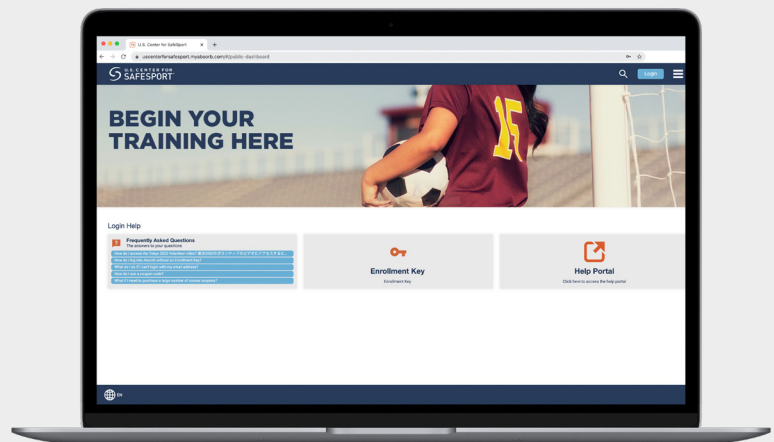
- » Recognize types of abuse and misconduct
- » Describe best practices for limiting one-on-one adult-Minor Athlete interactions
- » Identify situations to report, and overcome concerns about reporting

Note: This course is intended for adults who do not have regular contact with or authority over minor athletes. Adults who do should take the SafeSport® Trained Core course instead.

OUR NEW HOME FOR COURSES!

[SafeSportTrained.org](https://safesporttrained.org)

We're out of the gate with our new SafeSportTrained.org learning platform—and already we see learners reaping benefits from its easy-to-use, interactive course interface. Administrators take advantage of custom reporting and compliance-tracking capabilities that ease management in virtual settings.



Contact us to learn how our [SafeSportTrained.org](https://safesporttrained.org) portal might integrate with systems at your organization.



SAFESPORT
**PARENT'S
GUIDE**
TO MISCONDUCT
IN SPORT



FREE FOR PARENTS AND YOUTH!

PARENT'S GUIDE TO MISCONDUCT IN SPORT 30 MINUTES

Designed for parents of youth athletes at any age, this free course educates parents on recognizing, responding to, and preventing abuse and misconduct in their child's sport setting. Featured are voices and perspectives of experts and advocates, with sound guidance on fostering positive and safe sport experiences for children both on field and at home. Parents will come away equipped with information and tactics to minimize risks of harm to their children.

SAFESPORT® FOR YOUTH ATHLETES (AGES 13-17) 20 MINUTES

This course focuses on consent and respectful behavior, supporting friends who have experienced abuse or misconduct, and resources for reporting. Parental consent required at the start of course.

SAFESPORT® FOR KIDS 15 MINUTES

This course educates young athletes ages 5–12 about the difference between discipline and abuse and encourages them to reach out to a trusted adult when something is not right. It also stresses the importance of being a good teammate, positive sportsmanship, and having a healthy sport environment focused on fun and safety. Parental consent required at the start of course. Parents should plan to take the course alongside their child to supervise and reinforce important lessons.

92%

**OF SAFESPORT YOUTH COURSE-TAKERS REPORT THEY NOW
KNOW WHAT TO DO IF THEY SEE OR HEAR ABOUT ABUSE.**

SUPPLEMENTAL IN-DEPTH LEARNING



UNDERSTANDING MANDATORY REPORTING

90 MINUTES

This course is an in-depth resource for individuals who are interested in learning more about mandatory reporting. The Understanding Mandatory Reporting course covers comprehensive information about child abuse and neglect, appropriate responses when abuse is disclosed, a sample mandatory reporting phone call, and understanding barriers to reporting misconduct. By taking this course, you'll learn to:

- » Explain the legal requirements for mandatory reporting of child abuse and neglect
 - » Recognize child abuse and neglect
 - » Understand what barriers prevent mandatory reporters from reporting child abuse and neglect
 - » Report a concern about child abuse to legal authorities, the U.S. Center for SafeSport, and your organization
- Note:** This supplemental course does not satisfy SafeSport® Trained Core course completion requirement.

RESOURCES TO HELP KNOWLEDGE TAKE ROOT

In addition to over a dozen courses, we produce or provide numerous guides to reinforce and illuminate aspects of abuse prevention. You'll find many resources available for download throughout our courses; visit our website to select a Center-published resource available to all.