



# ONLINE TRAINING CATALOG

**U.S. CENTER  
FOR SAFESPORT®**

For members of National Governing  
Bodies (NGBs) within the  
U.S. Olympic and Paralympic Movement

**PREVENT. RECOGNIZE. RESPOND.  
GET #SAFESPORTTRAINED!**



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## 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 across the U.S. Olympic and Paralympic Movement, encompassing over 11 million individuals in more than 50 sports.

We pursue this mandate by setting athlete safety policies and reinforcing abuse prevention and accountability across the Movement.

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

## 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 and misconduct in sport settings. 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 and misconduct, showing how Power Imbalances and culture dynamics can affect abuse prevalence, and highlighting ways to build inclusion and team cohesion.



### Recognize.

We educate you about 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 addition to the required online training courses (Core and Refreshers 1, 2, and 3), there are several additional courses that will help specific audiences within your organization — health professionals, volunteers, parents, youth Athletes and more.**

WE'VE DELIVERED OVER **3** MILLION SAFESPORT TRAININGS

**AM I REQUIRED TO TAKE SAFESPORT TRAINING?** Adult Participants<sup>1</sup> in the U.S. Olympic and Paralympic Movement must take the SafeSport® Trained Core course and annual Refresher courses, as specified in the U.S. Center for SafeSport's Minor Athlete Abuse Prevention Policies that are required across the Movement. [This document](#) provides more guidance on training requirements.

**HOW DO I ACCESS SAFESPORT COURSES?** It varies, depending on which national governing body (NGB) you're affiliated with. Many NGB members connect to SafeSport courses through a portal hosted by their own NGB. Some NGBs members access courses directly on the Center's learning portal, with a dedicated membership key provided by their NGB. Importantly: Check with your NGB's member services liaison to confirm how you should access SafeSport training.

All courses are intended for adults age 18+ unless otherwise noted. If you are under 18, you must have parent or guardian consent to take SafeSport courses.



The SafeSport® Trained Core required for Adult Participants in the U.S. Olympic and Paralympic Movement<sup>1</sup> 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)

<sup>1</sup> Licensed mental health professionals and health care providers may instead take the Center's Health Professionals course (page 5) to fulfill their Core training requirement





## REFRESHER COURSES

20-30 MINUTES (EACH COURSE)

Refresher courses are required annually for Adult Participants in the U.S. Olympic and Paralympic Movement in each of the three years after completing the SafeSport® Trained Core course. They are taken in the following sequence:

### REFRESHER 1: 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 2: PREVENTING MISCONDUCT

Reviews information about recognizing and preventing misconduct, as well as reporting responsibilities, including in-depth information on applying the Minor Athlete Abuse Prevention Policies (MAAPP).

### REFRESHER 3: 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

92%

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

# SUPPLEMENTAL SAFESPORT® COURSES



## HEALTH PROFESSIONALS: YOUR ROLE IN PREVENTING ABUSE IN SPORT

90 MINUTES

Health professionals are key partners in promoting Athlete safety and well-being. Licensed Mental Health Professionals and Health Care Providers can take the Health Professionals Course in lieu of the SafeSport® Trained Core. 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

Note: The Hospital for Special Surgery (HSS) is partnering to host the Center's Health Professionals course at [eacademy.hss.edu](https://eacademy.hss.edu), and will offer 1.5 AMA PRA Category 1 Credits™ to everyone who completes the course and survey.



## 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, respond appropriately, and report to signs and symptoms of abuse
- » Make organizational policies more inclusive



## SAFESPORT FOR VOLUNTEERS

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 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 must take the SafeSport® Trained Core course instead.



## 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



## UNDERSTANDING MANDATORY REPORTING

90 MINUTES

This course is an in-depth resource for individuals who are interested in learning more about mandatory reporting. The 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 some 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.



## 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 to and report appropriately abuse and its disclosure
- » Understand barriers to reporting, and factors such as Retaliation

**Note:** This course does not satisfy the SafeSport® Trained Core training requirement.



## 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)** 15 MINUTES

This course focuses on Bullying and Hazing prevention, supporting friends who have experienced Sexual Abuse or Misconduct, and resources for reporting. Requires parental consent for registration.

**Note:** This course does not satisfy the SafeSport® Trained Core training requirement.

### **SAFESPORT® FOR KIDS (AGES 5-12)** 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. Requires parental consent for registration.

## 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 or visit our website to view Center-published resources, podcasts, and more.