Athlete Protection Training (APT) Instructions

Below are step-by-step instructions for taking the APT, when you might be asked for a password, and why you should write it down when you first get it. This training is REQUIRED for ALL 2012 non-athlete members.

Membership requirements to take the test (you must be a current member 2011 or 2012 OR have been a member in a previous year in the SWIMS database):

1) If you are a renewing member, you will need to take the test before December 31, 2011 in order to keep your membership current and be able to renew for 2012.

2) If you are a **new** member (not in the SWIMS database), you will need to become a non-athlete member PRIOR to taking the test, as your name must be in the system in order to take the test.

3) If you are an athlete member now becoming a non-athlete member or have been in the SWIMS database in a previous year (prior to 2011), you should be able to take the test because the results will match to your name in the system.

To complete the training, go to the following link (copy/paste to your browser):
 http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960&Alias=Rainbow&Lang=en-US.

Click on the link that says "Take Athlete Protection Training Course".

You will input your first and last name, and birthday. Make sure to use your legal name. When the system finds you, click "This is me". The system will refresh and bring back information about you. Then click on "Athlete Protection Training Course". Click through this and the next page to Continue with Athlete Protection Training.

Next you will go to the Praesidium web site. It should pre-populate your name and USA ID number, and give you a user login. The password box will be blank. To get your password, select your state. The password will then populate**. Write down your username and password**. Select the "Click Here to Enroll" button.

Log in at the log-in page using the user name and password you just wrote down. The next page will be the course: " Establishing Healthy Coach Athlete Boundaries". This is the course you need to take … it's the same course for everyone! The course takes about an hour to complete.

If you get knocked out, if it asks for a registration code, or if it tells you your login is invalid, don't go back through on the USA Swimming site. Use these steps below to get back in. [You will need that username and password … shouldn't be a problem since you wrote it down, right?]

If you encountered technical difficulties with the course and need to log back in, follow these instructions:
Clear the cache of temporary Internet files and cookies on your computer. In Internet Explorer you do this by going to Tools/Internet Options/General/Delete and then selecting "Temporary Internet
Files" and "Cookies" and clicking "Delete."

1. When the files are cleared, close all open Internet browser windows.
2. Open your Internet browser and go to Praesidiuminc.com
3. Enter your login and password and click submit.
4. Click on the course title. The course will resume at the beginning of the last section where you left off.

If you get a question that is not solved following the steps below, ask the member to contact Susan Woessner (USA-S Athlete Protection Officer) directly at swoessner@usaswimming.org