



Safe Sport Requirement

Any athlete turning 18 during the season must take the 90-minute Safe Sport Core Trained class in order to be eligible to compete.

Please follow the directions below to register for the course. It's important that you complete this as soon as possible. The course must be completed before you turn 18 or before the season begins—whichever comes first.

Important: Be sure to use a computer to complete the registration. The system does not work well on a phone.

1. Go to <https://membership.usrowing.org/>
2. Click on the Login tab. You need to log in with your membership number and password.
3. Once you are logged in, complete the self-attestation. **Answer YES to Question 3.**
4. You will see the Safe Sport link at the far left-hand side on the bottom of your profile page.
5. Click on the symbol and it will take you to Suggested Courses. Please click on the SafeSport Trained Course – select the 90-minute course. Make sure not to select the 30-minute adult athlete option.
6. Take the course. You must remain on the screen for the entire duration. The system can detect if you switch to another screen or let it play in the background, and if you do, it will make you restart that section.

Further guidance can be found in [USRowing SafeSport page's Education & Training](#) section. If you need more assistance with the SafeSport training, please contact the U.S. Center for SafeSport directly at 720-676-6417.