

DIRECTIONS for ATHLETES NEEDING TO TAKE THE ATHLETE PROTECTION TRAINING

DO NOT WAIT until the last minute to take your APT course.

- 1) The 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 know your current ID. You can get this from your parents, your coach or SWIMS 3.0 Team coordinator. DO NOT CREATE A NEW MEMBER ID. 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 information in SWIMS.

Please ask your team for a registration link or you can use

<https://omr.usaswimming.org/omr/welcome/E4AF4FF8BF7CB1> -

Loading...

LOGIN

Please login with your username and password.

(Note that usernames created on our old system before Sept 1, 2022 will no longer work. Click "Create a Login" below if you need a new account)

Username:
hjansen

Password:

LOGIN

FORGOT USERNAME FORGOT PASSWORD **CREATE A LOGIN**

HELP

If you are a parent about to register your child, please create your account first - ARTICLE

How to create an Account as a Parent - VIDEO

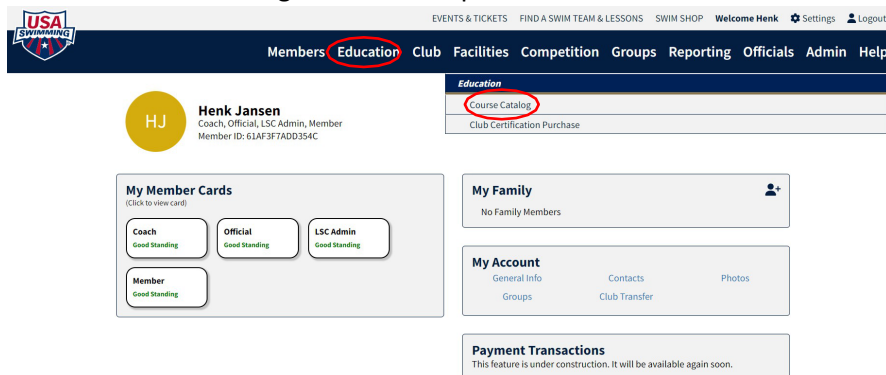
How to create an Account for Existing Members - VIDEO

How do I set up my new SWIMS account if I already have a membership? - ARTICLE

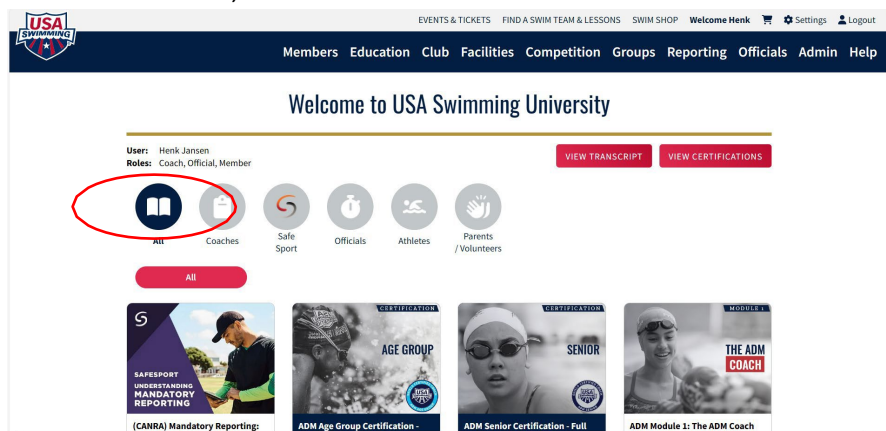
How do I create an account in SWIMS as a new member? - ARTICLE

How do I create a new account for a family member? - ARTICLE

- 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 refreshments to see it. It is kind of important to see this then you know you linked your account properly.
- 3) Once you see that the account was created properly, on the top toolbar, click “Education.”
- 4) Choose “Course Catalog” from the drop-down menu.

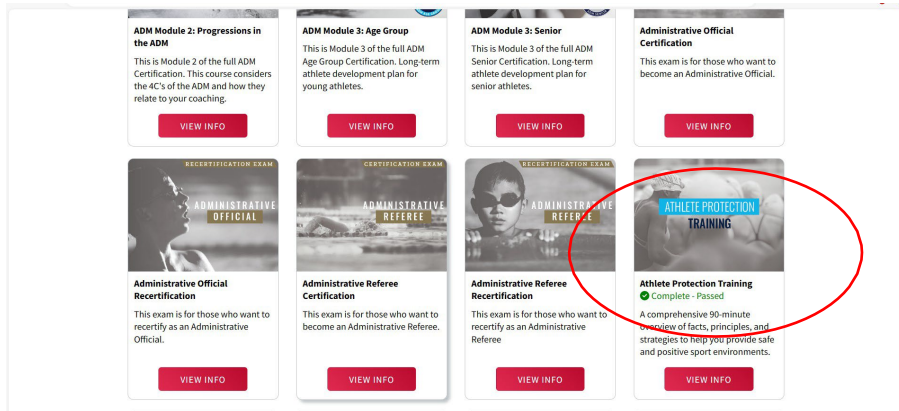


- 5) On the next screen, “All” should be chosen so all courses will be listed. If not, choose “ALL.”



- a. Scroll down and choose “Athlete Protection Training.” If the name of the course does not match, it is not the correct course.

- b. If you cannot find the course on your list, check again, if you still can't find it, try hitting refresh a few times and/or try using a different browser. If all that fails, email the [OKS Registration Chair](#), Carole Lee or [OKS General Manager](#), Bob Staab.
- 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. Scroll back to the top of the page. On the right-hand side, click “View Transcript” and follow the prompts.

