



# NVSL Dive and Swim SafeSport Approach Summer 2025

# Impact of SafeSport Act on all sports with athletes who are minors

## Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017

### Limit one on one interaction

Sports organizations must establish reasonable procedures to **limit one-on-one interactions between an adult and an amateur athlete who is a minor...** without being in an observable and interruptible distance from another adult

### Abuse Prevention Training

Consistent **“abuse prevention” training to all adult members who are in regular contact with amateur athletes who are minors**, and subject to parental consent, to members who are minors, regarding **“prevention and reporting child abuse**

### Increased Standard of Care

Any organization involved in youth sports held to an increased **“standard of care”** regarding **reporting, training, policies and procedures, and periodic safety system reviews**

### Guidelines

- Presence of more than one adult at every activity
- Take-home/pick-up policy to prevent one-on-one situations with a child who was not picked up by parents after practice
- Define appropriate touching of a child
- Avoid socialization with participants outside of sponsored activities

**Successful SafeSport implementation can positively impact our insurance rates**

# The NVSL SafeSport 2025 Approach Focus on Training and Awareness

## Training Groups for 2025 Season

Roles to undergo SafeSport Core or Refresher training for 2025 season:

- Team Reps
- Coaches 18 and over
- Division Coordinators
- NVSL Board

Teams cover cost of training for their team reps, coaches, etc

**Recommend** awareness training for:

- Parents
- Officials
- Coaches under 18 (with parent's permission)
- Athletes (with parent's permission)

## Tracking Completed Training

Teams must track and maintain records of completed trainings by their coaches and team representatives

Acknowledge the fulfillment of SafeSport training requirements, along with the completion of similar programs

## Complaint Handling Process

Establish internal procedure for receiving and examining complaints

Teams are accountable for addressing issues internally and should not file complaints with SafeSport or NVSL



# SafeSport Training Courses and Costs

Training Provider



Free

## Swimmers

- Age 5 to 12
- Age 13 +

### 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. Requires parental consent for registration.

### 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.

Free

- Parents
- Volunteers

### 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.

\$10/\$20 / Course

- Team Reps
- Coaches
- NVSL DCs
- NVSL Board



**Year 1:** SafeSport® Trained Core (90 minutes)

\$20 pp



**Year 2:** Recognizing and Reporting Misconduct (30 minutes)

\$9.99 pp



**Year 3:** Preventing Misconduct (30 minutes)

Free



**Year 4:** Creating a Positive Sport Environment (30 minutes)

\$12.99

# Access SafeSport Training through the NVSL SafeSport Portal

- SafeSport created a NVSL portal to provide access to all free and self-purchase courses
- Instructions to access the portal and courses are available on the NVSL website

Free

**Swimmers**

- Age 5 to 12
- Age 13 +

Free

- Parents
- Volunteers

## NORTHERN VIRGINIA SWIM LEAGUE-NVSL (Parents, Youth and Kids courses Self-Access Instructions)

The U.S. Center for SafeSport is an independent 501c(3) non-profit organization focused on ending all forms of abuse in sport. Your organization will join the one million SafeSport™ Trained athletes, coaches, officials, and administrators who have pledged their commitment to keeping sport free of abuse.

### INSTRUCTIONS:

1. **Connect to your account.** You will connect either as a new or returning learner.

#### New Learners:

- a. Go to this [link](#) only to begin. If you already have an account, please do not use these instructions. Reach out to the help portal [here](#) to request help on signing in.
- b. A "Sign Up" page will appear. Add your information and click **Sign Up**.
- c. Please enter the Record ID **14926812681** in the field labeled "Organization Member ID". This is a required field.

## NORTHERN VIRGINIA SWIM LEAGUE-NVSL (SafeSport Trained Core Course- Self-Purchase Instructions)

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\$10/\$20 / Course

- Team Reps
- Coaches
- NVSL DCs
- NVSL Board

## Portal Registration Guidelines

NVSL's Organization Member ID is  
**14926812681**

Language	Required
<input type="text" value="Language"/>	
Date of Birth	Required
<input type="text" value="MM/DD/YYYY"/>	
Organization Member ID (or enter N/A)	Required
<input type="text" value="14926812681"/>	
Role	
<input type="text" value="Role"/>	
Name of Sport or Community Organization	Required
<input type="text"/>	

Enter your pool name in the  
**Name of Sport or Community Organization**  
field