



Every athlete receiving this email is impacted by the U.S. Center for SafeSport's recent update to its education policy, in accordance with federal law, regarding USA Gymnastics athlete members who are 18 years of age or older.

The U.S. Center for SafeSport mandates the SafeSport training requirements for all national governing bodies, including USA Gymnastics. The center requires all adult professional members of USA Gymnastics to complete the U110: SafeSport Course. The Center's policy changes and the specific structure of USA Gymnastics requires that adult athlete members now must also complete this training.

Effective immediately, all USA Gymnastics adult (18+) athlete members are required to complete the U110: SafeSport Course. The U.S. Center for SafeSport's deadline for athlete compliance is March 23, 2019.

The course is free and takes approximately 90 minutes to complete. USA Gymnastics has developed step-by-step instructions to help you to access and take the course. [Click here](#) for the instructions.

Victims/survivors of any type of abuse may qualify, on a case-by-case basis, for an exemption from this education and training policy. Athletes may make their requests directly with the U.S. Center for SafeSport at ngbservices@safesport.org.

The Center's goal is to increase awareness of athlete safety, not only with you as an athlete member of USA Gymnastics, but also athletes in all amateur sports and affiliated organizations. The U.S. Center for SafeSport course is an important educational tool toward building a strong community effort for safety. Increasing awareness with you, our athletes, is a critical step in protecting you and the people around you.

If you need assistance in registering for the course, please contact the Member Services Department at 800.345.4719 or via email at membership@usagym.org.

We thank you in advance for completing the course by the deadline of March 23, 2019, and we hope this course will be a beneficial part of your continued safe sport education.