

**If you are completing training for the first time:**

1. Use this link: <https://safesporttrained.org?KeyName=JJFAQsQPWNRj01edWcPr>
2. Complete information on “Sign Up” page.
3. If prompted, log in to the new account you just created.
4. Click on “Menu” and select “Catalog.”
5. Click the Start button for “SafeSport Trained – U.S. Soccer Federation” to complete the course.
6. Upload your certificate of completion.

**Instructions for downloading a certificate of completion are as follows:**

1. Please select the “Menu” icon at the top right of your page.
2. Select “Transcript”.
3. Once the transcript page displays, locate the most current completion for the course under the “Certificates” section.

**If you already have an account and have taken training before, log in here:**

<https://safesporttrained.org/#/dashboard>

Which course to take: If you have never completed SafeSport training, you should take the course entitled, “SafeSport Trained – U.S. Soccer Federation”. If you have taken training before, you should take the next available Refresher Course. If your last course taken was “Refresher 3” your next course would be the “SafeSport Trained – U.S. Soccer Federation” course again. The training runs in a 4-year cycle as follows:

Year 1: SafeSport Trained – U.S. Soccer Federation

Year 2: Refresher 1

Year 3: Refresher 2

Year 4: Refresher 3

Year 5: SafeSport Trained – U.S. Soccer Federation (again)

Note that there are other courses available in the catalog. These are optional and do not meet the training requirement established by the Center for SafeSport