

NVSL's SafeSport Commitment: Ensuring a Safe Environment for Our Swimmers (2025)

The Northern Virginia Swimming League (NVSL) is committed to upholding SafeSport principles and fostering a secure and positive environment for all participants. We are providing training and resources to coaches, team representatives, volunteers, parents, and swimmers to prevent abuse, harassment, and misconduct.

Key SafeSport Principles and Measures

To ensure the safety of our swimmers, NVSL has adopted the following SafeSport measures:

- **Limiting One-on-One Interactions:** We minimize one-on-one interactions between adult and minor athletes.
 - Adults must maintain an observable and interruptible distance from swimmers.
 - Take-home/pick-up policies are in place to prevent unsupervised situations with children.
- **Adult Supervision:** All activities will have more than one adult present.
- **Appropriate Conduct:**
 - Clear guidelines define appropriate and inappropriate physical contact with a child.
 - Socialization between participants outside of sponsored activities should be avoided.
- **Mandatory Abuse Prevention Training:** Consistent abuse prevention training is required for all adults in contact with minor athletes.

SafeSport Training Requirements

To promote the adoption of SafeSport, the following trainings are required:

- **For Coaches, Team Representatives, Division Coordinators, and Board Members:**
 - **If you have NOT completed SafeSport Core training yet:** You must complete the 90-minute SafeSport Core Course. The cost is \$20 per person, covered by each team.
 - **After you completed the Core Course:** You must complete the required training annually for year 2, year 3, and year 4, as shown below.

			
Year 1: SafeSport® Trained Core (90 minutes)	Year 2: Recognizing and Reporting Misconduct (30 minutes)	Year 3: Preventing Misconduct (30 minutes)	Year 4: Creating a Positive Sport Environment (30 minutes)
\$20 pp	\$9.99 pp	Free	\$12.99

- Comparable SafeSport training/certifications from other organizations within the last 12 months are accepted.

Recommended Training

The NVSL also recommends the following training:

- **For Swimmers:**
 - SafeSport for Kids (ages 5-12): Free, 15-minute course.
 - SafeSport for Youth Athletes (ages 13+): Free, 15-minute course.
- **For Parents and Volunteers:**
 - Parent's Guide to Misconduct in Sport: Free, 30-minute course.

Accessing SafeSport Training

All training courses are available through the NVSL SafeSport Portal.

- **NVSL Organization Member ID:** 14926812681
- **Organization Field:** Please enter your pool name.

Instructions for Accessing Courses:

- **Parents, Youth, and Kids Courses:**
<https://safesporttrained.org/?KeyName=FSNVSLparentsyouthself3623>
- **SafeSport Trained Core Course:**
<https://safesporttrained.org/?KeyName=FSNVSLSSTselfaccess3623>