

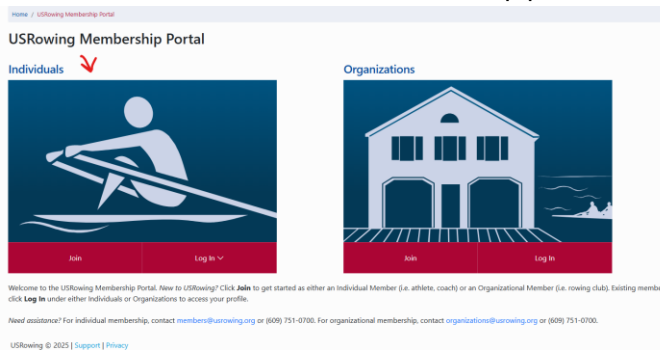
# USRowing Membership and SafeSport Instructions

Who needs this instruction/training?

- **Coaches**
- **JMCBO Board Members, LOC Representatives, and Parent Boat Chaperones** because they are adults within sport national governing bodies who have regular contact with/or authority over minor athletes and are required to take training on preventing child abuse annually
- **Student Athletes who are 18 or older**

## USRowing Membership

1. Go to <https://USRowing.org>
2. Click on 'Log In' if you have a current membership or 'Join' if you are new
3. Be sure to use the Individual membership portal:



4. If new to USRowing, complete the membership information to join - Our Club Code is **PHS9S**
5. **Step 1: Membership Level:** If already a member, update your membership level
  - a. Supporter \$10 (Parents)
  - b. Basic Membership \$25 (Student Athletes)
6. **Step 2: Profile:** Work through the profile
7. **Step 3: Membership Agreement:** Read and complete the agreement
8. **Step 4: Checkout**

## SafeSport

1. After you've updated your membership, click on the SafeSport tab on the left side of the screen.
2. **Coaches, Adults/Parents, and Students (≥18 years old):**
  - a. If new to USRowing – complete the "SafeSport Trained" course – takes ~90 minutes
    - i. If renewing – complete the relevant SafeSport Refresher course – takes ~30 mins
  - b. After completion, be sure your profile states you are compliant.