



Q: What is Safe Sport?

A: Safe Sport is a U.S. Center for SafeSport program adopted by USATF in 2014 which aims to prevent sexual misconduct and abuse, bullying, hazing, harassment, physical abuse and emotional abuse in the sports of track and field, cross country, long distance running, race walking, mountain/ultra/trail, and para athletics.

Q: What tools does USATF utilize to prevent these behaviors?

A: Among the tools USATF uses are [extensive education resources](#) on the U.S. Center for SafeSport website which provide access to training videos, slide shows, posters, etc., background screening, a comprehensive website which provides information on whether a coach, club administrator, volunteer are Safe Sport certified or on the flipside are individuals who have been suspended or made ineligible. For much more information, review the [USATF Safe Sport Handbook](#), the [2025 MAAPP Manual](#), and visit the [USATF Safe Sport](#) online information.

Q: Who is required to be 3 Step Safe Sport compliant?

A: The short answer is “a lot of people.” If you have access to athletes, authority or regular contact over athletes, you need to be Safe Sport compliant. Club leaders, board members, coaches, club coaches, officials, trainers, event staff, adult athletes training with minor athletes in some cases, trainers, chaperones, club volunteers, anyone with routine access to athletes or medical personnel are included in this list. This applies to competitions, practices, team meetings or gatherings, team travel, and team overnight stays.

Q: What does it take to become 3 step Safe Sport compliant?

A: The three steps needed for compliance are: Become a member of USATF; complete a National Center for Safety Initiatives (NCSI) background check; and annually complete required Safe Sport online courses. Safe Sport courses are different depending upon your role. For example, there are separate modules for a parent, a coach, or a medical provider.

Q: What can I learn from the Safe Sport courses?

A: Safe Sport courses focus on educating individuals about what sexual misconduct and abuse, bullying, hazing, harassment, physical abuse and emotional abuse are, signs that an individual may be grooming an athlete or engaging in such behaviors,

prevention techniques, and obligations to report what you see when you suspect that these bad behaviors are occurring. The training helps you become the eyes and ears to protect athletes by identifying signs of abuse or potential abuse and reporting your suspicions to local police or child safety officials, USATF Oregon, and Safe Sport. If you suspect, report. Safe Sport will investigate and discipline if warranted.

Q: Is there a volunteer waiver form available for individuals who are not USATF members or 3 Step Safe Sport compliant?

A: Yes, there is a waiver form available, but it is limited as to who can use it and for how long. If the volunteer has access to athletes or authority and/or regular contact with athletes, the waiver is not available. The waiver exists for use by “casual” volunteers. The waiver is only available for use at USATF Regional and Association meets. The waiver may not be used more than three times in a calendar year. A multi-day event is considered one time for this purpose.

Q: How do I tell if my coach or club leader is Safe Sport Certified?

A: Go to the [Safe Sport compliant database](#).

Q: How do I find out if someone has been disciplined by Safe Sport?

A: Go to the [Safe Sport Disciplinary Database](#).