Dear High School Bowlers,

Thank you for completing the SafeSport training for high school bowling. Below, you will find step by step instructions that will walk you through creating your account and taking your training. Before we begin, be sure you know the following:

1. Save your user name and password you create or write it down. You will need this anytime you log into your account in the future.
2. Know your USBC sanction number. The website will refer to it as your "Member ID". BE SURE TO INCLUDE THE DASH in your Member ID.

Now that you have that information you are ready to begin.

Steps to complete your SafeSport Training:

1. Go to bowl.com
2. Click on "LOGIN" in the upper right corner.
    a. **If you already have a bowl.com account**: Use your login information for your account. If you forgot your password you can click on "Forgot password" to recover it.
    b. **If you have never had a bowl.com account: C**lick on "Sign up for a USBC Community Account". You will need to complete the information requested. When entering your Member ID, be sure to include the "dash" that is included in the Member ID. If you do not remember your Member ID, you can click on "Forgot Member ID" to find the number.
3. Click on the link at the bottom to complete your registration. If you have answered all questions correctly, the system will log you into bowl.com.
4. You will need to click on "MY USBC" in the upper right corner and then click on "Athlete Safety".
5. You will then be at the "Manage your account" screen. Be sure that your name and member id are listed on the right side of the screen.
6. You will see three options on the screen. You will want to use the middle option with the orange Safesport Trained Logo. Under the logo is should say "Safe Training has not been completed" if you have not finished your training. Click on the blue "SafeSport Training" button. You will then click on the "Play Video" button and watch and listen to the short video about your certificate of completion.
7. After the video is finished, click the blue "Start your training" button. You will then select the language and proceed through all of the videos and questions. You do not need to complete the course in one sitting. You can log back in to resume where you left off.
8. When you are finished you can download a copy of your completion certificate. Please forward a copy of this certificate to your coach.

Thank you for taking your training. We look forward to seeing your success this year in high school bowling. Have a great season!