

## **USAG Required Safesport Trainings for Jam Hops Staff:**

### **U110 U.S. Center for SafeSport Core Course**

In this course, the U.S. Center for SafeSport Core Course provides important training about the nature of misconduct in sport and gives you actionable information to better protect athletes. USA Gymnastics University will issue course credit for completion of the course. Adult (18 years and older) members must take the course as a condition of membership. Additionally, any adult in a member club who has regular contact with or authority over minors also must complete the U110 course annually. Please note, this course is offered complimentary to all who are required to complete the course.

### **U112: Tough Coaching or Emotional Abuse: Knowing when the line has been crossed Course Description**

This very important webinar looks at emotional abuse and the criteria used to help both coaches and parents better understand where the line is drawn between a tough coach, an intense practice and one that is abusive. Criteria for emotionally abusive coaching has often been vague and when abusive tactics yield competitive results, knowing what to do becomes increasingly difficult. This webinar will break down the criteria for abuse by using domestic violence and bullying as a side by side guide. Also discussed are common traits of the abuser mentality, strategies and phrases coaches use to control their athletes, the signs that an athlete is experiencing trauma and a side by side guide of positive coaching techniques vs. ones that are deemed to be possibly abusive.

### **U113: USA Gymnastics Safety & Response Policy Course**

The primary goal of this training is to look at the updated components of the USA Gymnastics Safety & Response Policy. The course covers the jurisdiction of USA Gymnastics Safety & Response, the U.S. Center for SafeSport, membership requirements, duty to report misconduct, and the required Prevention Policies.