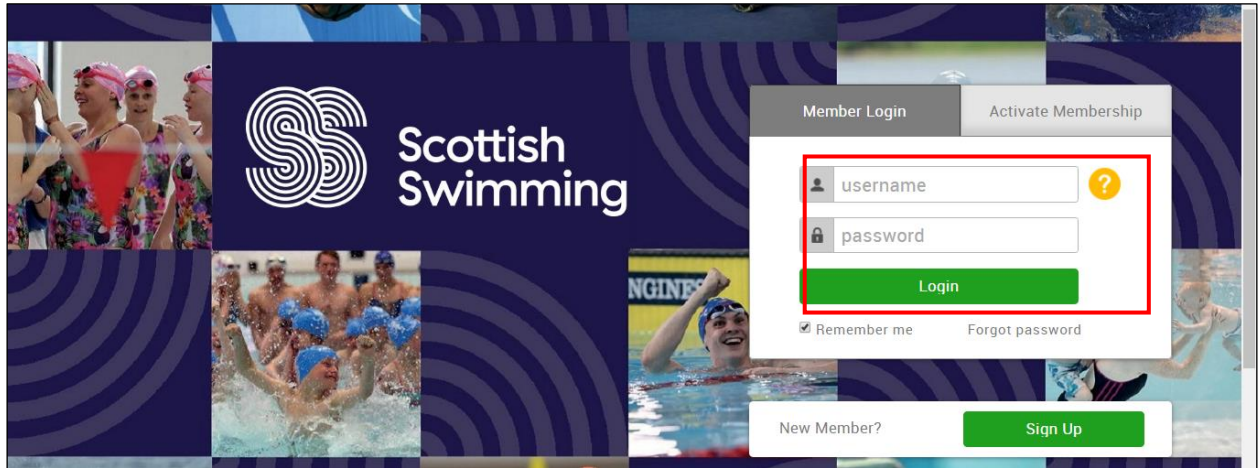
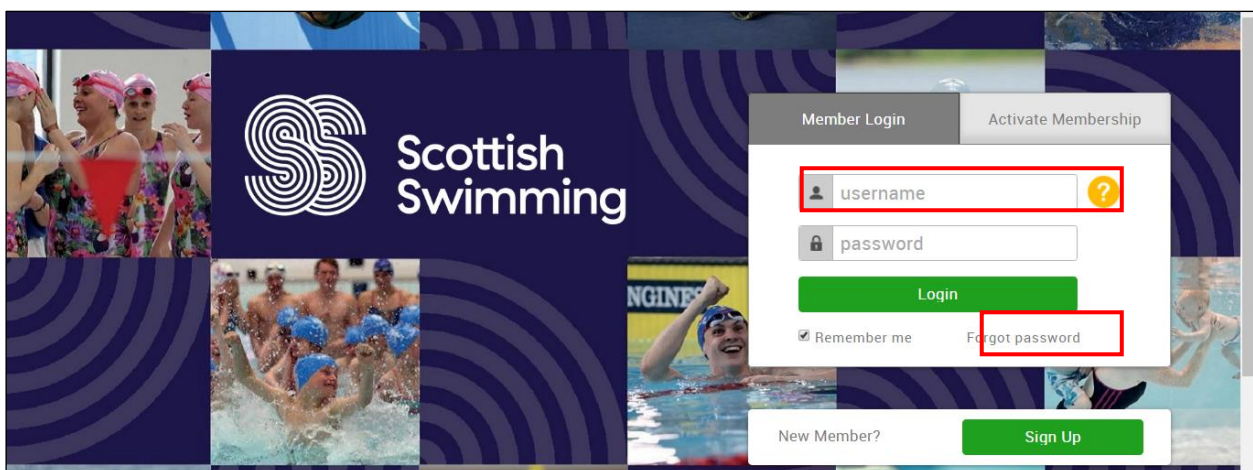


## Existing Members – How do I login

- If you know your user name and password.
  - Go to the login page:- [www.scottishswimmingmembers.com](http://www.scottishswimmingmembers.com)
  - In the Member Login section type in your User Name and password in the appropriate fields and click Login



- If you know your user name but not your password?
  - Type your User Name into the username field and click on Forgot password. An email (check 'Junk' folder) will be sent to the email address held on your member/user record containing a password reset link. Your username is normally your Email Address or Membership Number
  - Click the link in the email and you will be able to reset your password



- If you don't know your User Name?
  - You need a user name to allow the "forgot password" link to work. If you cannot remember this please contact [info@scottishswimming.com](mailto:info@scottishswimming.com) to confirm your User Name. **Please do not register again simply because you cannot remember your user name** – Scottish Swimming will let you know your User Name promptly, allowing you to log on.
  - Note – Scottish Swimming cannot see your password so cannot tell you what your password is, but your password can be reset by Scottish Swimming.