

## Recovering your password for the Discussion Forums

At <http://forums.usms.org/index.php>, go to the upper-right corner to log in:

The screenshot shows the top of the U.S. Masters Swimming Discussion Forums website. On the left is the logo with a swimmer and the text "U.S. MASTERS SWIMMING". To the right is the header "Discussion Forums". Below the header is a login box with fields for "User Name" (containing "User Name"), "Password", and a "Remember Me?" checkbox. A "Log in" button is to the right of the password field. Below the password field is a link "Forgotten Your Password?". At the bottom of the login box is a navigation bar with links: "Register", "Blogs", "FAQ/Forum Rules", "Calendar", "Today's Posts", and "Search".

This is a close-up of the login box from the previous screenshot. It shows the "User Name" field, "Password" field, "Remember Me?" checkbox, and "Log in" button. Below the password field is the link "Forgotten Your Password?". An arrow points from a yellow callout box to this link.

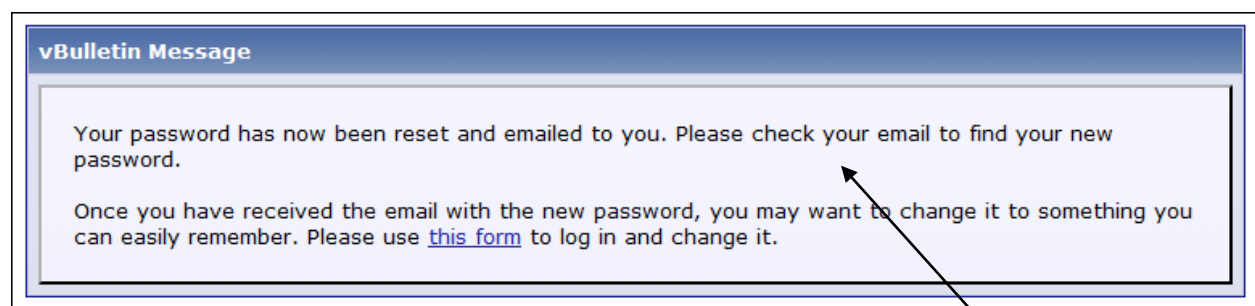
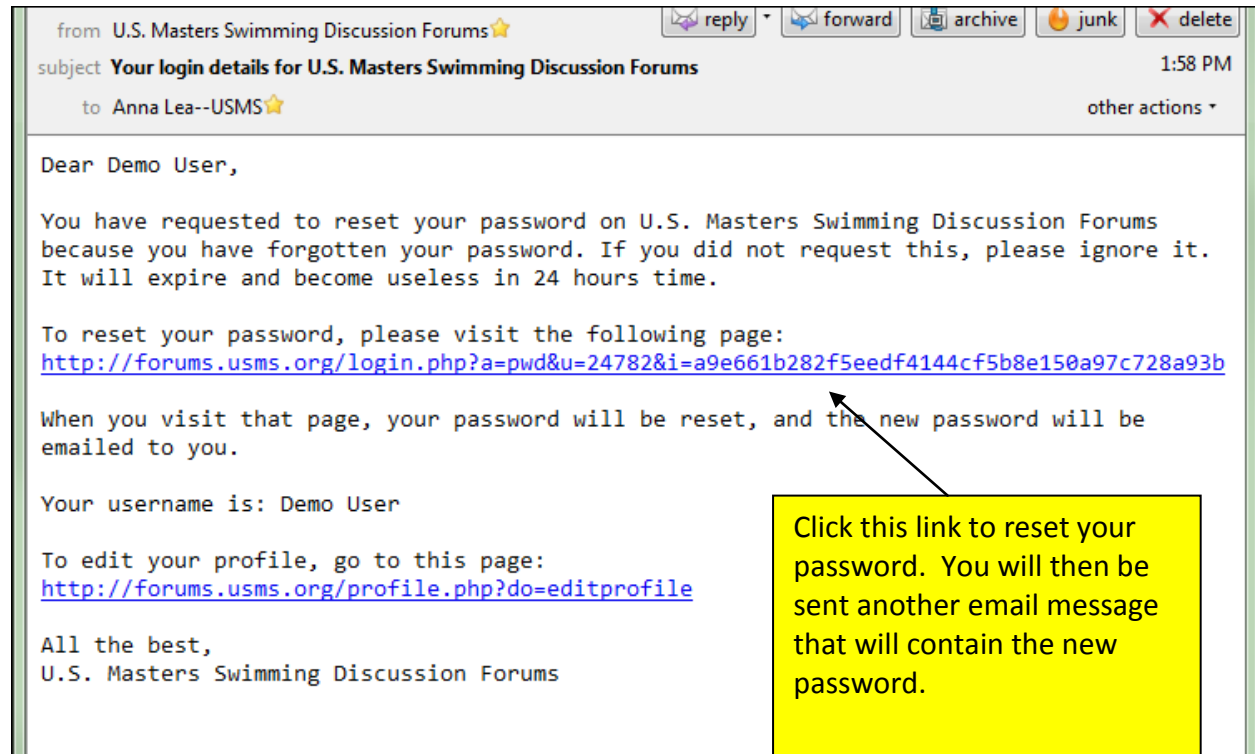
If you don't remember your password, click "Forgotten Your Password?"

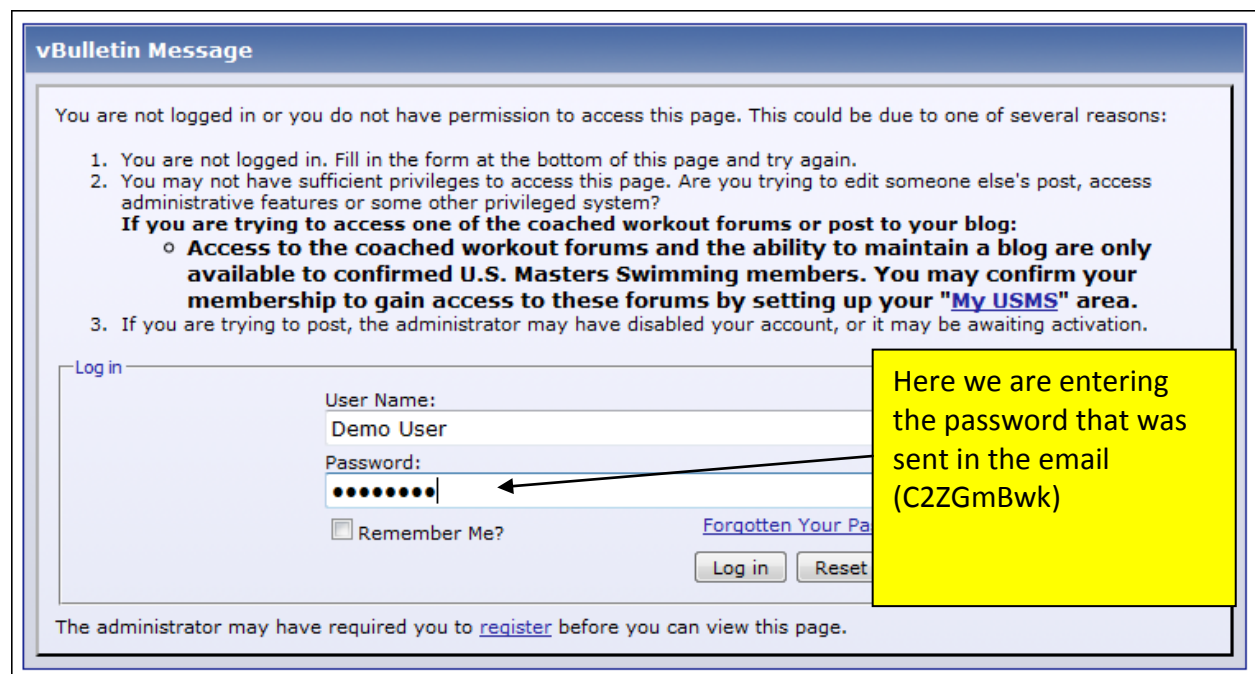
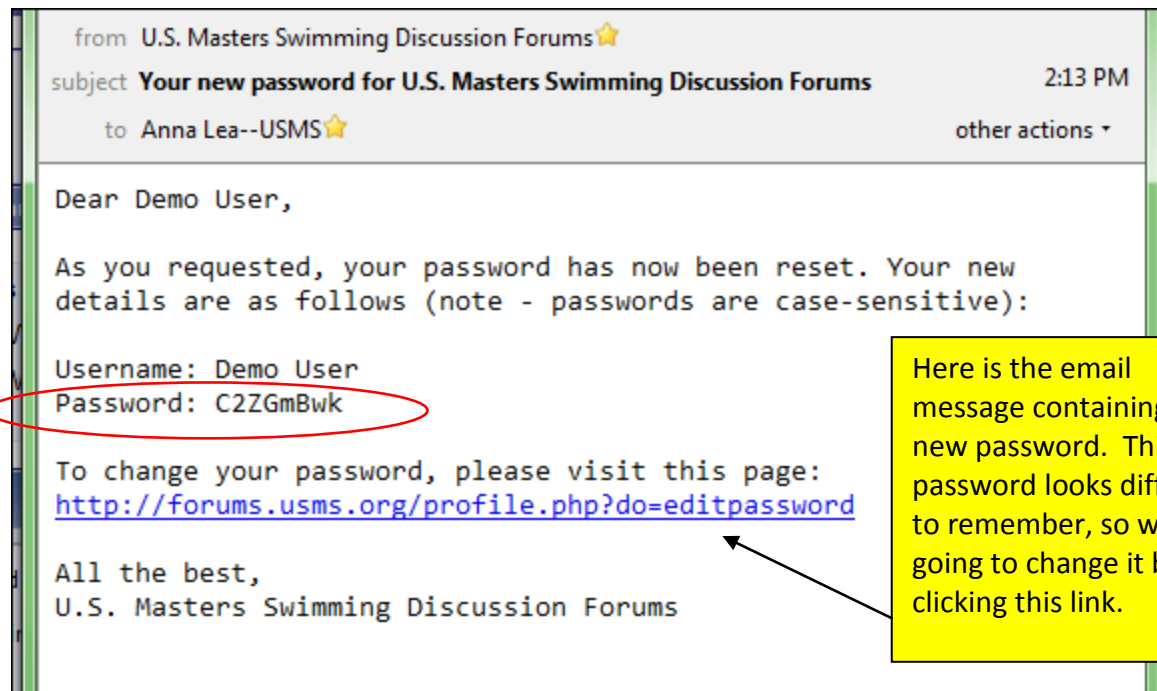
The screenshot shows the "Lost Password Recovery Form". It contains the following text: "If you have forgotten your username or password, you can request to have your username emailed to you and to reset your password. When you fill in your registered email address, you will be sent instructions on how to reset your password. **Note that Discussion Forums accounts are NOT automatically created for you with your U.S. Masters Swimming membership. If you have never registered for a forums account, you must create your own by following the Register link above.**" Below this text are two input fields: "Email Address:" with the value "SpeedoGrilli@usms.org" and "Security Question:" with the question "What do swimmers wear to protect their eyes from chlorine?" and the answer "goggles". At the bottom is a button labeled "Request Username / Password Now". Arrows point from a yellow callout box to the email address field, the security question field, and the request button.

Enter the email address you provided when you created your Forums account. Answer the security question. Then click the "Request Username/Password" button

An email message will be sent to the address you entered in the previous form. (NOTE that the address you entered MUST be the address that is tied to your forums account.)

Here is the email message that you will receive:





The screenshot shows a web form titled "Edit Email & Password". It contains several input fields and two buttons at the bottom. Annotations with arrows point to specific fields and the "Save Changes" button.

**Form Fields:**

- Enter your present password to continue: [password field]
- Edit Password (Optional)
  - New Password: [password field]
  - Confirm New Password: [password field]
- Edit Email Address (Optional)
  - New Email Address: SpeedoGrilli@usms.org
  - Confirm New Email Address: SpeedoGrilli@usms.org

**Buttons:**

- Save Changes
- Reset Fields

**Annotations:**

- A yellow box on the right contains the text: "Now we can change that password to something that is easier to remember. Enter the password that was sent in the email in the top box (C2ZGmBwk), then enter your chosen password in the 'New Password' and 'Confirm New Password' boxes." Arrows point from this box to the "Enter your present password to continue:", "New Password:", and "Confirm New Password:" fields.
- A yellow box at the bottom left contains the text: "Click 'Save Changes' after you've entered the new password". An arrow points from this box to the "Save Changes" button.

You should now be logged in!

Still need help? Send an email to: [support@usms.org](mailto:support@usms.org)