

## **USA SWIMMING COACH MEMBERSHIP REQUIREMENTS**

From the USA Swimming rulebook: “Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches’ education as required by USA Swimming.”

Requirements must be kept current at all times. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. Coaches do not have USA Swimming insurance coverage if their membership is not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on their USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal. Additional information and links for each requirement can be found at [www.usaswimming.org/coachmember](http://www.usaswimming.org/coachmember).

### **APPLICATION FORM, SUBMITTAL INSTRUCTIONS, MEMBERSHIP CARD**

Memberships are processed by each LSC (Local Swimming Committee). Non-athlete application forms can be found on most LSC websites. A map of LSCs and a list of their websites can be found at [www.usaswimming.org/lscmap](http://www.usaswimming.org/lscmap). If you cannot find the form online, please contact the LSC directly. Coaches should complete and mail their application to the address printed on the application form. The membership fee is also printed on the application form. A coach membership card will be mailed to you by the LSC after all membership requirements have been met.

### **CRIMINAL BACKGROUND CHECK**

All non-athlete members must pass a criminal background check every two years. Coaches must pass a Level II background check. Go to [www.usaswimming.org/backgroundcheck](http://www.usaswimming.org/backgroundcheck) for additional information and to initiate the background check. When the background check has been passed, our membership database is updated and your LSC is notified automatically.

### **ATHLETE PROTECTION TRAINING**

All non-athlete members must complete the online Athlete Protection Training course every two years. The course takes approximately 60 minutes to complete and is offered at no charge. Go to [www.usaswimming.org/protect](http://www.usaswimming.org/protect) for additional information and to access the course. When you have completed it, our membership database is updated and your LSC is notified automatically.

Current and previous members can access the course at any time. New non-athlete members must register through their LSC first. New members cannot initiate the course until their membership application has been processed by their LSC, so it is recommended that new members wait ten days after mailing their application before attempting to log in to take the course. Once their membership application has been processed, the log in procedure can be completed. (An error message will appear during the log in if the new member’s application hasn’t been processed yet.)

### **SAFETY TRAINING**

Coach members must maintain three safety certifications: CPR, first aid, and Safety Training for Swim Coaches (STSC). A list of acceptable certifications is on page two of this document. Certifications must be on this list. Online-only courses are not acceptable. Coaches should enclose a copy of their CPR, first aid, and Safety Training for Swim Coaches certifications with their application and payment.

If you do not have access to an acceptable course, or you have taken a course that is not on this list, you can call your local American Red Cross chapter to challenge one of their courses. The challenge involves passing the written test and skills assessment with an ARC instructor without having to take the entire course. The ARC will charge a fee for each challenge.

### **FOUNDATIONS OF COACHING**

The Foundations of Coaching exam is waived for first-year coach members. This requirement must be completed prior to renewing your second year of coach membership. Go to [www.usaswimming.org/coachmember](http://www.usaswimming.org/coachmember) for study materials and additional information on setting up a website account to take this exam. When the test is passed, your LSC will be notified automatically.

## APPROVED SAFETY CERTIFICATIONS

From the USA Swimming rulebook: “Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches’ education as required by USA Swimming.”

Requirements must be kept current at all times. Certifications from courses not on this list will not be acceptable. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. Coaches do not have USA Swimming insurance coverage if their membership is not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on their USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal.

Below is a list of courses that have been approved by the Safety Education Committee. **Certifications from courses not listed below will not be accepted.**

ORGANIZATION	COURSE NAME	CPR	FIRST AID	STSC*	NOTES RE THIS COURSE
American Red Cross **	CPR/AED – Adult & Child	Yes			
	CPR/AED for the Professional Rescuer & Healthcare Provider	Yes			
	Responding to Emergencies Adult and/or Pediatric CPR	Yes			
	Lifeguarding/CPR/AED/First Aid	Yes	Yes	Yes	For STSC, must also complete online written test***
	Emergency Response		Yes		
	USOC Sports Safety Training		Yes		First aid only; does not count toward STSC
	USOC Sports Injury Prevention & FA		Yes		
	Lifeguarding/First Aid		Yes	Yes	Waterfront/Waterpark optional; valid for 2-3 years depending on local chapter; for STSC, must also complete online written test***
	Responding to Emergencies – First Aid		Yes		
	Basic First Aid		Yes		Course will be discontinued in 2012 but cards will be accepted until they expire
	Standard First Aid		Yes		Course will be discontinued in 2012 but cards will be accepted until they expire
American Heart Assoc.	ACLS Provider	Yes			
	Heartsaver First Aid w/CPR & AED	Yes	Yes		This course does not have a final written exam; in order for this course to be accepted, notify your instructor in advance that you will need to take the final written test that is an option offered by the AHA.
	Healthcare Provider	Yes			Also known as BLS for Healthcare Providers
	Heartsaver First Aid		Yes		This course does not have a final written exam; in order for this course to be accepted, notify your instructor in advance that you will need to take the final written test that is an option offered by the AHA.
	AHA Basic Life Support Instructor	Yes			
	AHA Instructor or Instructor Trainer	Yes			Applies to any of the AHA courses above

ORGANIZATION	COURSE NAME	CPR	FIRST AID	STSC*	NOTES RE THIS COURSE
American Lifeguard Assoc.	CPR/AED for Professional Rescuer	Yes			
	Community CPR	Yes			
	First Aid		Yes		
	Lifeguarding (First Time Lifeguard, Professional Lifeguard Challenge, or Lifeguard Recertification)			Yes	Must also complete STSC online written test***
ASHI (American Safety & Health Institute)	CPR/AED for the Community and Workplace	Yes			Two year certification
	CPR Pro	Yes			
	Basic First Aid		Yes		
California Parks & Rec	California State Lifeguard	Yes	Yes		
Ellis & Associates	International Lifeguard Training	Yes	Yes	Yes	One year certification; for STSC, must also complete STSC online written test***
	Water Safety+	Yes	Yes		
	Int'l Lifeguard Training Instructor	Yes	Yes	Yes	For STSC, must also complete STSC online written test***
EMS Safety Services	CPR	Yes			
	First Aid		Yes		
EMT	Emergency Medical Technician Basic or Intermediate	Yes	Yes		The training agency for an EMT certification can be a hospital, fire department or other agency.
Emergency Care & Safety Institute	CPR	Yes			In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
	First Aid		Yes		In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
Life Education of Florida	First Aid for All Ages: A Common Sense Approach		Yes		
Medic First Aid Int'l	Medic First Aid	Yes	Yes		Must submit a scored written test signed by instructor
National Safety Council	Adult CPR & AED	Yes			Length of certification varies by training agency
	Standard First Aid, CPR & AED	Yes	Yes		Length of certification varies by training agency
	First Aid		Yes		Length of certification varies by training agency
Nat'l Registry of Emergency Medical Technicians	Paramedic	Yes	Yes		
National Ski Patrol	Outdoor Emergency Care		Yes		
PADI Emergency First Response	Emergency Responder – CPR/AED/FA	Yes			
	Emergency Responder – CPR/AED	Yes			
	Emergency Responder – CPR/FA	Yes			
ProCPR	Adult/Child/Infant CPR & AED for Health Care Provider (BLS)	Yes			Must have signature of Skills Evaluator on back of card
	ProFirst Aid	Yes	Yes		Must have signature of Skills Evaluator on back of card
StarGuard	StarGuard	Yes	Yes	Yes	STSC with online written exam confirmation email***
Tacoma Fire Dept	First Aid & CPR	Yes	Yes		

ORGANIZATION	COURSE NAME	CPR	FIRST AID	STSC*	NOTES RE THIS COURSE
Save-A-Life Educators	CPR – Adult, Adult/Child, or Adult/Child/Infant	Yes			Must include in-person skills assessment; if “online training” is printed on card, it must be accompanied by a second card stamped “skills assessment passed”.
	First Aid or First Aid Renewal		Yes		Must include in-person skills assessment; if “online training” is printed on card, it must be accompanied by a second card stamped “skills assessment passed”.
YMCA	Lifeguarding			Yes	Must also complete online STSC written test***
University Training Centers	Healthcare Provider BLS-C	Yes			
	Standard First Aid		Yes		

\*STSC = Safety Training for Swim Coaches

**\*\*American Red Cross**

All ARC certifications are valid for two years unless otherwise noted on the card.

*NOT ACCEPTED: ARC instructor certifications, WSI, First Aid for Coaches, foreign Red Cross certifications.*

To schedule or find an ARC course near you, contact 1-800-red-cross or [support@redcrosstraining.org](mailto:support@redcrosstraining.org).

**\*\*\*Safety Training for Swim Coaches**

Safety Training for Swim Coaches is only offered by the American Red Cross. There are two four-hour sessions: classroom and in-water. The classroom session can be completed online at [www.usaswimming.org/coachmember](http://www.usaswimming.org/coachmember) (study materials and online test are available thru this link). Print the confirmation email that you receive after you pass the online test and take it to the in-water session with you. (The four-hour classroom session can also be completed in person at your local ARC chapter.) You must complete the in-water session within 30 days of passing the online test. Any WSI is authorized to teach STSC and can find the materials on the ARC Instructors' Corner website. When you complete the in-water session, you will receive a STSC certification from your instructor. Send this card to your LSC Membership Chair.

If you have one of the approved lifeguard certifications above, that means that you do not have to complete the in-water session. You are required, however, to take the online written test. Print the confirmation email and send it, along with your lifeguard cert, to your LSC Membership Chair. Your STSC requirement will be considered valid until the earliest expiration date on either the confirmation email (valid for three years) or the lifeguard card. The earlier of the two dates will appear on your coach membership card. If possible, renew both at the same time.

**Still have questions? Contact your LSC Membership Chair or [cdurance@usaswimming.org](mailto:cdurance@usaswimming.org). Thank you.**