



## USA SWIMMING COACHES SAFETY CURRICULUM 2009 - 2010 Requirements and Equivalents

Effective since 1988, all coach members are required to fulfill safety training requirements as established by the USA Swimming Board of Directors. USA Swimming currently requires coach members to hold current certifications for the following: Safety Training for Swim Coaches, CPR, and First Aid.

### CARDIOPULMONARY RESUSCITATION (CPR)

**Any one of the following courses will satisfy the CPR requirement:**

#### American Red Cross:

*(All American Red Cross CPR certifications are valid for one year unless otherwise noted)*

- CPR - Adult
- CPR - Adult and Child *(recommended if you coach 12 and unders) (Infant CPR is optional component)*
- CPR/AED - Adult
- CPR/AED - Adult and Child *(recommended if you coach 12 and unders) (Infant CPR/AED is optional component)*
- CPR/AED for Lifeguards *(one year certification)*
- CPR/AED for the Healthcare Provider *(two year certification)*
- CPR/AED for the Professional Rescuer *(two year certification)*
- CPR/AED for the Professional Rescuer and Healthcare Provider *(two year certification)*

**Not acceptable: ARC instructor certification, WSI.**

**Certifications from foreign Red Cross societies are not acceptable.**

#### American Heart Association:

*(All American Heart Association CPR certifications are valid for two years)*

- Heartsaver First Aid w/CPR & AED **(Coach must submit a scored written test signed by instructor)**
- ACLS Provider
- Healthcare Provider
- Any AHA Basic Life Support Instructor or Instructor Trainee for the courses listed above

**No other AHA courses are acceptable**

#### American Lifeguard Association:

- Professional CPR (CPR for the Professional Rescuer) - "Instructor Led" must appear on card
- Community CPR - "Instructor Led" must appear on card

#### American Safety & Health Institute (ASHI):

- CPR Pro
- CPR/AED for the Community and Workplace *(two year certification)*

#### National Safety Council:

*(National Safety Council CPR certifications are valid for one or two years, depending on the training agency.)*

- Adult CPR & AED
- Standard First Aid, CPR & AED

#### Ellis & Associates:

- Water Safety+ *(includes First Aid component)*
- International Lifeguard Training *(one year certification; includes first aid component)*
- International Lifeguard Training Instructor License *(12-18 month certification)*

#### Emergency First Response (PADI)

- Emergency Responder - CPR/AED/First Aid *(two year certification)*
- Emergency Responder - CPR/AED *(two year certification)*
- Emergency Responder - CPR/First Aid *(two year certification)*

**Not acceptable: These do not meet the first aid requirement**

#### CPR courses offered by other organizations:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute CPR *(two year certification)*
- California State Lifeguard
- Medic First Aid *(includes First Aid component) (Coach must submit a scored written test signed by instructor)*
- EMS Safety Services CPR
- EMT (Emergency Medical Technician) Basic *(includes First Aid component)*
- Paramedic
- ProCPR Adult/Child/Infant CPR & AED for Health Care Provider (BLS) *(valid for 2 years - must have signature of Skills Evaluator on back of card)*
- ProFirstAid *(valid for 2 years; includes first aid component - must have signature of Skills Evaluator on back of card)*
- Save-A-Life Educators CPR
- StarGuard
- Tacoma Fire Department First Aid & CPR *(includes First Aid component)*
- University Training Centers, Inc. - Healthcare Provider BLS( C)

**Questions? Contact your LSC Membership Chair or [cdurance@usaswimming.org](mailto:cdurance@usaswimming.org)**



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**FIRST AID**

**Any one of the following courses will satisfy the first aid requirement:**

**American Red Cross:**

*(All American Red Cross first aid certifications are valid for three years)*

*(When the course includes a CPR component, a separate CPR card will be issued)*

- ARC/USOC Sports Safety Training *(may include a CPR component)*
- ARC/USOC Sports Injury Prevention and First Aid
- Basic First Aid
- First Aid - Responding to Emergencies
- Emergency Response
- Lifeguarding/First Aid (Waterfront/Waterpark optional) *(includes CPR component)*
- Standard First Aid

**Not acceptable: ARC instructor certification, WSI, First Aid for Coaches.  
Certifications from foreign Red Cross societies are not acceptable.**

**American Heart Association**

- Heartsaver First Aid **(Coach must submit a scored written test signed by instructor)**
- Heartsaver First Aid w/CPR & AED **(Coach must submit a scored written test signed by instructor)**

**No other AHA courses are acceptable**

**National Safety Council:**

*(National Safety Council first aid certifications are valid for 2-3 years, depending on the training agency)*

- First Aid
- Standard First Aid, CPR & AED *(includes CPR component)*

**Ellis & Associates:**

- Water Safety+ *(4 hours; includes CPR component)*
- International Lifeguard Training *(one year certification; includes CPR component)*
- International Lifeguard Training Instructor License *(12-18 month certification)*

**First aid courses offered by other organizations:**

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute First Aid
- American Lifeguard Association First Aid
- ASHI (American Safety & Health Institute) Basic First Aid *(4 hours)*
- California State Lifeguard
- Medic First Aid *(includes CPR component)*  
**(Coach must also submit a scored written Medic First Aid test signed by the instructor)**
- EMS Safety Services First Aid
- EMT (Emergency Medical Technician) Basic *(includes CPR component)*
- Paramedic
- ProFirstAid *(valid for 2 years; includes CPR component - must have signature of Skills Evaluator on back of card)*
- Save-A-Life Educators First Aid
- StarGuard
- Tacoma Fire Department First Aid & CPR *(includes CPR component)*
- University Training Centers, Inc. - Standard First Aid
- Life Education of Florida - First Aid for All Ages: A Common Sense Approach

**Not acceptable: American Heart Association Heartsaver First Aid**

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**SAFETY TRAINING FOR SWIM COACHES (STSC)**

**Any one of the following courses will satisfy the STSC requirement:**

**American Red Cross:**

*(American Red Cross STSC certifications are valid for three years)*

*(No ARC instructor certifications are acceptable)*

- Safety Training for Swim Coaches (full course, fast track option, review or challenge)  
*Information about STSC course options can be found at [www.usaswimming.org/coaches - Education/Safety Requirements - Safety Training for Swim Coaches Test](http://www.usaswimming.org/coaches-Education/Safety Requirements - Safety Training for Swim Coaches Test).*

**Lifeguard certifications listed below will be accepted WITH proof of successful completion of the online Safety Training for Swim Coaches written test. For additional information, and to take the test, go to [www.usaswimming.org/coaches](http://www.usaswimming.org/coaches), click on Education/Safety Requirements, then on Safety Training for Swim Coaches Test. Print the confirmation email when you pass the test. Submit to your LSC Membership Chair WITH the required lifeguard card. The expiration date, for coach membership purposes, will be the earliest date on either the STSC email (valid for three years) or the lifeguard certification.**

**American Red Cross:**

*(American Red Cross LGT certifications are valid for three years)*

*(No ARC instructor certifications are acceptable)*

- Lifeguarding (includes CPR & first aid components) **with STSC online written test**
- Waterfront Lifeguarding (includes CPR & first aid components) **with STSC online written test**
- Waterpark Lifeguarding (includes CPR & first aid components) **with STSC online written test**

**Not acceptable: ARC/USOC Sport Safety Training, WSI.**

**American Lifeguard Association**

- Lifeguarding (includes CPR-PR & First Aid) **with STSC online written test**  
*(Three options: First Time Lifeguard, Professional Lifeguard Challenge, Lifeguard Recertification)*

**Ellis & Associates:**

- Int'l Lifeguard Training (1 year certification; includes first aid & CPR component) **with STSC online written test**
- Int'l Lifeguard Training Instructor License (12-18 month certification) **with STSC online written test**

**YMCA Lifeguarding with STSC online written test**

**StarGuard with STSC online written test**

**FROM THE 2009 USA SWIMMING RULEBOOK:**

**Article 502.4.3** "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 and background screening required by USA Swimming."

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