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.

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. 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. The LSC will mail the coach membership card 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 for additional information and to initiate the background check. When the background check has been passed, the membership database is updated and the 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 for additional information and to access the course. When the course has been completed, the membership database is updated and the 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/AED, 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/AED, first aid, and Safety Training for Swim Coaches/Lifeguard certifications with their application and payment to their LSC.

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 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

This requirement will change for new coaches effective February 4, 2013. See the FAQ below. New coaches joining prior to February 4, 2013 will be exempt from the Foundations requirement until they renew for the second year. New coaches joining on or after February 4 will be required to meet the new requirements.

A new coach who registers between Sept 1, 2012 and February 3, 2013 will have two options:

1. New Course Option:

a. After February 4, 2013, complete the "new" Foundations of Coaching 101 course requirement.

b. Prior to 2nd year of registration complete the Foundations of Coaching 201 requirement (includes the 201 Course and a Rules and Regulations Test).

2. Old Course Option

a. Prior to second year of registration complete the "old" Foundations of Coaching DVD based test

For a new coach who registers on or after February 4, 2013:

1. New Course Option Only:

a. Complete the "new" Foundations of Coaching 101. Foundations 101 must be completed prior to becoming a coach member of USA Swimming.

b. Prior to 2nd year of registration complete the "new" Foundations of Coaching 201 and the Rules and Regulations Test.

For a former or existing coach member renewing for 2013 as 2nd year of coach membership:

1. Old Course Option Only

a. Prior to second year of registration complete the "old" Foundations of Coaching DVD based test

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 & Pediatric	Yes			
	CPR/AED for the Professional Rescuer & Healthcare Provider	Yes			
	Responding to Emergencies	Yes	Yes		
	Lifeguarding/First Aid/CPR/AED	Yes	Yes	Yes	For STSC, must also complete online written test***
	Emergency Medical Response	Yes	Yes		
	USOC Sports Safety Training		Yes		First aid only; does not count toward STSC
	USOC Sports Injury Prevention & FA		Yes		
	Lifeguarding, Lifeguarding Review or Lifeguarding/First Aid		Yes	Yes	Waterfront/Waterpark optional; to use with STSC, must also complete STSC online written test***
	First Aid – Responding to Emergencies with CPR/AED – Adult and Pediatric	Yes	Yes		
	Basic First Aid		Yes		
	First Aid		Yes		
	Safety Training for Swim Coaches			Yes	
	Standard First Aid		Yes		

ORGANIZATION	COURSE NAME	CPR	FIRST AID	STSC*	NOTES RE THIS COURSE
American Heart Assoc.	ACLS Provider	Yes			
	Adult & Pediatric Basic Life Support	Yes			Two separate cards issued – one for Adult and one for Pediatric – both are required
	Heartsaver First Aid w/CPR & AED	Yes	Yes		
	Healthcare Provider	Yes			Also known as BLS for Healthcare Providers
	Heartsaver First Aid		Yes		
	AHA Basic Life Support Instructor	Yes			
	AHA Instructor or Instructor Trainer	Yes			Applies to any of the AHA courses above
ASHI (American Safety & Health Institute)	CPR and AED	Yes			
	CPR Pro	Yes			
	Basic First Aid		Yes		
	Basic First Aid, CPR and AED	Yes	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 & AED for Community Rescuers	Yes			
	CPR & AED for Professional Rescuers	Yes			
	CPR, AED & First Aid for Community Rescuers	Yes	Yes		
	Basic 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 and AED ("Interactive" is NOT acceptable)	Yes			In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
	Professional Rescuer CPR and AED	Yes			In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
	First Aid ("Interactive" is NOT acceptable)		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		
Life Safe Services	American Trauma Event Management Adult/Pediatric CPR/AED	Yes			
Medic First Aid Int'l	First Aid Basic Plus	Yes			
	Pediatric Plus	Yes	Yes		
National Safety Council	Adult CPR & AED	Yes			Length of certification varies by training agency
	First Aid, CPR & AED	Yes	Yes		Length of certification varies by training agency
	Advanced First Aid, CPR & AED	Yes	Yes		Length of certification varies by training agency
	Emergency Medical Response	Yes	Yes		Length of certification varies by training agency
	First Aid		Yes		Length of certification varies by training agency

ORGANIZATION	COURSE NAME	CPR	FIRST AID	STSC*	NOTES RE THIS COURSE
Nat'l Registry of Emergency Medical Technicians	Paramedic	Yes	Yes		
	EMT – Basic or Intermediate	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			
ORGANIZATION	**COURSE NAME**	**CPR**	**FIRST AID**	**STSC***	**NOTES RE THIS COURSE**
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 & AED	Yes	Yes		
Save-A-Life Educators	CPR/AED – 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".
	CPR/AED/First Aid	Yes	Yes		
	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***
	Lifeguard Crossover			Yes	Must also complete online STSC written test***
University Training Centers	Healthcare Provider BLS – Level B or 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.

***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 pool. The classroom session can be completed online at www.usaswimming.org/coachmember (study materials and online test are also available thru this link or thru the ARC link: www.redcross.org/images/MEDIA_CustomProductCatalog/m4240201_TrainingforSwimCoaches.pdf). Print the confirmation email that you receive after you pass the online test and take it to the pool session with you (schedule the pool session thru your local ARC chapter). (The four-hour classroom session can also be completed in person at your local ARC chapter if you prefer.) You must complete the pool session within 30 days of passing the online test.

ARC Water Safety and/or Lifeguarding instructors and instructor trainers are authorized to teach STSC and can find the materials on the ARC Instructors' Corner website. Ask to speak directly to one of these instructors if your ARC chapter is not familiar with the course. If the instructor is not familiar with the course, tell him/her to find all of the course materials and supporting documents on the ARC "Instructors' Corner" website under the tab "Swim Coaches". If your local ARC chapter cannot provide you with information about the course or any instructors locally, contact an ARC Aquatics Representative in your area. Go to www.redcross.org/aquaticsrepresentatives for a list of them by region.

When you complete the pool 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 pool session. You are required, however, to take the online written test. When you have passed the online written test, our files will be updated automatically. Send your lifeguard certificate to your LSC Membership Chair. Your STSC requirement will be considered valid until the earliest expiration date on either the online written test 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. Thank you.

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