



## USA SWIMMING COACHES SAFETY CURRICULUM 2008 - 2009 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.

**ARC/USOC Sport Safety Training is recommended by USA Swimming because of its coaching specific content and materials. This course includes Adult CPR, fulfilling both the first aid and CPR requirements.**

### 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)*

- Adult CPR (4 hours)
- Adult CPR/AED
- Adult, Child and Infant CPR (6.5 hours)
- Community CPR
- CPR/AED - Adult, Child and Infant
- CPR for the Professional Rescuer (9 hours)
- CPR/AED for the Professional Rescuer

**Not acceptable: ARC instructor certification, Workplace CPR, WSI. Certifications from foreign Red Cross chapters are not acceptable.**

#### **American Heart Association:**

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

- ACLS Provider (8-16 hours)
- Healthcare Provider (6-8 hours)
- Any AHA Basic Life Support Instructor or Instructor Trainee for the courses listed above

**Not acceptable: AHA Heartsaver CPR or Heartsaver AED**

#### **American Lifeguard Association:**

- CPR-PR
- Community CPR

#### **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 (includes First Aid component)

#### **Ellis & Associates:**

- Water Safety+ (4 hours; includes First Aid component)
- International Lifeguard Training (one year certification; includes first aid component)
- International Lifeguard Training Instructor License (12-18 month certification)

#### **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 also submit a scored written Medic First Aid test signed by the instructor)**
- EMS Safety Services CPR
- EMT (Emergency Medical Technician) Basic (includes First Aid component)
- Paramedic
- Save-A-Life Educators CPR
- StarGuard
- Tacoma Fire Department First Aid & CPR (includes First Aid component)
- University Training Centers, Inc. - Healthcare Provider BLS (C)

**Not acceptable: ProCPR**



**USA SWIMMING  
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2008 - 2009 Requirements and Equivalents**

**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)*

*(No ARC instructor certifications are acceptable)*

- ARC/USOC Sport Safety Training (7 hours; includes CPR component)
- Sports Injury Prevention and First Aid (may include a CPR component)
- First Aid - Responding to Emergencies (23 hours; includes CPR component)
- First Aid
- Community First Aid & Safety (includes CPR component)
- Emergency Response (43 hours; includes CPR component)
- Lifeguarding/First Aid (Waterfront/Waterpark optional) (40 hrs; includes CPR component)
- Standard First Aid

**Not acceptable: ARC instructor certification, Workplace First Aid, WSI.  
Certifications from foreign Red Cross chapters are not 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
- 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:**

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

*(No ARC instructor certifications are acceptable)*

- Safety Training for Swim Coaches

*Information about STSC course options can be found at [www.usaswimming.org/coaches](http://www.usaswimming.org/coaches) - Education/Safety Requirements - Safety Training for Swim Coaches Test.*

**EFFECTIVE SEPTEMBER 1, 2008:**

**Lifeguard certifications listed below will be accepted WITH proof of successful completion of the online Safety Training for Swim Coaches 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.**

**American Red Cross:**

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

*(No ARC instructor certifications are acceptable)*

- Lifeguarding/First Aid (31 hours; includes CPR & first aid components)
- Lifeguarding/Waterfront/First Aid (37 hours; includes CPR & first aid components)
- Lifeguarding/Waterpark/First Aid (33 hours; includes CPR & first aid components)

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

**American Lifeguard Association**

- Lifeguarding (includes CPR-PR & First Aid)

*(Three options: First Time Lifeguard, Professional Lifeguard Challenge, Lifeguard Recertification)*

**Ellis & Associates:**

- International Lifeguard Training (one year certification; includes first aid & CPR component)
- International Lifeguard Training Instructor License (12-18 month certification)

**YMCA Lifeguarding**

**StarGuard**