



## USA SWIMMING COACHES SAFETY CURRICULUM 2006 - 2007 Requirements and Equivalent

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)*

*(No ARC instructor certifications are acceptable)*

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

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

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

- Advanced Cardiac Life Support (ACLS) (8-16 hours)
- Basic Life Support (BLS) for the Healthcare Provider (6-8 hours)  
*(Card will read "Healthcare Provider")*
- Heartsaver CPR (Adult and/or Child; Infant only is not acceptable) (3-6 hours)  
*(Heartsaver AED is not acceptable)*
- Any AHA Basic Life Support Instructor or Instructor Trainee for the courses listed above

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

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

- Water Safety+ (4 hours; includes First Aid component)
- National Pool & Waterpark Lifeguard Training (one year certification; includes First Aid component)
- National Pool & Waterpark 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)
- Medic First Aid (includes First Aid component)

**(Coach must also submit a scored written test signed by the instructor)**

- EMS Safety Services CPR
- EMT (Emergency Medical Technician) Basic (includes First Aid component)
- Save-A-Life Educators CPR
- StarGuard
- Tacoma Fire Department First Aid & CPR (includes First Aid component)
- University Training Centers, Inc. - Healthcare Provider BLS( C)

## 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 (7 hours; includes CPR component)
- Community First Aid & Safety (9 hours; includes CPR component)
- First Aid - Responding to Emergencies (23 hours; includes CPR component)
- First Aid Basics
- Emergency Response (43 hours; includes CPR component)
- Lifeguard Training (40 hours; includes CPR component)
- Standard First Aid/CPR/AED (includes CPR component)

### **National Safety Council:**

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

- First Aid
- First Responder (includes CPR component)

### **Ellis & Associates:**

- Water Safety+ (4 hours; includes CPR component)
- National Pool & Waterpark Lifeguard Training (one year certification; includes CPR component)
- National Pool & Waterpark 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)
- Medic First Aid (includes CPR component)

**(Coach must also submit a scored written test signed by the instructor)**

- EMS Safety Services First Aid
- EMT (Emergency Medical Technician) Basic (includes CPR component)
- 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

## 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 (8 hours)
- Safety Training for Swim Coaches Review Course (4 hours)
- Lifeguard Training (40 hours; includes CPR & first aid components)
- Lifeguarding Today (40 hours; includes CPR & first aid components)

### **American Lifeguard Association**

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

### **Ellis & Associates:**

- National Pool & Waterpark Lifeguard Training (one year certification; includes CPR & first aid components)
- National Pool & Waterpark Lifeguard Training Instructor License (12-18 month certification)

### **YMCA Lifeguarding**

### **StarGuard**