

## **USA Swimming Coaches Safety Curriculum**

USA Swimming initiated the Coaches Safety Curriculum in September 1987 for the 1988 membership year. USA Swimming coach members are required to show current proof of training in First Aid, Cardiopulmonary Resuscitation (CPR) and Safety Training for Swim Coaches.

Local Swimming Committees (LSCs) enforce these requirements largely through the membership function. Justification for the requirements may be found in legislation passed over the years by the USA Swimming House of Delegates. The following passages are found in the *2001 Rules and Regulations*.

**Article 202.3.2** “...all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming, Inc.”

**Article 501.7.2** “All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.”

### **Enforcement in Membership**

When persons apply for coach membership, they must meet the full Coaches Safety Curriculum requirement to be registered. They will not be allowed an interim coaching (grace) period.

### **Enforcement at Meets**

People without a coach membership will not be allowed to participate in any coaching capacity at any USA Swimming sanctioned competition. This restriction includes being barred from the deck area at all Local Swimming Committee, Zone, Sectional, Junior National, National and International qualifying competitions.

If an offending person refuses to comply with these provisions upon initial warning, all athletes on that person’s club shall be designated as “Unattached” for the entire competition, unless the club has some other USA Swimming coach member present. It shall be the responsibility of the meet referee, or his designee, to enforce these provisions.

This “last resort” option of unattaching athletes exists only when the coach does not fulfill the Coaches Safety Curriculum and **refuses** to leave the deck when asked to do so by meet management.

Athletes should not be forced to swim unattached simply because their USA Swimming coach is not able to accompany them to an USA Swimming meet. Instead, in keeping with LSC policy, the athletes should be assigned to another coach, the host team or a designated marshal.

### **Enforcement at Practice**

Failure of a coach to satisfy the Coaches Safety Curriculum requirement will be grounds for termination of coach membership status and loss of insurance coverage.

Clubs that continue to conduct a program with coaches who have failed to satisfy the Coaches Safety Curriculum requirement risk termination of membership and loss of insurance coverage.

### **Membership Application**

All course certificates must be valid on the date of application for membership. Coaches should submit their certificates (or copies, if allowed by LSC policy) of the First Aid, CPR and/or Safety Training for Swim Coaches courses (front and back) as adequate proof of training. If an LSC Membership Chair doubts the authenticity of a copy, he/she has the right to request access to the original cards.

It is the responsibility of the coach to renew all certificates in a timely manner.

The First Aid, CPR and STSC expiration dates will appear on the stub of the coach's membership card. The earliest of the expiration dates will also appear in bold letters on the front of the coach membership card. (Example: If CPR expires on May 15, 2002 the following wording will appear on the front of the coach membership card: **VALID THROUGH MAY 15, 2002.**)

Clubs must have at least one properly registered coach to register as an USA Swimming club. This does not change the fact that **all** club coaches must fulfill the safety requirements. As defined in the rulebook, a "club" must have at least one coach; group members that do not fulfill this requirement may join only as "organizations."

### **Coaching Assistants**

An athlete member may **assist** an USA Swimming coach member. However, it is imperative that the USA Swimming coach member be on deck with the non-coach member and maintain "direct line of sight" at all times. If exercising sole supervisory responsibility, the non-coach member must obtain training and become an USA Swimming coach member.

## **How to Obtain Certifications**

### **First Aid and CPR**

A list of acceptable First Aid and CPR courses is attached. Coaches should check the list to be sure the course they are taking is acceptable. Taking First Aid/CPR courses that are not on the list will not be acceptable for coach safety certification.

The Adult CPR certificate represents an acceptable standard of training; coaches who feel they need different training because they work with younger athletes may take other approved CPR courses that include training specific to those ages.

### **Safety Training for Swim Coaches**

Coaches must complete **one** of the following to receive Safety Training for Swim Coaches certification:

- 1. The full Safety Training for Swim Coaches course (8 hours)**

## **2. Safety Training for Swim Coaches Review Challenge (4 hours)**

### **PREREQUISITE**

None. Any individual, whether or not they hold a current certificate may participate in the Review Challenge. If the non-certificate holder does not pass the Review Challenge, then he or she should be referred to a full course and will not be allowed to attempt the Review Challenge again. Current certificate holders (see those listed for Review Course) may repeat the challenge as long as their certificate remains current.

### **CONTENT AND FORMAT**

The Review Challenge is a flexible-format training that consists of the written exam and the following in-water skill tests:

In-line stabilization techniques  
Assists and Rescues

## **3. Safety Training for Swim Coaches “Written Exam Only” Challenge**

### **PREREQUISITE**

Any individual who holds a current basic level certificate or instructor authorization in one of the following is eligible to participate in the “Written Exam Only” Challenge:

Lifeguard Training (Cert. 3416)  
Basic Lifeguarding (Cert. 3408)  
Lifeguard Training r. 94 (Cert. 653460)  
Emergency Water Safety (Cert. 3413)  
Community Water Safety with Optional Session (C3002)

### **CONTENT AND FORMAT**

The “Written Exam Only” Challenge is a flexible-format training that consists of the written exam only. The written exam may be administered one-on-one or in a group by the Health and Safety Administrator or an approved instructor.

## **Becoming a Safety Training for Swim Coaches Instructor**

Those wishing to be STSC instructors must complete **all** of the following:

1. Possess a current ARC certificate in **one** of the following: Water Safety Instructor, Water Safety Instructor Trainer, Lifeguard Training Instructor, Lifeguard Instructor Trainer, Basic Water Rescue Instructor.
2. Possess a current Safety Training for Swim Coaches certificate (see above).
3. Have a competitive swimming background. (This should be determined by the Local Swimming Committee and local American Red Cross Chapter.)

## **Waiver for Coaches with Physical Disabilities**

Effective December 1, 1998, coaches with physical disabilities who are unable to participate in the skill demonstrations required to pass these courses can apply for a Safety

Certification Waiver. For additional information, contact your Local Swimming Committee Membership Chair or USA Swimming's Member Services Coordinator at 719/578-4578.

### **Things to Remember**

1. LSC Registration/Membership Chairs are not police. It is the responsibility of the coaches to renew and keep up with their certificates.
2. All claims or incidents of bodily injury or property damage must be reported immediately to USA Swimming National Headquarters and Peak Insurance Group. Use the Report of Occurrence form.
3. If you don't know the answer to an insurance question, just ask. We are here to lend support – call Carol Burch or Mary Illich at USA Swimming (719/578-4578) or Sandi Blumit at Risk Management Services, Inc. (1-800-777-4930).
4. If an USA Swimming coach is teaching private lessons on his/her own time to USA Swimming athletes, USA Swimming insurance is not in force for either the coach or the swimmer.

## **FIRST YEAR EDUCATIONAL REQUIREMENT FOR COACHES**

**Article 501.7.4** “All coaches of USA Swimming clubs, including seasonal clubs, who register for the first time as a coach member, shall complete coaches' education required by USA Swimming prior to receiving their coach membership for the **second year.**”

This educational requirement is in addition to the safety requirements described above. Within 4-12 weeks after the LSC Membership Chair processes the membership application, first year coaches will receive a packet containing information about the educational requirement and an order form for course materials. Upon successful completion of the requirement, the coach will receive a letter from the American Swim Coaches Association (ASCA). The letter must be shown to the LSC Membership Chair prior to registering for the second year of coaching with USA Swimming.

**ALL COACH MEMBERS OF USA SWIMMING  
MUST BE IN COMPLIANCE WITH THE ABOVE REQUIREMENTS  
FOR THE COACH AND CLUB TO MAINTAIN INSURANCE PROTECTION.**