

Course: Safety Training for Swim Coaches

Purpose

To provide training in aquatic safety for competitive swim coaches and officials, athletic trainers, athletes participating in aquatic activities, aquatic exercise trainers, and other individuals involved in aquatic competition or exercise programs.

Prerequisites

- Minimum age of 15.
- Participants must be comfortable in chest-deep water.

Learning Objectives

- Understand the guidelines for responsible coaching and professional conduct as it relates to swimmer safety.
- Understand the legal responsibilities of the coach in swimmer safety and protection.
- Understand the safety considerations that are paramount in planning athlete training and swim practices in pools, on dry land and in open water situations.
- Understand the safety rules and guidelines that must be followed when teaching and practicing racing starts.
- Understand the components of an emergency action plan and how to activate it.
- Understand the common swimming-related injuries and their potential causes
- Demonstrate how to perform basic assists to aid a swimmer in distress.
- Learn how to recognize and care for possible head, neck or back injuries.

Length

Approximately 8 hours

Instructor

Currently authorized American Red Cross Safety Training for Swim Coaches instructors and Lifeguarding instructors or Water Safety instructors who have completed a self-orientation to the Safety Training for Swim Coaches materials.

Certification Requirements

- Attend all class sessions.
- Demonstrate competency in all required skills and activities, including in-water skills.
- Correctly answer at least 80 percent of the questions on the Safety Training for Swim Coaches Course final written exam.

Certificate Issued and Validity Period

Safety Training for Swim Coaches: 3 years

Participant Materials

- *American Red Cross Safety Training for Swim Coaches Supplement* (Available as a download at www.redcross.org)
- *American Red Cross Swimming and Water Safety* manual (StayWell Stock No. 651300)