



Course: Safety Training for Swim Coaches (Fast Track Option)

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.
- Successful completion of the online written exam available on the USA Swimming Web site. Participants must present a confirming e-mail from USA Swimming at the beginning of the course.
- Participants must be comfortable in chest-deep water.

Learning Objectives

- 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

4 hours (The training consists of brief lecture and the in-water skills only.) 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.
- Have correctly answered at least 80 percent of the questions on the Safety Training for Swim Coaches Course online written exam (confirmation e-mail from USA Swimming will verify participant's score).

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)