USA SWIMMING
COACH MEMBERSHIP REQUIREMENTS

Checklist for coach membership (additional details are below):
1. Initiate your criminal background check
2. Complete a CPR/AED course from the list below (courses not on the list will not be accepted)
3. Contact an American Red Cross Lifeguard, Water Safety or Safety Training for Swim Coaches Instructor through your local pool and sign up for a review or full Safety Training for Swim Coaches (STSC) course.
    a. If you have a current STSC, you can take a review course.
    b. If you have a current lifeguard certification, you can skip the step above.
4. Go to the ARC website (the instructor will provide a link) and complete the Safety Training for Swim Coaches online course and test (mandatory for all coaches) prior to the pool session
5. Determine your Local Swimming Committee (LSC), go to the LSC website, print the non-athlete application form
6. Send the completed form, payment, CPR/AED and STSC certifications to the LSC (amount due and address will be printed on the form)
7. Complete Foundations of Coaching 101 (new coaches only) (www.usaswimming.org > Member Resources > Coaches > Online Learning)
8. Complete the online Athlete Protection Training (www.usaswimming.org/protect)

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From the USA Swimming rulebook: "Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches' education as required by USA Swimming."

Requirements must be kept current at all times. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. A coach does not have USA Swimming insurance coverage if his/her membership is not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on their USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal. Additional information and links for each requirement can be found at www.usaswimming.org/coachmember.

APPLICATION FORM, SUBMITTAL INSTRUCTIONS, MEMBERSHIP CARD
Memberships are processed by each LSC (Local Swimming Committee). Non-athlete application forms can be found on most LSC websites. A map of LSCs and a list of their websites can be found at www.usaswimming.org/lscmap. If you cannot find the form online, please contact the LSC directly. Coaches should complete and mail their applications to the address printed on the application form. The membership fee is also printed on the application form. The LSC will mail the coach membership card after all membership requirements have been met.

CRIMINAL BACKGROUND CHECK
All non-athlete members must pass a criminal background check every two years. **Coaches must pass a Level II background check**. Go to www.usaswimming.org/backgroundcheck for additional information and to initiate the background check. When the background check has been passed, the membership database is updated and the LSC is notified automatically.

ATHLETE PROTECTION TRAINING
All non-athlete members must complete the online Athlete Protection Training course every year. The course takes approximately 60 minutes to complete and is offered at no charge. Go to www.usaswimming.org/protect for additional information and to access the course. When the course has been completed, the membership database is updated and the LSC is notified automatically.

Current and previous members can access the course at any time. New non-athlete members must register through their LSCs first. New members cannot initiate the course until their membership applications have been processed by their LSCs, so it is recommended that new members wait ten days after mailing their applications before attempting to log in to take the course. Once the membership application has been processed, the log-in procedure can be completed. (An error message will appear during the log-in if the new member's application hasn't been processed yet.)

EDUCATIONAL REQUIREMENTS – FOUNDATIONS OF COACHING AND RULES & REGULATIONS FOR COACHES

1. **Foundations of Coaching 101:** Foundations 101 must be completed prior to becoming a coach member of USA Swimming. ($15)
2. **Foundations of Coaching 201:** Prior to 2nd year of registration complete the Foundations of Coaching 201 ($25)
3. **Rules and Regulations for Coaches Test:** Prior to the 2nd year of registration complete the Rules and Regulations for Coaches Test. (no fee)

SAFETY TRAINING REQUIREMENTS

From the USA Swimming rulebook: "Anyone who coaches athletes at a USA Swimming practice or competition must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches' education as required by USA Swimming." Coach members must maintain two safety certifications: Adult & Pediatric/Child CPR/AED and Safety Training for Swim Coaches (STSC). A list of acceptable certifications is below. Certifications must be on this list. Online-only courses are not acceptable. Coaches should enclose a copy of their CPR/AED and Safety Training for Swim Coaches/Lifeguard certifications with their applications and payment to their LSCs.

If you do not have access to an acceptable course, or you have taken a course that is not on this list, you can call your local American Red Cross chapter to challenge one of their Adult and Pediatric CPR/AED courses. The challenge involves passing the skills assessment with an ARC instructor without having to take the entire course. The ARC will charge a fee for each challenge.

Safety Training for Swim Coaches (STSC)

Safety Training for Swim Coaches is offered by the American Red Cross only. There are two sessions that must be completed: an online course and test, and a skills session in a pool. You must complete the pool session within 90 days of completing the online test. **Schedule the pool session thru any ARC lifeguard instructor (LGI) or WSI at your local pool** (if the LGI isn't familiar with STSC, s/he has access to the course materials via the ARC instructors' website under the tab 'Swim Coaches'). **The ARC instructor will give you a code to use when initiating the online course. You must enter this code in order to link your online test results to the ARC testing software. Without it, you will not be issued the STSC certificate and will need to retake the online test.** If you don't have access to an LGI or WSI and your local ARC chapter cannot provide you with information about the course or any instructors locally, contact an ARC Aquatics Representative in your area. Go to www.redcross.org/aquaticsrepresentatives for a list of them by region. When you complete the online course, you will receive an email certificate titled "STSC Progress Report". When you complete the pool session, you will receive a STSC certification from your instructor. Send this card (not the progress report) to your LSC registrar.

If you have a current lifeguard cert from any of the organizations on the list below, then you only need to complete the STSC online course and test; you don't need to complete the pool component of STSC. If you have an acceptable lifeguard cert, forward it to your LSC registrar along with the printed email confirmation that you completed the STSC online course. The cert will be titled "STSC Online Content Only" and can only be used in conjunction with an acceptable lifeguard certification.

STILL HAVE QUESTIONS? Contact your Local Swimming Committee registrar or USA Swimming at cdurance@usaswimming.org

APPROVED SAFETY CERTIFICATIONS

Requirements must be kept current at all times. Certifications from courses not on this list will not be acceptable. There is no grace period; coach membership is not valid if any of the requirements lapse or expire. Coaches do not have USA Swimming insurance coverage if their memberships are not valid. To help coaches manage their membership requirements, the date that each requirement expires is printed on the USA Swimming coach membership card, as well as being available on the Deck Pass phone app and through the online Club Portal. Below is a list of courses that have been approved by the Operational Risk Committee. **Certifications from courses not listed below will not be accepted.**

ORGANIZATION	COURSE NAME	CPR	STSC	NOTES RE THIS COURSE
American Red Cross 1-800-red-cross or support@redcrosstraining.org *NOT ACCEPTABLE:* ▪ *Instructor certifications* ▪ *First Aid, Health & Safety for Coaches* ▪ *Foreign Red Cross certs*	Adult and Child CPR/AED	Yes		
	Adult and Pediatric CPR/AED	Yes		
	CPR/AED for Professional Rescuers and Healthcare Providers	Yes		
	Adult and Child First Aid/CPR/AED	Yes		
	Adult and Pediatric First Aid/CPR/AED	Yes		
	Responding to Emergencies	Yes		
	Lifeguarding/CPR/AED	Yes	Yes	For STSC, must also complete online written test
	Emergency Medical Response	Yes		
	Lifeguarding, Lifeguarding Review		Yes	Waterfront/Waterpark optional; to use for STSC, must also complete STSC online written test
	Responding to Emergencies with CPR/AED – Adult and Pediatric	Yes		
	Safety Training for Swim Coaches		Yes	
	Safety Training for Swim Coaches with Adult and Pediatric CPR and AED	Yes	Yes	
American Heart Assoc. *NOT ACCEPTABLE:* Heartsaver CPR/AED	ACLS Provider	Yes		
	Adult & Pediatric Basic Life Support	Yes		Two separate cards issued – one for Adult and one for Pediatric – both are required
	Heartsaver First Aid w/CPR & AED	Yes		
	Healthcare Provider	Yes		Also known as BLS for Healthcare Providers
	AHA Basic Life Support Instructor	Yes		
	AHA Instructor or Instructor Trainer	Yes		Applies to any of the AHA courses above
ASHI (American Safety & Health Institute)	CPR and AED	Yes		
	CPR Pro	Yes		
	Pediatric CPR and AED	Yes		(The pediatric course does include adult CPR/AED)
	Basic First Aid, CPR and AED	Yes		
California Parks & Rec	California State Lifeguard	Yes		
Ellis & Associates	International Lifeguard Training	Yes	Yes	One year certification; for STSC, must also complete STSC online written test
	Water Safety+	Yes		
	Int'l Lifeguard Training Instructor	Yes	Yes	For STSC, must also complete STSC online written test

ORGANIZATION	COURSE NAME	CPR	STSC	NOTES RE THIS COURSE
EMS Safety Services	CPR & AED for Community Rescuers	Yes		
	CPR & AED for Professional Rescuers	Yes		
	CPR, AED & First Aid for Community Rescuers	Yes		
EMT	Emergency Medical Technician Basic or Intermediate	Yes		The training agency for an EMT certification can be a hospital, fire department or other agency.
Emergency Care & Safety Institute	CPR and AED ("Interactive" is NOT acceptable)	Yes		In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
	Professional Rescuer CPR and AED	Yes		In conjunction with the American Academy of Orthopaedic Surgeons (AAOS may appear on card)
Life Safe Services	American Trauma Event Management Adult/Pediatric CPR/AED	Yes		
Medic First Aid Int'l	First Aid Basic Plus	Yes		
	Pediatric Plus	Yes		
National Safety Council	CPR & AED	Yes		Length of certification varies by training agency
	First Aid, CPR & AED	Yes		Length of certification varies by training agency
	Advanced First Aid, CPR & AED	Yes		Length of certification varies by training agency
	Emergency Medical Response	Yes		Length of certification varies by training agency
Nat'l Registry of Emergency Medical Technicians	Paramedic	Yes		
	EMT – Basic or Intermediate	Yes		
PADI Emergency First Response	Emergency Responder – CPR/AED/FA	Yes		
	Emergency Responder – CPR/AED	Yes		
	Emergency Responder – CPR/FA	Yes		
ProCPR or ProTraining	Adult/Child/Infant CPR & AED for Health Care Provider (BLS)	Yes		Must have name of Instructor AND Skills Evaluator on card
	ProFirst Aid/ProFirst Aid Advanced	Yes		Must have name of Instructor AND Skills Evaluator on card
StarGuard	StarGuard	Yes	Yes	STSC with online written exam confirmation email
Tacoma Fire Dept	First Aid, CPR & AED	Yes		
Save-A-Life Educators	CPR/AED – Adult/Child, or Adult/Child/Infant	Yes		Must include in-person skills assessment; if "online training" is printed on card, it must be accompanied by a second card stamped "skills assessment passed".
	CPR/AED/First Aid	Yes		
YMCA	Lifeguarding		Yes	Must also complete online STSC written test
	Lifeguard Crossover		Yes	Must also complete online STSC written test
University Training Centers	Healthcare Provider BLS – Level B or C	Yes		

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