

USA Swimming

Coaches Safety Curriculum

2003--2004 Requirements and Equivalents

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 certification cards for the following courses: Safety Training for Swim Coaches, CPR and First Aid.

Cardiopulmonary Resuscitation (CPR)

Any one of the following courses will satisfy the requirement:

American Red Cross: *(all ARC CPR courses are good for one year) (NO instructor certifications are acceptable)*

- Adult CPR (4 hours)
- Infant/Child CPR (5 hours)
- Community CPR (6.5 hours) (includes adult, infant and child CPR)
- CPR for the Professional Rescuer (9 hours)
- Workplace Training: Adult CPR

American Heart Association: *(all AHA CPR cards are good for two years)*

- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS) for the Health Care Provider (card will read "Healthcare Provider")
- Heartsaver CPR (USA Swimming does NOT accept "Heartsaver" or "Heartsaver AED")
- Any AHA Basic Life Support Instructor or Instructor Trainer for the courses listed above

National Safety Council: *(all NSC CPR courses are good for two years)*

- Adult CPR
- First Responder (includes First Aid)
- Infants and Children CPR

Jeff Ellis & Associates:

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)

CPR Courses offered by other organizations:

- American Safety & Health Institute (ASHI) CPR Pro
- Medic First Aid (course includes First Aid) **(coach must also submit a completed, scored test signed by the course instructor)**
- E.M.S. Safety Services CPR
- Emergency Medical Technician (EMT) Basic (course includes First Aid)
- PADI Medic First Aid CPR Instructor
- Save a Heart CPR
- Save-A-Life Educators: CPR
- Tacoma Fire Department First Aid & CPR Course (course includes First Aid)
- University Training Centers, Inc. – Healthcare Provider BLS (C)

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First Aid

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- ARC/USOC Sport Safety Training (6.5 hours with Adult CPR; 7 hrs with elective Child CPR)
- Community First Aid & Safety (9 hours) (includes Community CPR)
- First Aid – Responding to Emergencies (23.5 hrs) (includes Adult and/or Infant/Child CPR)
- First Aid Basics
- Emergency Response (43.5 hrs) (includes CPR for the Professional Rescuer)
- Lifeguard Training (includes CPR for the Professional Rescuer)
- Standard First Aid (6.5 hours) (includes Adult CPR) (ARC will not offer this course after 12/31/00)
- Workplace Training: Standard First Aid/CPR/AED (includes Adult CPR)
- Workplace Training: First Aid

American Safety & Health Institute:

- Pediatric Basic First Aid (4 hour course)
- Adult Basic First Aid (4 hour course)
- Universal Basic First Aid (4-6 hours)

National Safety Council:

- First Aid
- First Responder (includes CPR)
- Infants & Children First Aid
- Heartsaver FACTS

Jeff Ellis & Associates:

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)

First Aid courses offered by other organizations:

- AHA Heartsaver FACTS **(this is a two year certification)**
- Emergency Medical Technician (EMT) Basic (includes CPR)
- Medic First Aid (includes CPR) **(coach must also submit a completed, scored test signed by the course instructor)**
- E.M.S. Safety Services First Aid
- Life Education of Florida – First Aid for All Ages: A Common Sense Approach
- PADI Medic First Aid Instructor
- Save a Heart First Aid
- Save-A-Life Educators: First Aid
- Tacoma Fire Department First Aid & CPR Course (includes CPR)
- University Training Centers, Inc. – Standard First Aid

Safety Training For Swim Coaches

Any one of the following courses will satisfy the requirement:

American Red Cross: *(NO instructor certifications are acceptable)*

- Safety Training for Swim Coaches (8 hour course)
- Safety Training for Swim Coaches Review Course (4 hour renewal course)
- Lifeguard Training

Jeff Ellis & Associates:

- National Pool & Waterpark Lifeguard Training Program (one year certification, includes First Aid)

YMCA Lifeguarding

