



**USA Swimming
Coaches Safety Curriculum
2004--2005 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)
- Adult CPR/AED
- Community CPR (6.5 hours) *(includes adult, infant and child CPR)*
- CPR for the Professional Rescuer (9 hours)

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 (Adult and/or Child; Infant only is not acceptable)
(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: *(NSC CPR courses are good for either one or two years, depending on the training agency)*

- Adult CPR
- First Responder *(includes First Aid)*

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:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute CPR *(two year cert)*
- American Safety & Health Institute (ASHI) CPR Pro
- American Safety & Health Institute (ASHI) CPR/AED for the Community and Workplace *(two year cert)*
- 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-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/CPR/AED (includes Adult CPR)

American Safety & Health Institute:

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

National Safety Council: *(NSC FA certifications are good for two or three years, depending on the training agency)*

- First Aid
- First Responder (includes CPR)
- 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:

- AAOS (Amer Acad of Orthopaedic Surgeons) Emergency Care & Safety Institute First Aid
- 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-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 (may be referred to as *Lifeguarding Today* on some certifications)

Jeff Ellis & Associates:

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

YMCA Lifeguarding