

Attention Coaches,

As a follow up to the email sent last fall, regarding the coaches Safety Certification, USA Swimming has made their decision as to their final requirements.

USA Swimming requires coaches have 3 certifications as follows; (minimum standards)

1. **Safety** – Base Course is American Red Cross (ARC) "Safety Training for Swim Coaches" (STSC)
2. **First Aid** – Base Course is ARC "Standard First Aid"
3. **CPR** – Base Course is ARC "Adult CPR"

*Other Courses are acceptable substitutes for these certifications and are listed in the "USA Swimming Coaches Safety Curriculum, Standards and Equivalents" publication. (See COACHES Link on the AD Web Site or look under the COACHES tab on the USA Swimming Web Site)*

In AD, most of our coaches are certified New York State Lifeguards, which requires ARC Lifeguarding (*includes Standard First Aid*) and CPR for the Professional Rescuer, which, until the start of the 2009 registration season (September 1, 2008), **was** fully acceptable to meet all 3 coach certifications for USA Swimming. Herein lies the new requirement.

Beginning with 2009 Registration (September 1, 2008) All coaches who meet the Safety Certification, using the complete "Safety Training for Swim Coaches" course, have NO CHANGE.

**Coaches who choose to use Lifeguarding will also have to complete the STSC exam, online.** This is a 26 question test which is administrated through the USA Swimming web site. Upon successful completion, you will receive an email from USA Swimming, which you will send to the LSC Registrar, along with your Lifeguarding Certification. **BE SURE TO PRINT AND KEEP A COPY FOR YOUR RECORDS.** The exam is good for 3 years (same as Lifeguarding).

If you are a currently registered coach and have renewed your Lifeguarding before September 1, 2008, you are "Grandfathered" until that certification expires. You **DO NOT** need to take this exam until the first time your current Safety Certification is renewed, on or after September 1, 2008 (beginning with the 2009 registration season).

**ALL NEW COACHES, USING LIFEGUARDING, MUST TAKE THE STSC ONLINE TEST BEFORE REGISTRATION.**

Examples for Renewing Coaches;

Your Lifeguarding was renewed in September 2007 ... 3 year certification ... you are "Grandfathered" until September 2010, you do **NOT** have to take the test to renew in 2009 ... when you renew Lifeguarding in September 2010, you must take the STSC written test, on line and submit the email, along with your Lifeguarding Certification, to complete your Safety Certification requirement.

Your Lifeguarding was renewed in December 2006 ... 3 year certification ... your current Lifeguarding expires in December 2009. When you renew your Lifeguarding in December 2009, you **MUST** take the test and submit the email, along with your Lifeguarding Certification, to complete your Safety certification.

You renew your Lifeguarding in August 2008 ... 3 year certification ... you are "Grandfathered" until August 2011, you do not have to take the STSC test until you renew your Lifeguarding in August 2011.

As these examples show, if you renew your Lifeguarding **ANY TIME** Before August 31, 2008, you will **NOT** have to take the STSC exam until your current Lifeguarding expires. At that time, you may choose to take the full STSC course, along with Standard First Aid and Adult CPR or, you can continue to take Lifeguarding (which contains Standard First Aid) along with CPR/PR and the online STSC written test.

**NOTE:** The STSC written test is good for 3 years, so it would be a good idea to complete the test at the same time you renew your Lifeguarding. Your Safety certification will expire on the Earliest Date of either the STSC test or the Lifeguarding Certification.

Be sure to check the "USA Swimming Coaches Curriculum, Standards and Equivalents" publication to be sure you are taking acceptable courses, There are a number of equivalent courses available for each certification. If you are a certified NYS Lifeguard, be sure you take CPR for the Professional Rescuer or an equivalent CPR course, which is acceptable by both NYS and USA Swimming. NYS acceptable courses are posted on the Coaches link on the AD Web Site.

If you have any questions regarding this change, please refer to Kathy Furman or Bill Faucett.