

Purpose

The primary purpose of the American Red Cross Safety Training for Swim Coaches course is to teach those involved in competitive swimming, including coaches, officials, athletic trainers and aquatic exercise trainers, how to help maintain a safe and comfortable environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land. This program is offered in a blended learning format.

Prerequisites

Course participants must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Be comfortable in chest-deep water.

Learning Objectives

Participants must:

- Understand the guidelines for responsible coaching and professional conduct, and the legal responsibilities of a professional coach.
- Understand the coach's responsibility for providing a safe and positive sport environment, including raising awareness of, and actively working to prevent, abuse in the sport.
- Understand the safety considerations that are paramount in planning athlete training and swim practices in pools, on dry land and in open-water situations.
- Understand the safety rules and guidelines that must be followed when teaching and practicing turns and entries.
- Understand the coach's role in emergency planning and response.

Length

- The online session of the Safety Training for Swim Coaches course takes approximately 2 hours, 30 minutes.
- The classroom sessions are designed to be taught in approximately 2 hours, 50 minutes.

Instructor

Currently certified Water Safety or Lifeguarding instructors.

Certification Requirements

To successfully complete the Safety Training for Swim Coaches course, participants must:

- Successfully complete the Safety Training for Swim Coaches Online Content Online Only portion of course.
- Meet the in-water skill verification requirement by either
 - Completing the in-water skill session
 - Maintaining a lifeguarding certification
 - Having skills reviewed by an instructor certified by one of the organizations on the USA Swimming checklist

Certificate Issued and Validity Period

The American Red Cross certificate for Safety Training for Swim Coaches is valid for 2 years.

Participant Materials

- *American Red Cross Safety Training for Swim Coaches Supplement Manual* (digital only)