

# Coaches **Safety** Training **Water** Session

at **WEST** Coast Aquatics  
15622 Country Club Drive  
Mill Creek, WA 98012  
**Saturday March 21st 10:30 AM to 2:30 PM**

You need to first go to this USA Swimming page, log in and take the written test:

<http://usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=1027&Alias=Rainbow&Lang=en>

**Please forward me the email showing you passed** or you can bring a copy of the email to the class.

The American Red Cross Lifesaving text will get you through the test or just

**use this online pdf download:**

<https://www.instructorscorner.org/ViewDocument.aspx?DocumentId=2554>

**The in water session** will be very straightforward and move along quite rapidly if everyone in the class is comfortable in chest high water and has taken this course, lifesaving or is familiar with the following in-water skills; (a brief lecture will precede the practical participation of each skill):

- Reaching Assist With Equipment
- Reaching Assist Without Equipment from the Deck
- Reaching Assist Without Equipment from a Position in the Water
- Throwing Assist
- Wading Assist With Equipment
- Hip and Shoulder Support
- Head Splint Technique
- Head and Chin Support—Face-Up
- Head and Chin Support—Face-Down

I do not expect the course to last the full 4 hours (2 hours is more likely depending upon the number of participants) but we have the time if need be.

**Please give a call to the office (425-379-8806) to sign up for the Coaches Safety Training Class on March 21st.** You may pay by the **\$60.00 fee** credit card or you may mail in a check to secure your spot. *A minimum of 5 participants must sign up in order for the class to be held.*

Please let me know if you have further questions and I look forward to seeing you on the 21st!  
*Peter Leib* (peter@westcoastaquatics.us)