**LOOKING TO BECOME A COACH OR RENEW YOUR MEMBERSHIP?**

To become a registered USA Swimming coach member or to renew an existing membership, the coach must complete safety, education and background screening requirements, as well as be at least 18 years of age.

USA Swimming recommends that a new coach register as a “coach member” prior to starting on the requirements. Click here for [*New Coach Requirements*](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1893&Alias=Rainbow&Lang=en) or contact your [*LSC Registration/Membership Chairperson*](http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1601&Alias=Rainbow&Lang=en&mid=3955&ItemId=3641) for more information.

[***MEMBERSHIP REQUIREMENT CHECKLIST***](http://www.usaswimming.org/_Rainbow/Documents/b0ab94f0-d875-4640-b83e-0b69c14e96bd/MEMBERSHIP%20REQUIREMENT%20CHECKLIST.pdf)

**Athlete Protection Training**

USA Swimming is committed to raising awareness about athlete protection and prevention of abuse in sport.

* Renewal: Every year (expires annually on 12/31)
* Location: USA Swimming website. Click the link below
* Results Submitted: Automatically reported into the database upon successful completion
* Cost: Free
* Time: About 60 minutes
* [*Learn More*](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960&Alias=Rainbow&Lang=en)

**SAFETY REQUIREMENTS**



Coach members must maintain certification in CPR and Safety Training for Swim Coaches.

* Renewal: Every two years
* Location: Outside provider. Click the link below for list of acceptable courses
* Results Submitted: You must submit certifications to your LSC registrar
* Cost: $19 for online course plus facility charges. Other course fees vary depending on where you obtain certification
* Time: Safety Training Online Course is approximately 3 hours. Skills portions depends on instructor and course content.
* [*Learn More*](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1689&Alias=Rainbow&Lang=en)

**BACKGROUND CHECK REQUIREMENT**

All coaches are required to successfully complete a Background Check through the USA Swimming background check provider.

* Renewal: Every two years
* Location: Outside provider. Click the link below to access
* Results Submitted: Automatically reported into the database upon successful completion
* Cost: $39 the first time; subsequent checks are $19
* Time: A few minutes

[*Learn More*](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1678&Alias=Rainbow&Lang=en-US)

**Foundations of Coaching**

Foundations101 must be completed by all new coach members.

* Renewal: One time only, prior to initial coach membership
* Location:  Outside provider. Click the link below to access
* Results Submitted: Automatically reported into the database upon successful completion
* Cost: $15
* Time: Approximately 90 minutes

Foundations 201 must be completed prior to registering for second year of coach membership.

* Renewal: One time only, prior to 2nd year of coach membership
* Location:  Outside provider. Click the link below to access
* Results Submitted: Automatically reported into the database upon successful completion
* Cost: $25
* Time: Approximately 5 hours

* [*Learn More*](http://www.usaswimming.org/DesktopDefault.aspx?TabId=2440&Alias=Rainbow&Lang=en)

**Rules and Regulations for Swim Coaches**

Rules and Regulations for Swim Coaches is a 30 question online test based on the current USA Swimming Rulebook.

* Renewal: One time only, prior to 2nd year of coach membership
* Location:  USA Swimming website. Click the link below to access
* Results Submitted: Automatically reported into the database upon successful completion
* Cost: Free
* Time: Approximately 1 hour