**USA Swimming Coach Education Requirement - FAQ**

*Effective 2013, the USA Swimming Board of directors approved the following change to Coach Membership Requirements in the policy manual: New coaches are required to complete the two-part Foundations of Coaching courses and tests as well as a Rules and Regulations online test.*

What is the format of the Foundations course?

The two-part Foundations of Coaching course is an online format that will ensure that participants review the educational content prior to taking the test. This course provides some exposure to key concepts for the brand new coach while breaking the overall education requirement into more manageable pieces.

All tests require a score of 80% or higher to pass. Upon passing the each test, your LSC Registration Chair will automatically be notified so that your registration status can be updated to "Coach Member."

Foundations 101 (FOC 101) must be completed by all new coach members prior to their initial coach membership. This course must only be taken one time and the results will be submitted automatically to the SWIMS database upon successful completion. The course cost is $15 and it will take approximately 90 minutes to complete.

Foundations 201 (FOX 201) is a more comprehensive course and must be completed prior to registering for the second year of a coach membership. This course must only be taken one time and results are submitted automatically to the SWIMS database upon successful completion. The cost of the course is $25 and it will take approximately 5 hours to complete.

***IMPORTANT: Before beginning FOC 101 or FOC 201, you should clear your cookies in your web browser. To do this go to your web browser Options- Privacy- Clear Cookies (Note: Each browser is different and may require you to look up how to clear your cookies).***

Are Rules and Regulations included in Foundations of Coaching?

Rules and Regulations for Swim Coaches is a separate 30 question test completed on the USA Swimming website and is required before the 2nd year of coach registration. This material will not be incorporated into the online course and test. Completing this test will be the 2nd required component to fulfill the Foundations 201 requirement. There is no cost to take this test and it will take approximately 1 hour to complete. The Current USA Swimming Rulebook is the require resource. You may either use a hard copy of the rulebook or the online version. You must have an account on the USA Swimming website and be logged in to access the test.

Note that the test is unavailable April 15 – May 1 each year for updating to the current rulebook. Tests started after May 1 of each year will expire on April 15 of the following year. You must complete the test prior to 11:00 PM on April 15 or the test will be automatically deleted and inaccessible for completion.

What will be the cost of these courses?

Foundations 101 will cost $15. Foundations 201 will cost $25. There will be no charge for the Rules and Regulations portion. The entire cost goes to offset development expenses and maintenance fees. There is no profit to USA Swimming.

How do I access the courses?

Foundations 101 and 201 will be accessible through a direct link on the USA Swimming website in the coach education section. The Rules and Regulations test will be accessible in the online testing section of the USA Swimming website.

Will I be required to take other courses?

No. Once a coach has completed 101, 201 and Rules and Regulations, all other coaching education is voluntary. Of course, a coach will still have to maintain safety certifications, background screening requirements and Safe Sport requirements. We encourage coaches to attend clinics and continue to educate themselves in all aspects of coaching.

Can I take FOC 101 and FOC 201 all at once or do I have to wait until my second year?

Once the 201 course is active, a coach can complete 201 at any time prior to registration for the second year. A coach will not be able to access 201 until 101 has been successfully completed. Once FOC 101 has been completed, a coach may complete FOC 201 and Rules & Regulations at any time prior to the registration for the second year as a coach member.