**Safety Training Requirements**

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| [**SAFETY TRAINING FOR SWIM COACHES (STSC)**](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1689&Alias=Rainbow&Lang=en) **There is a NEW STfSC combined with First Aid as of 9/1/2013.  Check links below for info:*** [**Sept 2013 Coach Requirements and Approved Course List**](https://www.teamunify.com/hslsc/UserFiles/File/Coaches/COACH%20REQUIREMENTS%20Sept2013.pdf)
* [**STfSC w/First Aid LSC Fact Sheet 9/1/13**](https://www.teamunify.com/hslsc/UserFiles/File/Coaches/STSC%20with%20first%20aid%20-%20LSC%20fact%20sheet%20-%209_1_13.pdf)Coaches can now go to [www.usaswimming.org/STSC](http://www.usaswimming.org/STSC) and click on “Frequently Asked Questions” at the top of the screen to take them thru a step-by-step process for initiating the Safety Training for Swim Coaches online course and/or to find an instructor.
* [ARC Memo w/link to start STfSC course renewal, and ARC info re course](https://www.teamunify.com/hslsc/UserFiles/File/Coaches/ARC%20-%20New%20STfSC%20html%20link.pdf)
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| **Any one of the following courses will satisfy the STSC requirement:** |   |   |   |   |   |   |   |   |   |   |
| **American Red Cross:** |   |   |   |   |   |   |   |
| **Not acceptable: instructor certifications, WSI, foreign Red Cross certifications** |   |   |   |
| **(American Red Cross STSC certifications are valid for three years)** |   |   |   |   |
| • **Safety Training for Swim Coaches (full course, fast track option, review or challenge)** |  |
| STSC has two components - a 4-hour classroom session and a 4-hour in-water session. The STSC online written |  |
| test can replace the classroom session (print the confirmation email after passing the test as proof) and present |  |
| the email to your local ARC chapter within 30 days to complete the in-water session. An acceptable lifeguard |  |
| certification (see list below) can replace the in-water session. |   |   |   |   |  |
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| **Lifeguard certifications listed below will be accepted WITH proof of successful completion of the online Safety Training for Swim Coaches written test.  For additional information, and to take the test, go to www.usaswimming.org/Member Resources/Coaches/Online Testing & Certifications.  Print the confirmation email when you pass the test; submit to your LSC Membership Chair WITH the required lifeguard card.  The expiration date, for coach membership purposes, will be theearliest date on either the STSC email (valid for three years) or the lifeguard certification.** |
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| **American Red Cross:** |   |   |   |   |   |   |   |
| **(American Red Cross LGT certifications are valid for three years)** |   |   |   |   |
| **(No ARC instructor certifications are acceptable)** |   |   |   |   |
| •Lifeguarding (includes CPR & first aid components)with STSC online written test |   |  |
| •Waterfront Lifeguarding (includes CPR & first aid components)with STSC online written test |  |
| •Waterpark Lifeguarding (includes CPR & first aid components)with STSC online written test |  |
| **Not acceptable: ARC/USOC Sport Safety Training, WSI.** |   |   |   |   |
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| **American Lifeguard Association** |   |   |   |   |   |   |
| • Lifeguarding (includes CPR-PR & First Aid)with STSC online written test |   |   |  |
| (Three options:  First Time Lifeguard, Professional Lifeguard Challenge, Lifeguard Recertification) |  |  |
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| **Ellis & Associates:** |   |   |   |   |   |   |   |   |
| • Int'l Lifeguard Training (1 year certification; includes first aid & CPR component)             with STSC online written test |  |
| • Int'l Lifeguard Training Instructor License (12-18 month certification)             with STSC online written test |  |
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| **YMCA Lifeguarding with STSC online written test** |   |   |   |   |
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| **StarGuard with STSC online written test** |   |   |   |   |

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| **Safety Training Requirements****Option 1**Complete the American Red Cross [Safety Training for Swim Coaches](http://www.hawaiianswimming.org/hslsc/UserFiles/File/Coaches/TrainingforSwimCoaches.pdf)certification (valid for 3 years).Participants may request Safety Training for Swim Coaches course using the Fast Track and completing the following steps:* Locate and register for an upcoming pool skills
* Successfully complete the online written exam (both the [American Red Cross Swimming and Water Safety Manual](http://editiondigital.net/publication/?i=55928) and the [Safety Training for Swim Coaches Supplement](http://www.hawaiianswimming.org/hslsc/UserFiles/File/Coaches/TrainingforSwimCoaches.pdf) are required as references in order to complete the course.
	+ *Participant completing the online written exam should receive confirmation via email (to the email address that is listed in the registration profile).  For verification purposes the confirmation and requirement should be kept this email for your records.*
* The written exam must be completed no more than 30 days prior to attending the pool skills session.

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**Safety Training Requirements**

**Option 2**

The “Written Exam Only” option is designed for participants who completed one of the lifeguarding courses accepted by USA Swimming. Because these participants have already demonstrated water rescue skills, they have the option to complete the “written exam only” portion of the course. This, combined with their current certification, qualifies them to complete the Safety Training for Swim Coaches requirement.

Coach will complete the Safety Training for Swim Coaches online exam and receive email confirmation of successfully passing the exam from USA Swimming. This option requires a successful passing score and one of the lifeguarding courses accepted by USA Swimming. See list above.

**Written Exam Only Process:**

Coaches must have a current certification in one of the accepted courses (see list above.)  Coaches must successfully complete the online written exam. You will receive an email (to the email address that is listed in the registration profile) indicating the test result was successful. The results should be printed for verification purposes as it will be required when requesting the Safety Training for Swim Coaches certification.

Submit a copy of the email confirming successful completion of the written Safety Training for Swim Coaches test along with a copy of a current approved lifeguarding card to the LSC registration person. The Safety Training for Swim Coaches certification expires three years from either the date of the written exam or the date of the lifeguarding certification, whichever is earlier. (For example, if the lifeguarding card has 18 months remaining at the time of submission to the LSC, the Safety Training for Swim Coaches

**Safety Training Requirements   *FAQs***

***Question:***If a coach is a registered member of USA Swimming, but has expired certifications, is the coach allowed to be on deck coaching swimmers?

***Answer:***No. If the Coach continues to coach without proper certification the club and the coach no longer have insurance.  This is defined in the rule book on page 111, Article 502.6.3 (failure to comply voids a coach’s membership and thus the coach’s and club’s insurance)

***Question:*** If a coach has expired certifications can they coach  under the supervision of another coach on deck who has completed all of his certification requirements?

***Answer:***It is the meet director’s responsibility to ensure that all coaches on the deck have valid coach membership in USA Swimming a list of eligible coaches prior to the meet or provide the meet director with a Certification Ending Report so that he can issue deck credentials to valid coaches only. The club hosting the meet has no insurance unless everyone swimming, coaching or officiating at the meet are valid members of USA Swimming.  This is defined  in the rule book under Article 502.6.2 and Article 202.3.4. Only timers and safety marshals are exempt from membership

***Question:***Is it mandatory to be Lifeguard certified to become a USA Swimming coach member?

*Answer:*No. An approved Lifeguard certification may be used in lieu of completing a Safety Training for Swim Coaches course.  However, if you have a Lifeguard certificate you must complete the online written test and present the validation of completion to the LSC Registrar.