Check List for AB Coaches

First Aid

CPR

Lifeguarding

Safety Training for Swim Coaches is Red Cross Online

Principles of Competitive Swimming on YMCA Exchange

Foundations 101 on USA Swimming

Background Check on USA Swimming

Application for Coach on Ohio Swimming- ABLY is our team letters

First Aid, CPR and Lifeguarding you should be able to do here at the Y.  Lisa B is on charge of all of the classes.  Her email is [lboultinghouse@cincinnatiym ca.org](mailto:lboultinghouse@cincinnatiymca.org" \t "_blank)

Safety Training for Swim Coaches is an online class through the Red Cross.  The class is $19.  If you print off the receipt, I can show you how to do an expense report to get the Y to cover the cost.   [http://www.redcross.org/phss ux/desktop.results.jsp?type=cl ass-type-online&type=class-typ e-combo&type=class-type-classr oom&radius=25&courseId=cours00 0000000045876.&zipCode=20146&l at=39.03&long=-77.5&cateIds=[c at60004,%20cat2130026,%20cat30 30020].&initialProgramType= cat50001](http://www.redcross.org/phssux/desktop.results.jsp?type=class-type-online&type=class-type-combo&type=class-type-classroom&radius=25&courseId=cours000000000045876.&zipCode=20146&lat=39.03&long=-77.5&cateIds=%5bcat60004,%20cat2130026,%20cat3030020%5d.&initialProgramType=cat50001)

Principles of Competitive Swimming is an online class through the Y.  You will need to set up an account on the YMCA Exchange in order to take that class.  There is an online workbook that goes with the class.  Make sure you save it because you will need it to upload to the website.

Foundations 101 is an online class through USA Swimming.  You will also need to do an Athlete Protection Training through USA Swimming and a background check through USA Swimming.  Print off the receipts so you can get reimbursed for these.  [http://www.usaswimming.org/De sktopDefault.aspx?TabId=1677& Alias=Rainbow&Lang=en](http://www.usaswimming.org/DesktopDefault.aspx?TabId=1677&Alias=Rainbow&Lang=en)

You will need to register as a non athlete member of Ohio Swimming.  Choose Coach as your roster group.  When it asks how you want to pay, choose check.  Print off the receipt and I will put in a check request to have the Y pay for it.  [https://www.teamunify.com/ MemRegStart.jsp?team=czohlsc](https://www.teamunify.com/MemRegStart.jsp?team=czohlsc)