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SAFETY CERTIFICATION REQUIREMENTS FOR SWIM COACHES

The Y is committed to the safety of everyone who uses our aquatic facilities. In the interest of maintaining the highest level of safety, all YMCA coaches who work with competitive swimmers must maintain current certifications in the following areas:

- Safety Training for Swim Coaches
- Professional Rescuer CPR
- First Aid

The YMCA of the USA recognizes the following basic-level certifications below as meeting the safety certification requirements for swim coaches (Note: Instructor certifications are not acceptable.). Upload each certification for your annual coach registration on the [YMCA Swimming and Diving website](#).

SAFETY TRAINING FOR SWIM COACHES CERTIFICATION

The Safety Training for Swim Coaches (STSC) certification requirement consists of two components:

- **An Online Course and Test.** All coaches must complete the online course and test. To take the online component of Safety Training for Swim Coaches go to www.redcross.org/take-a-class and complete the following steps:
 1. Click on "Swimming and Water Safety Programs"
 2. Scroll down to "Safety Training for Swim Coaches" and click on "Find a Class"
 3. The next screen will display "Safety Training for Swim Coaches Online Content Only" - \$19. Click on the large red square that reads "Take This Class"
 4. When the course is completed, save/print the Online Content Only certificate

The course takes about 2-3 hours to complete. Coaches can exit the course at any time and log back in to resume where they left off; However once the final exam is started it needs to be completed in one session.

Mac Users: Use Mozilla Firefox as your browser to complete the online course and test. The use of other browsers may cause you to lose any record of having completed any part of the course.

- **An In-Water Skills Session.** There are three options for completing the in-water skills session. Find the option below that best works best for your situation. Note: The online component of the course must be completed prior to the in-water component.

OPTION 1: COACHES WHO USE THE YMCA STSC IN-WATER SKILLS VERIFICATION FORM

1. Contact a lifeguard, water safety/swimming, or STSC instructor certified by one of the national training agencies listed below. Set a time to review the skills in a pool with the instructor.
2. Bring a copy of the Online Content Only certificate and the STSC [In-Water Skills Verification Form](#) to the pool for the skills review with the instructor. Review the skills with the instructor, sign the verification form, have the instructor sign it, and then upload the form and online certificate to

your YMCA coach registration on the [YMCA Swimming and Diving website](#). The earlier of the two expiration dates will determine the STSC expiration date.

3. Repeat this procedure every two years.

OPTION 2: COACHES WHO HAVE AN ACCEPTABLE LIFEGUARD CERTIFICATION:

1. Obtain or renew an acceptable lifeguarding certificate (see the list below for acceptable certifications).
2. Upload an acceptable lifeguarding certificate and the STSC Online Content Only certificate to your YMCA coach registration on the [YMCA Swimming and Diving website](#). The earlier of the two expiration dates will determine the STSC expiration date.
3. Repeat this procedure every two years.

OPTION 3: COACHES WHO HAVE ACCESS TO AN AMERICAN RED CROSS (ARC) INSTRUCTOR:

1. Contact an ARC water safety, STSC, or lifeguard instructor to schedule the ARC STSC in-water skills session in a pool with the instructor. (This session will be an abbreviated review session for those with a current STSC certification or a full session for those without a current STSC certification.)
2. Take a copy of the Online Content Only certificate to the pool to prove you have passed the online course. Complete the in-water skills session with the ARC instructor, who will issue a STSC In-Water Skills Session certificate. Upload both certificates to your YMCA coach registration on the [YMCA Swimming and Diving website](#). The earlier of the two expiration dates will determine the STSC expiration date.
3. Repeat this procedure every two years.

APPROVED AGENCIES AND LIFEGUARDING CERTIFICATIONS

YMCA of the USA:

- YMCA Lifeguard (2 year certification) YMCA Aquatic Safety Assistant (2 year certification)

American Red Cross:

- Lifeguarding/First Aid/CPR/AED (2 year certification)

International Lifeguard Training Program (Ellis & Associates):

- Pool Lifeguard Training (1 year license validity)
- Special Facilities Training (1 year license validity)

Starfish Aquatics Institute:

- StarGuard (1 year certification)

CPR CERTIFICATION

The YMCA of the USA recognizes the following basic-level certifications as meeting the professional rescuer CPR certification requirement:

- American Safety and Health Institute (ASHI) - CPR Pro for the Professional Rescuer or Basic Life Support
- American Heart Association – BLS for Healthcare Providers
- American Red Cross - CPR for the Professional Rescuer and Health Care Providers or Lifeguarding/First Aid/CPR/AED
- National Safety Council – Basic Life Support for Health Care & Professional Rescuers

Note: Although some training agencies CPR certifications have a validity of two years, Y-USA only recognizes the first year of a two-year certification.

FIRST AID CERTIFICATION

The YMCA of the USA recognizes basic-level first aid certification from the following training agencies as meeting the first aid requirement:

- American Safety and Health Institute (ASHI)
- American Heart Association
- American Red Cross
- National Safety Council

EMTs/Nurses/Physicians - Individuals who are either emergency medical technicians (EMT) or registered nurses (RN) should present to their regional representative a copy of their current license or state certification plus documentation of official course criteria.