



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CERTIFICATION REQUIREMENTS FOR SWIM COACHES

The Y is committed to the safety of everyone who uses our aquatic facilities and participates in our aquatic programs. 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
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Swimming and Diving
- Child Protection Training Including Mandated Reporter

The YMCA of the USA recognizes the following basic-level certifications below as meeting the safety certification requirements for swim coaches (**Note: Instructor certifications and online-only CPR and First Aid courses are not acceptable.**). Upload each certification for your annual coach registration on the [YMCA Swimming and Diving website](#). Find a complete list of acceptable courses on [Link](#).

SAFETY TRAINING FOR SWIM COACHES

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. Scroll down and click on the "Online Only" box
 2. Scroll down to "Aquatic Online Courses" and select Safety Training for Swim Coaches
 3. The next screen will display the cost - \$25. Click on the large red square that reads "Sign Me Up"
 4. When the course is completed, save/print the Online Content Only certificate

The course takes about 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 instructor or water safety/swimming 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 YMCA version of 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 FOR 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)

BASIC LIFE SUPPORT (PROFESSIONAL RESCUER CPR)

All YMCA swimming coaches must maintain a certification in Basic Life Support (Professional Rescuer CPR) and renew that certification annually*. The Basic Life Support (Professional Rescuer CPR) course must be completed in person. Online certifications are not accepted.

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

APPROVED AGENCIES FOR BLS (PROFESSIONAL RESCUER CPR)

American Heart Association:

- BLS for Healthcare Providers

American Red Cross:

- Basic Life Support for Healthcare Providers
- CPR/AED for Professional Rescuers and Healthcare Providers
- Lifeguarding/First Aid/CPR/AED

American Safety and Health Institute (ASHI)

- Basic Life Support (BLS)

Ellis & Associates:

- Healthcare Provider Basic Life Support (*Note: Basic Life Support as part of Ellis & Associates Lifeguard certification is not approved)

EMS Safety:

- Basic Life Support

National Safety Council

- Basic Life Support for Health Care & Professional Rescuers

FIRST AID

All YMCA swimming coaches must maintain a certification in basic-level First Aid. The First Aid course must be completed in person with skills verification. Online certifications are not accepted.

APPROVED AGENCIES FOR FIRST AID

American Heart Association:

- Heartsaver First Aid

American Red Cross:

- First Aid
- Responding to Emergencies Adult First Aid/CPR/AED
- Responding to Emergencies Adult and Pediatric First Aid/CPR/AED
- Emergency Medical Response

American Safety and Health Institute (ASHI)

- Basic First Aid
- Advanced First Aid
- Emergency Medical Response

Ellis & Associates:

- Standard First Aid with written exam (Certificate must indicate “This certifies that the individual named below has successfully completed the knowledge – including written exam – and skill requirements for this course)

EMS Safety:

- First Aid and Oxygen Administration Course

National Safety Council

- First Aid
- Advanced First Aid
- Emergency Medical Response

National Ski Patrol:

- Outdoor Emergency Care Program

EMTs/Nurses/Physicians

- Present a copy of current medical license or state certification plus documentation of official course criteria

PRINCIPLES OF YMCA COMPETITIVE SWIMMING AND DIVING

This course addresses the basic YMCA principles of coaching and leadership in a YMCA competitive swimming or diving program. The focus is on delivering a quality YMCA program with a youth development impact. This course is taken only once. There is no recertification required.

There are two parts to the course:

- Online content
- Workbook, including three meetings/interviews with fellow YMCA staff and leaders – be sure to download the workbook while taking the online content.

In order to complete the course, follow these steps:

- Go to <https://lcdc.yexchange.org> and log in.
- Under the Catalog & Schedule tab, select Search for Course Availability.
- Find Principles of Competitive Swimming and Diving under Aquatics.
- Take the course, being careful to print the workbook and save the completion certificate.
- Complete the workbook assignments then scan and save the completed document electronically.

When completing the annual YMCA coach registration, upload the certificate **and** the completed workbook as indicated.

CHILD PROTECTION TRAINING

All coaches must annually complete an approved child protection training course that contains sexual abuse prevention and mandated reporter components. Approved providers are listed below. Your YMCA may have a preferred provider among these. In that case you will get your direct link and code from your YMCA supervisor.

APPROVED AGENCIES FOR CHILD PROTECTION TRAINING

- [U.S. Center for SafeSport: https://safesport.org/training](https://safesport.org/training). Course: *SafeSport Trained*
- USA Swimming: <https://www.usaswimming.org/resource-center/athlete-protection-training>. Courses: *Athlete Protection Training: Core Courses*
- [Praesidium: https://website.praesidiuminc.com/wp/child-abuse-programs/child-protection/child-abuse-prevention-ymca/](https://website.praesidiuminc.com/wp/child-abuse-programs/child-protection/child-abuse-prevention-ymca/). Courses: *Abuse Prevention-Swim Edition* and *Duty to Report Mandated Reporter* (Both are required)
- Redwoods: <http://redwoodsgroup.com/institute-online-courses-features/>. Course: *Child Sexual Abuse Prevention*
- West Bend: <https://cultureofsafety.thesilverlining.com/ymca/online-training/>. Course: *Child Abuse Recognition & Prevention*