

Basic Level Safety Training for Swim Coaches (r.07) Course Options Include:

Course Option	Description	Prerequisite	Length	Validity Period
<i>Full Course</i>	Instructor-led classroom and in-water pool sessions	Participants must be comfortable in chest-deep water.	8 hours	3 years
<i>Fast-Track Option</i>	<p><u>Part I</u>- Completion of the online exam available on the USA Swimming Website (self-study)</p> <p><u>Part II</u>- Complete a pool skills session (instructor-led)</p>	<p>1. Successful completion of the online written exam (participants must present a confirming e-mail from USA Swimming at the beginning of Part II.)</p> <p>2. Participants must be comfortable in chest-deep water.</p>	<p><u>Part I</u>- self-paced</p> <p><u>Part II</u>- 4 hours</p>	3 years
<i>Review Course</i>	Expedited review of key concepts and in-water skills (instructor-led)	<p>Basic-level certification that is current or expired no more than 12 months past the certification's normal 3-year validity period. (i.e.- up to 4 years since course completion) in one of the following:</p> <ul style="list-style-type: none"> • Safety Training for Swim Coaches • Lifeguarding • Waterfront Lifeguarding • Waterpark Lifeguarding • Shallow Water Attendant • Basic Water Rescue 	4 hours	3 years
<i>Challenge</i>	Completion of written exam and assessment of in-water skills (instructor-led)	<p>None. Any individual, whether or not they are currently or have ever been certified may participate in a challenge course <u>once</u>. (Participants that qualify for a review course may repeat a challenge as long as they remain eligible for the review course option.)</p>	flexible	3 years
<i>"Written Exam Only" Challenge</i>	The training consists only of the completion of the online exam available on the USA Swimming Website. (self-study)	<p>Current basic-level American Red Cross certification in one of the following:</p> <ul style="list-style-type: none"> • Lifeguarding • Waterfront Lifeguarding • Waterpark Lifeguarding • Shallow Water Attendant • Basic Water Rescue 	self-paced	Varies -the completion date listed on the STSC certificate will be the same as the required prerequisite certificate

Safety Training for Swim Coaches (Fast-Track Option)

The Fast Track option is designed for experienced swim coaches who have taken the Safety Training for Swim Coaches course before. (But prior completion of the course is not a requirement.) Participants who wish to complete a Safety Training for Swim Coaches course using the Fast Track option should complete the following steps:

1. Locate and register for an upcoming pool skills session for the Fast track option. Contact your local [American Red Cross Chapter](#) or aquatic facility to determine if any Safety Training for Swim Coaches (r.07) courses utilizing the Fast-Track option are currently scheduled or plan to be scheduled in the future. If there are no courses scheduled, it may be easier to work in conjunction with other coaches who need the certification to create enough demand to justify holding a course.
2. Successfully complete the online written exam at the [USA Swimming Website](#). Both the *American Red Cross Swimming and Water Safety Manual* and the *Safety Training for Swim Coaches Supplement* will be required as references in order to complete the course. After successfully completing the online written exam, the participant will receive an email (to the email address that is listed in their registration profile) for verification purposes. Keep this email for your records. It will be required at the start of the pool skills-session. The written exam must be completed no more than 30 days prior to attending the pool skills session.
3. Attend the pool skills session. The American Red Cross instructor will verify successful completion of the online written course by reviewing the email verification. (The instructor does not need to keep the email verification. The participants should retain it for their records.)
4. Successfully complete the pool skills session; consisting of a brief lecture followed by the practice and assessment of the following skills:
 - Reaching Assist With Equipment
 - Reaching Assist Without Equipment from the Deck
 - Reaching Assist Without Equipment from a Position in the Water
 - Throwing Assist
 - Wading Assist With Equipment
 - Hip and Shoulder Support
 - Head Splint Technique
 - Head and Chin Support—Face-Up
 - Head and Chin Support—Face-Down
5. The instructor will submit a course record to the local Red Cross chapter indicating completion of the Safety Training for Swim Coaches course (Fast Track option).
6. Participants who successfully complete the course requirements will receive an American Red Cross Universal Certificate indicating “Safety Training for Swim Coaches”. The certification card will have a completion date the same as the date of the pool skills session and will be valid for 3 years from that date.

Safety Training for Swim Coaches (Written Exam Only Option)

The “Written Exam Only” option is designed for participants, who through prior completion of an American Red Cross course that includes the water rescue skills that are in the Safety Training for Swim Coaches course. Because these participants have already demonstrated those skills, they have the option to complete the “written exam only” portion of the course. This, combined with their current certification, qualifies them to obtain certification in the Safety Training for Swim Coaches course. To qualify for the “Written Exam Only” course option, the individual must possess a current [American Red Cross](#) certification in one of the following courses:

- Lifeguarding
- Waterfront Lifeguarding
- Waterpark Lifeguarding
- Shallow Water Attendant
- Basic Water Rescue

Participants who wish to complete a Safety Training for Swim Coaches (r.07) course using the Written Exam Only option should follow the following steps:

1. Determine that they have a current certificate in one of the required American Red Cross courses listed above.
2. Successfully complete the online written exam at the [USA Swimming Website](#). Both the *American Red Cross Swimming and Water Safety Manual* and the *Safety Training for Swim Coaches Supplement* will be required as references in order to complete the course. After successfully completing the exam, the participant will receive an email (to the email address that is listed in their registration profile) for verification purposes. Keep this email for your records. It will be required when requesting the Safety Training for Swim Coaches certification from your local Red Cross chapter.
3. Contact your local Red Cross chapter and submit for their review both the email confirming successful completion of the online written exam and a valid certificate for one of the prerequisite courses. It is suggested to call the local chapter prior to submitting the documentation to advise them of your request and arrange to have the documents verified. The American Red Cross representative will verify both documents. The Red Cross representative should not keep the email verification or the required certificate; the participant should retain those for his or her records.
4. The Red Cross representative will complete a course record for the chapter's files indicating completion of the Safety Training for Swim Coaches course (Written Exam Only). The course completion date on the course record will indicate when the verification by the chapter representative occurred, but in addition, they will enter the name and completion date of the prerequisite certification in the participant's comments section of the course record.
5. The Red Cross chapter will issue an American Red Cross Universal Certificate indicating "Safety Training for Swim Coaches". The certification card will have a completion date the same as the date as the participant's required Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding, Shallow Water Attendant or Basic Water Rescue certification and will be valid for three years from that date (i.e., both certifications will expire at the same time).

Note: The verification by the Red Cross of the completion of the above requirements does not have to be completed by an instructor who is authorized to teach the Safety Training for Swim Coaches course. Any chapter representative who is approved by the Health and Safety Services administrator may complete this process, including signing the certificate and course record.

Safety Training for Swim Coaches Online Written Exam and the Paper Written Exam

USA Swimming is hosting an online version of the final written exam on the [USA Swimming Website](#). USA Swimming members will be able to access the exam through their password protected account and complete it at anytime. The exam is an assessment tool only and does not "teach" the required information needed to complete the written exam. The information needed to complete the online written exam is taught in the full course and is included in the required participant materials.

While the online written exam is designed for use in the Fast Track and "Written Exam Only" course options; a paper version of the exam can be utilized as well for these course options. Likewise, if an instructor teaching the Full, Review or Challenge course options, wishes to utilize the online exam for those participants who can access it, they may do so. The instructor must confirm the participant's successful completion of the online exam before submitting a course record. Participant's who complete the online version of the written exam will receive a email confirming the successful completion of the exam from USA Swimming for verification purposes.

The paper version of the exam is included as an appendix in the *Safety Training for Swim Coaches Instructor's Manual*.