



## **Safety Training for Swim Coaches Blended Learning Course Fact Sheet**

### **Purpose**

The purpose of the American Red Cross Safety Training for Swim Coaches course is to teach those involved in competitive swimming, including coaches, officials, athletic trainers and aquatic exercise trainers, how to help maintain a safe and comfortable environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land. This program is offered in a blended learning format.

### **Prerequisites**

1. Must be 15 years old on or before the final scheduled session of the course
2. Must be comfortable in chest-deep water

### **Learning Objectives**

- Understand the guidelines for responsible coaching and professional conduct, and the legal responsibilities of a professional coach.
- Understand the coach’s responsibility for providing a safe and positive sport environment, including raising awareness of, and actively working to prevent, abuse in the sport.
- Understand the safety considerations that are paramount in planning athlete training and swim practices in pools, on dry land and in open-water situations.
- Understand the safety rules and guidelines that must be followed when teaching and practicing turns and entries.
- Understand the coach’s role in emergency planning and response.
- Learn how to recognize and respond to common first aid emergencies.
- Demonstrate how to perform basic assists to a swimmer in distress.

### **Length**

Online Time	Facility Time	Total Time
3 hours	3 hours	6 hours

### **Instructor**

- Currently certified American Red Cross Safety Training for Swim Coaches instructors
- Currently certified Lifeguarding or Water Safety instructors who have completed a self-orientation to the Safety Training for Swim Coaches materials



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**Certification Requirements**

- Complete the online portion of the course, including achieving a minimum score of 80 percent on the online written exam.
- Demonstrate competency in all required skills and activities, including in-water skills.

**Certificate Issued and Validity Period**

Safety Training for Swim Coaches/First Aid: 2 years

**Participant Products/Materials**

- American Red Cross Safety Training for Swim Coaches Blended Learning Course
- American Red Cross *Safety Training for Swim Coaches Supplement*