

# M.E. Lyons YMCA/Anderson Barracudas

## AB Coaches Checklist

### (Required)

You should be able to complete the following **at the YMCA**:

- **First Aid**
- **CPR**
- **Lifeguarding**

Contact: **Lisa Boultinghouse**, lboultinghouse@cincinnatiymca.org  
She manages all certification classes at the YMCA.

### Online Courses & Requirements

1. **Safety Training for Swim Coaches**
  - Provider: **Red Cross** (Online)
  - **Cost: \$19** (Reimbursable — print your receipt)
  - Course Link
  - Ask for help with the expense report for reimbursement.
2. **Principles of Competitive Swimming**
  - Platform: **YMCA Exchange**
  - **Set up an account** on the Y Exchange to access the course.
  - Download and **save the online workbook** — it needs to be uploaded later.
3. **Foundations 101**
  - Platform: **USA Swimming**
  - Take it here
4. **Athlete Protection Training**
  - Required on **USA Swimming**
  - Can be done during your USA Swimming registration process.
5. **Background Check**
  - Also completed through **USA Swimming**
  - **Print all receipts** for reimbursement.

### Registration

- **Register as a Non-Athlete Coach Member on Ohio Swimming**
  - Team Code: **ABLY**
  - Roster Group: **Coach**
  - Payment: **Select "Check"** at checkout and print the receipt.
  - Registration Link
  - A check request will be submitted by the Y for payment.