

Principles of Swimming and Diving:

[Class \(yexchange.org\)](#)

****DON'T FORGET TO PRINT OFF THE WORKBOOK!!!! YOU WILL NEED TO SEND THAT IN.**

Safesport Training for Coaches:

You can go through your USA Swimming certification or use this link.

<https://safesporttrained.org/#/curricula/e306d030-14c0-4f30-a7cf-a3442dcb8e6a>

Safety Training For Swim Coaches Online Version (Remember this is only good as stand alone if you have your lifeguarding cert. If not you need to find an instructor and do the water portion.)

[Safety Training for Swim Coaches Online Content Only \(redcross.org\)](#)

Concussion Training

[Concussion in Sports Course \(nfhslearn.com\)](#)

Cardiac Arrest Training

[Sudden Cardiac Arrest Course \(nfhslearn.com\)](#)

Where to submit Cardiac Arrest and Concussion Trainings:

[Click Here](#)