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FOR HEALTHY LIVING
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CERTIFICATION REQUIREMENTS FOR SWIM COACHES

The Y is committed to the safety of everyone who uses our aquatic facilities. 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 Competitive Swimming and Diving

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](#).

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. Click on 'Swimming and Water Safety Programs'
 2. Scroll down to "Safety Training for Swim Coaches" and click on "Find a Class"
 3. The next screen will display "Safety Training for Swim Coaches Online Content Only" - \$25. Click on the large red square that reads "Take This Class"
 4. When the course is completed, save/print the Online Content Only certificate

The course takes about 2-3 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 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 AND 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.

Find a complete list of acceptable First Aid courses on the [YMCA Swimming and Diving website](#).

**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.

FIRST AID

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

Find a complete list of acceptable First Aid courses on the [YMCA Swimming and Diving website](#).

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

In order to complete the course, follow these steps:

- Go to www.yexchange.org and log in.
- ~~Go to the LCDC page and u~~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.