

SPECIAL EDITION

There is still a lot of confusion out in the field regarding Safety Training for Swim Coaches. Coaches will be required to successfully complete the 25-question online test **ONLY WHEN** their **CURRENT** lifeguard or STSC certification expires. Many coaches seem to think that they must take the STSC online test this year in order to renew their 2009 coach membership. If their STSC/lifeguard certification doesn't expire this year, they don't have to take the online test.

The online test is **NOT** required UNTIL their current certification expires.

All certifications requirements and testing procedures are explained in the Coaches' section of the USA Swimming website. Click on Education/Safety Requirements on the left hand menu to access complete information. Here is an outline of the changes for the 2009 registration year:

Changes to Safety Training for Swim Coaches Requirement:

Changes to the Safety Training for Swim Coaches requirement take effect for the 2009 registration year which begins in September. **The main change is that all coaches must successfully complete the online (25 questions) [Safety Training for Swim Coaches written test](#).**

There are several options for completing the rest of the certification process:

1. "Challenge" the course. Take the online test and then demonstrate the [required water skills](#) to a certified Red Cross instructor who will issue a Safety Training for Swim Coaches card.
2. Present a valid and current lifeguarding card (Red Cross, American Lifeguard Association, Ellis and Associates, YMCA Lifeguarding, or StarGuard) along with email confirmation of the online Safety Training Test to your LSC Registration person.
3. Take a full Red Cross Safety Training for Swim Coaches 8 hour course. This includes the written test.

The options are explained more fully on the [coaches' page of the USA Swimming website](#).

Changes to Foundations of Coaching Test Resources

As of September 1, 2008, the Foundations of Coaching online test will be based on the newly released Foundations of Coaching DVD.

Test questions are taken from:

1. *The Foundations of Coaching* DVD,
2. The downloadable documents accessible from *The Foundations of Coaching* DVD
3. The [USA Swimming Rules & Regulations](#)

The *Foundations of Coaching* DVD is available for \$25.00 on the USA Swimming [online store](#). The DVD and accompanying documents make a great start to a coaching library and it is highly recommended that a coach purchase the materials prior to taking the test. Every coach will automatically be sent a free copy of the USA Swimming Rules & Regulations, which should arrive within 3 months of your registration.

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