

REQUIREMENTS TO BECOME A USA SWIMMING COACH

NON-ATHLETE REGISTRATION

Complete non-athlete registration form. Coaches registering with a club should submit their registration form to their club registrar who will send it with club payment. Coaches registering independently should make check payable to Allegheny Mountain Swimming and mail to:

Allegheny Mountain Swimming
17 Fieldstone Dr.
Pittsburgh, PA 15220

SAFETY CERTIFICATIONS

Provide copies of the certificates of completion (or wallet cards) for the following safety courses when submitting your non-athlete registration.

- **CPR**
- **Safety Training for Swim Coaches OR Lifeguarding*** with STSC On-Line Course
**If submitting Lifeguarding, you must also complete the STSC on-line only content through the Red Cross and submit a copy of the Certificate along with the Lifeguarding Certificate.*
The course takes about three hours (Cost \$19).
Link to the Red Cross on-line course:
<http://www.redcross.org/take-a-class/course-dowbt00000000010877>

BACKGROUND CHECK

<https://www.usaswimming.org/DesktopDefault.aspx?TabId=2019&Alias=Rainbow&Lang=en>

Complete a level 2 Background Check for coaches & officials. (Cost \$39)

Please allow 3 – 5 business days for results. It may take longer if you have lived in New York. Results are automatically updated in the SWIMS database. You will receive a copy of your report by e-mail.

ATHLETE PROTECTION TRAINING

<https://www.usaswimming.org/DesktopDefault.aspx?TabId=2193&Alias=Rainbow&Lang=en>

After you are registered as a non-athlete, you must complete the on-line Athlete Protection Training (APT). The course is free and takes about an hour. Results are automatically updated the following day and matched with your registration record. There is no need to send anything, but you should print a copy of the certificate for your records. Note: This course is only available to those individuals currently in the USA Swimming SWIMS database.

FOUNDATIONS OF COACHING (FOC)

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2440&Alias=Rainbow&Lang=en>

Foundations of Coaching 101 is required of all new coach members. The course and test takes approximately 90 minutes. (Cost \$15.00).

Foundations of Coaching 201 is a more comprehensive course of approximately 5 hours and must be successfully completed **prior** to registration for the 2nd year of coach membership. (Cost \$25)

Rules and Regulations is a separate 30 question test completed on the USA Swimming website. Completing this test is the 2nd required component to fulfill the Foundations 201 requirement. (No Cost) Current Rulebook is the required resource.