Safety Training for Swim Coaches ("STSC")

What to do if ….

Coaches want to use an eligible Lifeguarding Certification (identified on the (USA Swimming Approved
List):

1. Obtain or renew an eligible Lifeguarding Certification;

2. Complete the Safety Training for Swim Coaches Online Content Only course option.
Enroll in this online-only course at www.redcross.org/takeaclass ;

3. Present a valid, eligible Lifeguarding certificate and Safety Training for Swim Coaches Online Content Only certificate to your LSC.

4. The earlier of the two expiration dates determine the expiration date of the STSC credential but no longer than two years.

Coaches do not have an eligible Lifeguarding Certification:

1. Coach contacts an American Red Cross (ARC) participating facility or currently certified instructor (STSC, WSI, or LGI) to obtain a course registration link to complete the full STSC course;

2. Register for and take the online portion of the a Safety Training for Swim Coaches course that is scheduled through an ARC participating aquatics facility by using the provided link;

3. After completion of the online course content, attend and complete the in-water skills session scheduled as part of the course. This session will be scheduled by the instructor: an abbreviated review course for those with current certification, a full skills session for those without current certification.

4. Upon successful completion of the STSC course, print/save the completion certificate and submit it to the LSC

5. The certificate is valid for two years.

A reference list (for internal use only) will be provided to each LSC to facilitate the identification of
ARC resources to conduct STSC full course locally.

NOTE: If a coach has recently completed the prior "25 question" online test previously located on the USA Swimming website and presents those results with an eligible Lifeguarding Certification the earlier of the two expiration dates determine the expiration date of the STSC certification but no longer than two years.