



**American Red Cross**

## **American Red Cross Safety Training for Swim Coaches**

Successful completion of the Safety Training for Swim Coaches course meets the water safety requirement of the USA Swimming Coaches Safety curriculum. The information in the course centers on possible life-threatening or hazardous situations in and around the water and the techniques and skills for preventing and dealing with them. This course is a must for any Swim Coaches who strives to make

Information on athlete development, training and workout design, visit the USA Swimming and the American Swimming Coaches Association (ASCA) Web sites.

### **Course topics include:**

- Event Safety
- Emergency Planning
- Heat-Related Emergencies
- Important Safety Considerations
- Professional Conduct and Legal Responsibilities
- Common Swimming-Related Injuries
- Swim Practice Safety
- Weather and Environmental Conditions

**Course fee:** Members \$60 Residents \$65 Non-Residents \$75

**Course dates:** #1 Saturday April 3<sup>rd</sup> 9am - 6pm  
#2 Saturday May 1<sup>st</sup> 9am - 6pm

### **Pre course information:**

Course participants must be comfortable in chest deep water and will also need to bring a pen, comfortable clothing, swim suit and towel

Upon completion, each participant will receive an American Red Cross Certificate indicating successful completion of the Safety Training for Swim Coaches course, valid for 3 years.

If you have questions about the course, contact the Aquatics Dept  
at 255 7871 x212 or email [s.molyneux@bcmud.org](mailto:s.molyneux@bcmud.org)

To register online go to [www.bcmud.org](http://www.bcmud.org) or call 255-7871