



COACHES' CERTIFICATION REQUIREMENTS

SAFETY CREDENTIALS FOR COACHES

All coaches and assistants are required to be current in First Aid and CPR certification, and have completed the Coaches Safety Course. The responsibility for additional lifeguard certification will remain with the individual clubs. Any Midlakes team without all coaches properly certified will not be permitted to participate in Midlakes competitive events.

OPTION 1:

CURRENT USA COACHES SWIMMING CREDENTIALS

(This certification covers all of Midlakes requirements on its own)

*******OR*******

OPTION 2:

(ARC) STANDARD FIRST AID

- * An 8-hour course (includes adult CPR)
- * Manual: (ARC) Standard First Aid
- * Must be current (valid for 3 years)
Note: The CPR portion of this course is valid for one year only. CPR must be renewed each year

*******AND*******

SAFETY TRAINING FOR SWIM COACHES

- * An 8-hour course
Note: Individuals possessing the Lifeguard Training or WSI (New Materials) Certification may take a 4-hour course.
- * Manual: ARC Safety Training for Coaches
- * Must be current (Valid for 3 years)

*******OR*******

LIFEGUARD TRAINING

- * A 27-hour course
- * Minimum age - 15
- * Main Text: Lifeguard Training
- * Must be current (Valid for 3 years)

****COPIES OF ALL CERTIFICATIONS MUST BE IN THE MIDLAKES' PRESIDENT'S HANDS BEFORE THE FIRST MEET. ANY COACH WITHOUT CERTIFICATION WILL NOT BE ALLOWED ON DECK AT ANY MEET.**