

U.S. Diving Coach Development Program Summary
1999-2000 Required Safety Training and Elective Courses for Diving Coaches

PROGRAM	STATUS	LENGTH Times vary by # of participants	COST	SESSIONS	DESCRIPTION	AWARD	ELIGIBILITY	BENEFITS	INSTRUCTOR
Grassroots Fundamentals	Elective	6 hrs	Free	Bronze, Silver	Introduction to U.S. Diving, Dive Safe skills and forward approach	Bronze and Silver Dive Safe Coach Achievement Awards	Open to all grass roots coaches and U.S. Diving coach members coaching entry level diving and focussing on teaching diving fundamentals	Bronze & Silver Dive Safe text	
				Grassroots				Grassroots text	
Safety Training for Competitive Diving Coaches	Required	7 hrs	\$60	4 hrs- pool 3 hrs-classroom	4 hrs-rescue, spinal injury management 3 hrs-risk management & care	Safety Training for Competitive Diving Coaches completion certificate Option A-in water demonstration Option B-on deck	Open to interested participants	-U.S. Diving Safety Manual -Fulfills 1 of 3 prerequisites for U.S. Diving Coach membership	
Dive Safe Training	Elective	2 hrs	\$25	Bronze	Dive Safe	Bronze Dive Safe Coach Achievement Award	Open to all grass roots coaches and U.S. Diving coach members coaching entry level diving and focussing on teaching diving fundamentals	Bronze Dive Safe text	Safety Training Instructors and Dive Safe Instructors
		2 hrs	\$25	Silver	Dive Safe	Silver Dive Safe Coach Achievement Award		Silver Dive Safe text	
		2 hrs	\$25	Gold	Dive Safe	All-Level Dive Safe Coach Achievement Award	USD safety certified coach member in good standing min 16 yrs old	Bronze, silver & Gold Dive Safe text	
		7 hrs	\$50	Bronze, Silver, Gold	Dive Safe	All-Level Dive Safe Coach Achievement Award	USD safety certified coach member in good standing min 16 yrs old	Bronze, silver & Gold Dive Safe text	
		7 hrs	\$125	Bronze, Silver, Gold		All-Level Dive Safe Program Director Achievement Award	USD coach member in good standing of majority age with a minimum 24 months coaching/teaching diving or Min 4yrs USD Senior athlete	All level Dive Safe text, 300 athlete certificates, Authorized Provider of Dive Safe Program	
Spotting Training for Competitive Diving Coaches	Elective	R-2hrs W-2 hrs B-3 hrs	\$25 ea	I- Red, White, Blue	Red-Tramp White-Mats Blue-Dryboard, DryPlatform, & Wetboard	Level I Red, White & Blue Spotting Training Option A/B Completion Certificate	USD coach member with no or minimal spotting experience	Super Seven Mat Skill Program and Visual Spotting text	Spotting Training Instructors
		R-3hrs W-1 hr B-4 hrs	\$25 ea	II- Red, White, Blue		Level II Red, White & Blue Spotting Training Option A/B Completion Certificate	USD coach members who have passed Level I skills or who can already spot 102c & 202c on mats	Super Seven Mat Skill Program and Visual Spotting text	
		R-3hrs W-1 hr B-4 hrs	\$25 ea	III-Red, White, Blue		Level III Red, White & Blue Spotting Training Option A/B Completion Certificate	USD coach members who have passed Level II or who can already hand spot 102c, 202c, 303c & 402c on mats and can overhead belt spot FBR & I 2.5 ss c	Super Seven Mat Skill Program and Visual Spotting text; Project Aerial Training for eligible coaches	
Mentor Grants	Elective	5-7 days	varies	Provides limited travel expenses to enable coaches to fulfill targeted CDP Level I-III Training and stipend to mentor with an "expert" coach		Level I-Dive Safe Program Directors and Dive Safe Coaches Level II & III- OIC Nationally Ranked Senior and Developmental Coaches		Mentor Coaches	