

U.S. DIVING SAFETY TRAINING AND RENEWAL COURSES INFORMATION

Description and Length of Courses. The 1) Safety Training and 2) Safety Training Renewal courses are available at all course sites beginning October 1, 2001. The classroom session start time for each is different. The pool session start time for each is the same. The actual course length depend on the number of participants.

WARNING! *The activity can be strenuous. There are lifting and swimming skills potentially exhausting for individuals with heart or lung conditions. Participants with physical limitations should consult a physician prior to engaging in the course and notify USD of limitations at the time of registration.*

1. SAFETY TRAINING (7 hours) This course is available for first time participants and renewals. This course consists of two sessions.
1st Session-(4 hours pool): deep water rescue & spinal injury management **Option A (in Water- Wear swim suit)** or Option B (on Deck)
2nd Session-(3 hours classroom): risk management, injury control, emergency response and care of injuries specific to competitive diving and exam.

2. SAFETY TRAINING RENEWAL (5 hours) **Eligibility:** Coaches with currently valid Option A or B Safety Training Certification are eligible to register. The course consists of two sessions. **1st Session (1 hour classroom)** “challenge exam” covering risk management, injury control, emergency response and care of injuries specific to competitive diving. **2nd Session (4 hours pool)** rescue and spinal injury management skill demonstrations. The renewal pool session format includes 1) the “rescue challenge” or if needed “rescue review and challenge” and 2) the “spinal injury management review and skill demonstration.” No challenge format is available for the Spinal Injury Management skills. **Note:** *Participants with Option B Safety Training credentials who desire to upgrade to Option A credentials at the time of renewal are not eligible for the CHALLENGE format of the rescue skills in the pool session, but may CHALLENGE the written exam.*

Date and Start times. The course schedule is subject to change. Dates and start times listed on the schedule are tentative and may vary from the posted schedule. **Confirm the date and start time with the local contact prior to your departure for the course. Start time for the Safety Training Renewal course “challenge exam” is 8:00 a.m.** local time unless otherwise indicated. **Start time for the Safety Training course is 9 am** local time unless otherwise indicated.

First Aid & CPR. While first aid and CPR are not prerequisites, taking first aid and CPR prior to taking U.S. Diving Safety Training for Competitive Diving Coaches will better prepare & enhance instructor-participant communication during the Safety Training course.

Fees. No credit cards accepted; all orders must be prepaid. For those who register by the quarterly registration deadline posted on the schedule, the course fee is \$60 for renewals and first time participants. Text fee is additional. For those renewals and first time participants whose registration fee is postmarked after the quarterly registration deadline, a late registration fee of \$75 will be charged. Text fee is additional. Be advised that Late Scheduled Courses (*i.e. courses added after the annual schedule is posted*), shall charge a \$75 registration fee per participant.

Retest Fee. The retest fee for those who did not pass and are repeating the course is \$25.

Written Exam. Participants in the Safety Training and Safety Training Renewal courses who do not pass the written Exam A, may take Exam B on site without paying a retest fee.

Text. U.S. Diving Safety Training for Competitive Diving Coaches (1999) is the course text for both the Safety Training and the Safety Training Renewal courses. All participants should study the text prior to course participation. The cost is \$16.75 in the U.S. Order the U.S. Diving Safety Training for Competitive Diving Coaches text in advance. Allow 20 days to receive the text.

Registration. Fill out a separate registration form for each participant. Please include a street address. UPS will not deliver to post office boxes. Registrations must be received by the registration deadline to reserve your place in the class.

Cancellation/Refund policy. National Office must receive registrations and fees from at least **six** participants no later than the registration deadline posted on the course schedule or the course will be canceled. If the course is canceled, checks will be refunded.

No Show/Transfer Policy. No shows will not receive a refund. To transfer a registration fee to another course, the participant must notify national office prior to the course date for which he/she originally pre-registered.

Walk-ons Policy. It is highly recommended that course participants register in advance by the registration deadline. Walk-ons may attend at the discretion of the instructor depending on equipment and materials availability. Walk-ons arrive 15 minutes prior to start time to register.

Translator Policy. The course is given in English. Translators are allowed during the course. Translators may not be USD coach members and may not be a participant in a course for which they are translating. No translators are allowed during the test.

Certificate validity. The certificate of completion is valid for 3 years from the date of the course.

Local Contacts Responsibilities. Promote the class locally. Contact national office at 317/237-5252 on the registration deadline posted on the schedule to determine if at least **six** or more registrations and fees were received to make a class. Contact the instructor to verify number of participants, directions to the course site, hotels and arrangements for equipment. Arrive 15 minutes early to help the instructor register walk-ons. Advise participants where they can go to eat during the lunch break. Provide the following environment and equipment for the course sessions:

Renewal “Challenge Exam” classroom 1 hr session: provide a classroom with desks for test taking

Safety Training and Renewal pool 4 hour session: Local contacts should reserve a pool with 12 feet deep water minimum and provide one spineboard with head immobilizer and cervical collar per every four participants, one rescue tube for every two participants, and a VCR (*1/2 inch VHS*) and TV/Monitor that may be viewed from the pool deck.

Safety Training classroom 3 hour session: provide a classroom with desks for test taking and an overhead projector to show transparencies (remember the extra bulb!)

Course Scheduling Policy. Associations shall submit to USD one month prior to the USAS Convention, USD course requests for the following year (*including course name, dates, sites, local contacts and local contact's written authorization to post contact information they provide on the USD web site*). Each association may schedule two safety training courses per year. One is recommended in the spring and the other in the fall. Large associations (such as SPA, PA, and Potomac Valley) may schedule an additional course. Dates will be assigned associations that do not submit by the scheduling deadline based on instructor availability. Courses added after the annual schedule is posted shall charge a \$75 registration fee per participant. The association administrative representative shall be responsible for verifying that his/her association's complete course requests for the following year have been submitted to national office one month prior to USAS. Late scheduled courses (*i.e. courses added after the annual schedule is posted*), must be scheduled no later than 30 days in advance, and six participants must be registered no later than 21 days prior to the course date.

U.S. Diving Safety Training for Competitive Diving Coaches Course & Exam Registration Form

Mail registration form and check to U.S. Diving, Pan American Plaza, 201 S. Capitol Ave., Suite 430, Indianapolis, IN 46225 TEL (317) 237-5252

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| Ship manual/diploma to: Name Mr./Mrs./Ms. _____ | Phone (____) _____ |
| <small>(Print name clearly as you want it to appear on completion certificate)</small> | |
| Address (Do not use P.O. Box #) _____ | Birth date ____/____/____ |
| _____ | _____ |
| City _____ | ST _____ Zip _____ |

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|-----------------------------|---------------------------------------------|------------------------------|
| Course Instructor _____ | Course Location _____ | Course Date ____/____/____ |
| Registrant's USD Assn _____ | Last 4 digits of Social Security # _____ | Registrant's Signature _____ |

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| Is there any reason that you can not perform the essential functions related to this course? | YES | NO |
| If yes, can you perform the essential functions with reasonable accommodation? | YES | NO |
| If you require reasonable accommodation, please contact Janet L. Gabriel at 954/462-6536 ext 213 no later than the registration deadline for your course. | | |

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| _____ Safety Training (7 hour) | _____ Option A (In Water-Wear swim suit) | _____ Option B (On deck) |
| _____ Safety Training Renewal (5 hour) | _____ Option A (In Water-Wear swim suit) | _____ Option B (On deck) |
| _____ Course fees received by the registration deadline (\$60) | | |
| _____ Course fees postmarked after the deadline and for late scheduled courses (\$75) | | |
| _____ Safety Training Manual-official course text | | |
| <small>(\$16.75 in the U.S.; \$20.75 to Canada; \$30 U.S. to all other countries. These prices include shipping and handling).</small> | | |
| _____ Total enclosed (Please make check payable to U.S. Diving) | | |

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| OFFICE USE ONLY: | Check # | Amount \$ | Manual sent: | YES | NO |
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