

# U.S. Diving Coaches Safety Curriculum 2001--2002 Requirements and Equivalents

Effective since October 1, 1998, all coach members are required to fulfill safety training requirements as established by the U.S. Diving Board of Governors. U.S. Diving currently requires coach members to present current certification cards at the time of U.S. Diving coach membership application for the following courses: Safety Training for Competitive Diving Coaches, CPR (adult & child) and first aid. See the first aid and CPR provider list below to determine if your first aid and CPR provider is on the list of accepted equivalent courses. Coaches representing U.S. Diving on USOC sponsored events or at USOC Training Centers must pass the ARC/USOC Sport Safety Training (7 hours)-includes first aid and CPR (adult & child) offered through local American Red Cross Chapters.

## U.S. Diving Safety Training for Competitive Diving Coaches

**Any one of the following courses will satisfy the requirement:**

**U.S. Diving Safety Training for Competitive Diving Coaches** (7 hour course)

**U.S. Diving Safety Training Renewal** (5 hour course)

Risk Management, Injury Control and Emergency Response and Care of Competitive Diving Injuries

Emergency Response and Care Options:

- Option A (in water): deep water rescue and spinal injury management
- Option B (on deck): deck assist rescue and spinal injury management

## Cardiopulmonary Resuscitation (CPR)

**Any one of the following courses will satisfy the requirement:**

**American Red Cross:**

- Adult CPR (4 hours)
- Infant/Child CPR (5 hours)
- Community CPR (6.5 hours) (includes adult, infant and child CPR)
- CPR for the Professional Rescuer (9 hours)
- Workplace Training: Adult CPR

**American Heart Association:**

- Advanced Cardiac Life Support (ACLS)
- Basic Life Support (BLS) for the Health Care Provider
- Heartsaver CPR (US Diving does NOT accept "Heartsaver" or "Heartsaver AED")
- Heartsaver Plus
- Any AHA Basic Life Support Instructor or Instructor Trainer for the courses listed above

**National Safety Council:**

- Adult CPR
- First Responder (includes First Aid)
- Infants and Children CPR

**Jeff Ellis & Associates:**

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program - Universal Lifeguard License (one year certification, includes First Aid)

**CPR Courses offered by other organizations:**

- American Safety & Health Institute (ASHI) CPR Pro
- EMP America - Medic First Aid (course includes First Aid) (**coach must also submit a completed, scored test signed by the course instructor**)
- E.M.S. Safety Services CPR
- Emergency Medical Technician (EMT) Basic (course includes First Aid)
- PADI Medic First Aid CPR Instructor
- Save a Heart CPR
- Save-A-Life Educators: CPR
- Tacoma Fire Department First Aid & CPR Course (course includes First Aid)

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### **First Aid**

#### **Any one of the following courses will satisfy the requirement:**

##### **American Red Cross:**

- ARC/USOC Sport Safety Training (6.5 hours with Adult CPR; 7 hrs with elective Child CPR)
- Community First Aid & Safety (9 hours) (includes Community CPR)
- First Aid – Responding to Emergencies (23.5 hrs) (includes Adult and/or Infant/Child CPR)
- First Aid Basics
- Emergency Response (43.5 hrs) (includes CPR for the Professional Rescuer)
- Lifeguard Training (includes CPR for the Professional Rescuer)
- Standard First Aid (6.5 hours) (includes Adult CPR) (ARC will not offer this course after 12/31/00)
- Workplace Training: Standard First Aid (includes Adult CPR)
- Workplace Training: First Aid

##### **American Safety & Health Institute:**

- Pediatric Basic First Aid (4 hour course)
- Adult Basic First Aid (4 hour course)
- Universal Basic First Aid (4-6 hours)

##### **National Safety Council:**

- First Aid
- First Responder (includes CPR)
- Infants & Children First Aid

##### **Jeff Ellis & Associates:**

- Water Safety+ (4 hour course includes First Aid)
- National Pool & Waterpark Lifeguard Training Program - Universal Lifeguard License (one year certification, includes First Aid)

##### **First Aid courses offered by other organizations:**

- Emergency Medical Technician (EMT) Basic (includes CPR)
- EMP America – Medic First Aid (includes CPR) **(coach must also submit a completed, scored test signed by the course instructor)**
- E.M.S. Safety Services First Aid
- Life Education of Florida – First Aid for All Ages: A Common Sense Approach
- PADI Medic First Aid Instructor
- Save a Heart First Aid
- Save-A-Life Educators: First Aid
- Tacoma Fire Department First Aid & CPR Course (includes CPR)
- University Training Centers, Inc. – Standard First Aid

#### **Revised July 2001- Update**

(Next revision will be July 2002)