



# Safety Training for Swim Coaches In-Water Skills Checklist

	DATE	INSTRUCTOR'S SIGNATURE
Reaching Assist with Equipment	_____	_____
Reaching Assist without Equipment	_____	_____
Reaching Assist without Equipment from a Position in the Water	_____	_____
Throwing Assist – Ring Buoy	_____	_____
Two-Person Removal from the Water Using a Backboard	_____	_____
Hip and Shoulder Support	_____	_____
Head Splint – Face Up & Face Down	_____	_____

Name of Student: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Date of ARC STSC Online Course Completion Certificate Presented: \_\_\_\_\_

Signature of Student: \_\_\_\_\_

Name of Instructor Who Tested the In-Water Portion: \_\_\_\_\_

Lifeguard Instructor Certification Agency: \_\_\_\_\_ Date of Expiration: \_\_\_\_\_  
Your current certification that permits you to test for these skills

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Signature of Instructor: \_\_\_\_\_

This signature verifies your certifications meet the USA Swimming guidelines that are acceptable for skill testing for the certification of Safety Training for Swim Coaches in-water portion of their skills.

### Currently Approved Agencies:

- American Lifeguard Association – Instructor
- American Red Cross – Lifeguarding Instructor, Instructor Trainer, Water Safety Instructor, or Safety Training for Swim Coach Instructor
- Boy Scouts of America Lifeguard Instructor
- Ellis & Associates – International Lifeguard Training Instructor
- Starguard – StarGuard Instructor
- YMCA – Lifeguarding Instructor

Present this form and your ARC STSC on-line completion certificate to your LSC Registrar for verification of completing the STSC requirement for USA Swimming Coaches registration. Send to:

[Arizona Swimming Registrar  
registration@azswimming.org](mailto:registration@azswimming.org)

Disclaimer: USA Swimming reserves the right to verify the authenticity of instructor credentials with the certifying agency. Falsification of this record may constitute a Code of Conduct violation and result in a Board of Review complaint.