



MINNESOTA
SWIMMING

Coach Safety Training Workshop

Eden Prairie Community Center (EPCC)

16700 Valley View Rd, Eden Prairie, MN 55346

All Training will be on Monday, April 30th at the EPCC (see classes below for times)

All courses are through the American Red Cross (ARC)

John Raby, MSI Safety Chair, Instructor Questions: mn.safety@gmail.com 952-470-4156

Registration & Information: www.edenprairie.org 952 949-8470

Course Descriptions and Times:

Note: See also the PDF First aid and CPR study guide that the students should study prior to the training.

You can find this on the MSI Website/Documents/Coaches

ARC Standard First Aid with Adult CPR + AED Challenge for USA Swim Coaches [Course #33349]

The purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Participants are responsible for reviewing and knowing the skills in the Adult First Aid CPR/AED Ready Reference guide.

Instructors will be available to answer questions and to test your skills. The more prepared you are the faster the training will go. Upon completion of this course students will receive a Standard First Aid with Adult CPR +AED certificate that is valid for 2 years. 6:30-8:30pm Fee \$88.00

ARC Adult CPR + AED Challenge for USA Swim Coaches [Course #33348]

The purpose of the American Red Cross Adult CPR/AED challenge course is to help swim coaches recognize and respond appropriately to cardiac and breathing emergencies. Participants are responsible for reviewing and knowing the skills in the Adult First Aid CPR/AED Ready Reference guide (pages 2-8).

Instructors will be available to answer questions and to test your skills. The more prepared you are the faster the training will go. Upon completion of this course students will receive an Adult CPR +AED certificate that is valid for 2 years. 6:30-7:45pm Fee \$60.00

ARC Standard First Aid Challenge for USA Swim Coaches [Course #33350]

The purpose of the American Red Cross First Aid program is to help participants recognize and respond appropriately to cardiac and first aid emergencies. Participants are responsible for reviewing and knowing the skills in the Adult First Aid CPR/AED Ready Reference guide (pages 2, 9-12).

Instructors will be available to answer questions and to test your skills. The more prepared you are the faster the training will go. Upon completion of this course students will receive a Standard First Aid with Adult CPR +AED certificate that is valid for 2 years. 7:45-8:30pm Fee \$58.00

ARC Safety Training for Swim Coaches course (Fast-Track Option) water session[Course #33351]

The purpose of this course is to provide training in aquatic safety for competitive swim coaches and officials. This is the in-water part of the Safety training for Swim Coaches course. Participants will practice water rescue techniques in the pool.

Course Prerequisites: To enroll in the Safety Training for Swim Coaches course (Fast-Track Option), participants must have completed the Safety Training for Swim Coaches online written exam on the USA Swimming Web site (www.usaswimming.org). Participants must bring the confirmation e-mail with them to the course to participate. Because this is an in-water skill session, participants must be comfortable in chest-deep water. Participants should bring a swimming suit and towel. Upon completion of this course students will receive a Safety Training for Swim Coaches certificate that is valid for 3 years. 8:30-9:30pm Fee \$53.00