



CCP Safety Credentials



Coaches Safety Requirements and Equivalents

Effective January 1, 2010. US Synchronized Swimming requires coach members to hold current certifications for the following: CPR and First Aid.

CARDIOPULMONARY RESUSCITATION (CPR)

Any one of the following courses will satisfy the CPR requirement unless listed under "Not Acceptable". American Red Cross (All American Red Cross CPR certifications are valid for one year unless otherwise noted):

Acceptable:

- Adult CPR (4 hours)
- Adult CPR/AED
- Adult and Child CPR (recommended if you coach 12 and unders) (Infant CPR is optional component)
- CPR/AED - Adult and Child (recommended if you coach 12 and unders) (Infant CPR is optional component)
- CPR/AED for Lifeguards (one year certification)
- CPR/AED for the Professional Rescuer (two year certification)
- CPR/AED for the Professional Rescuer and Healthcare Provider (two year certification)
- ARC instructor certification (must submit Instructor Authorization Transcript)

Not acceptable:

- Workplace CPR
- WSI

American Heart Association (All American Heart Association CPR certifications are valid for two years):

- ACLS Provider (8-16 hours)
- Healthcare Provider (6-8 hours)
- Any AHA Basic Life Support Instructor or Instructor Trainee for the courses listed above
- AHA Heartsaver CPR
- Heartsaver AED

American Lifeguard Association:

- CPR-PR
- Community CPR

American Safety & Health Institute (ASHI):

- CPR Pro
- CPR/AED for the Community and Workplace (two year certification)

National Safety Council (National Safety Council CPR certifications are valid for one or two years, depending on the training agency.):

- Adult CPR & AED
- Standard First Aid, CPR & AED (includes First Aid component)

Ellis & Associates:

- Water Safety+ (4 hours; includes First Aid component)
- International Lifeguard Training (one year certification; includes first aid component)
- International Lifeguard Training Instructor License (12-18 month certification)

Emergency First Response (PADI)

- Emergency Responder - CPR/AED/First Aid (two year certification)
- Emergency Responder - CPR/AED (two year certification)
- Emergency Responder - CPR/First Aid (two year certification)

USSS CCP Safety Credential Requirements

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CPR courses offered by other organizations:

- AAOS (American Academy of Orthopedic Surgeons) Emergency Care & Safety Institute CPR (two year certification)
- California State Lifeguard
- Medic First Aid (includes First Aid component -must submit a scored written test signed by instructor)
- EMS Safety Services CPR
- EMT (Emergency Medical Technician) Basic (includes First Aid component)
- Paramedic
- Pro CPR Adult/Child/Infant CPR & AED for Health Care Provider (BLS) (valid for 2 years - must have signature of Skills Evaluator)
- Pro First Aid (valid for 2 years; includes first aid component -must have signature of Skills Evaluator on back of card)
- Save-A-Life Educators CPR
- Star Guard
- Tacoma Fire Department First Aid & CPR (includes First Aid component)
- University Training Centers, Inc. - Healthcare Provider BLS(C)

FIRST AID (Required)

Any one of the following courses will satisfy the CPR requirement unless listed under "Not Acceptable". American Red Cross (All American Red Cross first aid certifications are valid for three years):

(When the course includes a CPR component, a separate CPR card will be issued)

Acceptable:

- First Aid for Coaches
- ARC/USOC Sport Safety Training (7 hours; includes CPR component)
- Sports Injury Prevention and First Aid (may include a CPR component)
- First Aid - Responding to Emergencies (23 hours; includes CPR component)
- First Aid
- Community First Aid & Safety (includes CPR component)
- Emergency Response (43 hours; includes CPR component)
- Lifeguarding/First Aid (Waterfront/Waterpark optional) (40 hrs; includes CPR component)
- Standard First Aid
- ARC instructor certification (must submit Instructor Authorization Transcript)

Not acceptable:

- Workplace First Aid
- WSI

National Safety Council (National Safety Council first aid certifications are valid for 2-3 years, depending on the training agency):

- First Aid
- Standard First Aid, CPR & AED (includes CPR component)

Ellis & Associates:

- Water Safety+ (4 hours; includes CPR component)
- International Lifeguard Training (one year certification; includes CPR component)
- International Lifeguard Training Instructor License (12-18 month certification)

First aid courses offered by other organizations:

- AAOS (American Academy of Orthopedic Surgeons) Emergency Care & Safety Institute First Aid
- American Lifeguard Association First Aid
- ASHI (American Safety & Health Institute) Basic First Aid (4 hours)
- California State Lifeguard
- Medic First Aid (includes CPR component- must also submit a scored written Medic First Aid test signed by the instructor).
- EMS Safety Services First Aid
- EMT (Emergency Medical Technician) Basic (includes CPR component)
- Paramedic
- Pro First Aid (valid for 2 years; includes CPR component- must have signature of Skills Evaluator on back of card)
- Save-A-Life Educators First Aid
- StarGuard
- Tacoma Fire Department First Aid & CPR (includes CPR component)
- University Training Centers, Inc. - Standard First Aid
- Life Education of Florida - First Aid for All Ages: A Common Sense Approach
- American Heart Association Heartsaver First Aid
- HealthCare Professional's state issued license to practice