

Check list for USA Swimming Coach Membership

In order to access anything on the USA Swimming website, www.usaswimming.org you will first need to create a free account for yourself:

Go to "Sign In" in the top right corner and create an account.

Once you create an account, keep a note of your user name and password as you will need to sign in to the site each time you need to complete an online test or background check.

PLEASE NOTE: You will need to pay by debit or credit card for the background check and some of the tests.

_____ Non-athlete registration form filled out completely and legibly. This form is found in the Coaching Registration section of our website.

_____ Annual registration fee (Payment amount is found on the registration form.)

- Make check payable to "Middle Atlantic Swimming."

_____ A copy of any USA Swimming approved certification that needs to be updated in our database.

- CPR
- In-water Safety (include Lifeguarding or the In-water skills test)
- Online Safety training for Swim Coaches.

Click [here](#) for USA Swimming approved courses.

_____ **USA Swimming Background Check.** Instructions are found [here](#). You do not need to enclose your background check as we will receive notification of it through USA Swimming.

_____ **Athlete Protection Training.** Instructions are found [here](#). You do not need to enclose your APT verification as we will receive notification of it through USA Swimming.

_____ **Foundations of Coaching 101**, must be completed prior to registering as a coach member. Instructions for the FOC are found [here](#).

_____ **Foundations of Coaching 201**, must be completed prior to registering for a 2nd year as a coach member. Instructions for the FOC are found [here](#).

_____ **Rules and Regulations**, must be completed prior to registering for a 2nd year as a coach member. Instructions for Rules and Regulations are found [here](#).

_____ **Concussion Protocol**, proof of course completion will be recorded if certificate is sent to Middle Atlantic. Keep in mind that some states require the Concussion Protocol for all coaches to be on deck. Attending a meet out of the LSC may require coaches to complete this course.