

USA DIVING SAFETY TRAINING AND RENEWAL COURSES INFORMATION

Description and Length of Courses. The 1) Safety Training and 2) Safety Training Renewal courses are available at all course sites beginning October 1, 2001. The classroom session start time for each is different. The pool session start time for each is the same. The actual course length depends on the number of participants. **WARNING!** *The activity can be strenuous. There are lifting and swimming skills potentially exhausting for individuals with heart or lung conditions. Participants with physical limitations should consult a physician prior to engaging in the course and notify USD of limitations at the time of registration.*

1. SAFETY TRAINING (7 hours) This course is available for first time participants and renewals. This course consists of two sessions.
1st Session-(4 hours pool): deep water rescue & spinal injury management **Option A (in Water- Wear swim suit)** or Option B (on Deck)
2nd Session-(3 hours classroom): risk management, injury control, emergency response and care of injuries specific to competitive diving and exam.

2. SAFETY TRAINING RENEWAL (5 hours) **Eligibility:** Coaches with currently valid Option A or B Safety Training Certification are eligible to register. The course consists of two sessions. **1st Session (1 hour classroom)** “challenge exam” covering risk management, injury control, emergency response and care of injuries specific to competitive diving. **2nd Session (4 hours pool)** rescue and spinal injury management skill demonstrations. The renewal pool session format includes 1) the “rescue challenge” or if needed “rescue review and challenge” and 2) the “spinal injury management review and skill demonstration.” No challenge format is available for the Spinal Injury Management skills. **Note:** *Participants with Option B Safety Training credentials who desire to upgrade to Option A credentials at the time of renewal are not eligible for the CHALLENGE format of the rescue skills in the pool session, but may CHALLENGE the written exam.*

Date and Start times. The course schedule is subject to change. Dates and start times listed on the schedule are tentative and may vary from the posted schedule. **Confirm the date and start time with the local contact prior to your departure for the course.** **Start time for the Safety Training Renewal course “challenge exam” is 8:00 a.m.** local time unless otherwise indicated. **Start time for the Safety Training course is 9 a.m.** local time unless otherwise indicated.

First Aid & CPR. While first aid and CPR are not prerequisites, taking first aid and CPR prior to taking USA Diving Safety Training for Competitive Diving Coaches will better prepare & enhance instructor-participant communication during the Safety Training course.

Registration. Space is limited. Register in advance to reserve your place. Pre-register to avoid paying the late fee. Fill out a separate registration form for each participant. Please include a street address. USD will not ship to PO boxes.

Fees. No credit cards accepted; all orders must be prepaid. For those who pre-register by the quarterly pre-registration deadline posted on the schedule, the course fee is \$60 for renewals and first time participants. Text fee is additional. For those renewals and first time participants whose registration fee is postmarked after the quarterly pre-registration deadline, a late registration fee of \$75 will be charged. Text fee is additional. Be advised that the registration fee for Late Scheduled Courses (*i.e. courses added after the annual schedule is posted*) is \$75 per participant.

Retest Fee. The retest fee is \$25 for those who did not pass to repeat the course at a later date.

Written Exam. Participants in the Safety Training and Safety Training Renewal courses, who do not pass the written Exam A, may take Exam B on site without paying a retest fee.

Text. USA Diving Safety Training for Competitive Diving Coaches (1999) is the course text for both the Safety Training and the Safety Training Renewal courses. All participants should study the text prior to course participation. The cost is \$16.75 in the U.S. Order the USA Diving Safety Training for Competitive Diving Coaches text in advance. Allow 20 days to receive the text.

Cancellation/Refund policy. National Office must receive registrations and fees from at least six participants no later than the registration deadline posted on the course schedule or the course will be canceled. If the course is canceled, checks will be refunded.

No Show/Transfer Policy. No shows will not receive a refund. To transfer a registration fee to another course, the participant must notify national office prior to the course date for which he/she originally pre-registered.

Walk-ons Policy. It is highly recommended that course participants register in advance by the registration deadline. Walk-ons may attend at the discretion of the instructor depending on equipment and materials availability. Walk-ons arrive 15 minutes prior to start time to register.

Translator Policy. The course is given in English. Translators are allowed during the course. Translators may not be USD coach members and may not be a participant in a course for which they are translating. No translators are allowed during the test.

Certificate validity. The certificate of completion is valid for 2 ½ to 3 ½ years, depending on what month the course is completed. Those who complete the course in the first six months of the year have certificates valid for the remainder of the year plus two more years. Those who complete the course in the last six months of the year have certificates valid for the remainder of the year plus three more years. Regardless of when during a year the course was completed, all certificates expire on December 31st.

Local Contacts Responsibilities. Promote the class locally. Contact national office at 317/237-5252 on the registration deadline posted on the schedule to determine if at least six or more registrations and fees were received to make a class. Contact the instructor to verify number of participants, directions to the course site, hotels and arrangements for equipment. Arrive 15 minutes early to help the instructor register walk-ons. Advise participants where they can go to eat during the lunch break. Provide the following environment and equipment for the course sessions: **Renewal “Challenge Exam” classroom 1 hr session:** provide a classroom with desks for test taking. **Safety Training and Renewal pool 4 hour session:** Local contacts should reserve a pool with 12 feet deep water minimum and provide one spine board with head immobilizer and cervical collar per every four participants, one rescue tube for every two participants, and a VCR (1/2 inch VHS) and TV/Monitor that may be viewed from the pool deck. **Safety Training classroom 3 hour session:** provide a classroom with desks for test taking and an overhead projector to show transparencies (remember the extra bulb!)

USA Diving Safety Training for Competitive Diving Coaches Course & Exam Registration Form

Mail registration form and check to USA Diving, Pan American Plaza, 201 S. Capitol Ave., Suite 430, Indianapolis, IN 46225 TEL (317) 237-5252

Ship manual/diploma to: Name Mr./Mrs./Ms. _____ <small>(Print name clearly as you want it to appear on completion certificate)</small>		Phone (____) _____ day
Address (Do not use P.O. Box #) _____		Birth date ____/____/____
City _____		ST _____ Zip _____

Course Instructor _____	Course Location _____	Course Date ____/____/____
Registrant's USD Assn _____	Last 4 digits of Social Security # _____	Registrant's Signature _____

Is there any reason that you can not perform the essential functions related to this course?	YES NO
If yes, can you perform the essential functions with reasonable accommodation?	YES NO
If you require reasonable accommodation, please contact Janet L. Gabriel at 954/564-1521(O); Email: usdedusafe@aol.com no later than the registration deadline for your course.	

_____ Safety Training (7 hour)	_____ Option A (In Water-Wear swim suit)	_____ Option B (On deck)
_____ Safety Training Renewal (5 hour)	_____ Option A (In Water-Wear swim suit)	_____ Option B (On deck)
_____ Course fees received by the pre-registration deadline (\$60)		
_____ Course fees postmarked after the pre-registration deadline and for late scheduled courses (\$75)		
_____ Safety Training Manual-official course text <small>(In the U.S-\$16.75, To Canada-\$20.75 us; To all other countries-\$30 us. These prices include shipping and handling).</small>		
_____ Total enclosed (Please make check payable to USA Diving)		

OFFICE USE ONLY:	Check # _____	Amount \$ _____	Manual sent: YES NO
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