

JSL Approved Safety Training Options

- **JSL provided Red Cross Safety Training**
- **The full ARC Safety Training for Swim Coaches course (8 hours)**
- **ARC Safety Training for Swim Coaches Review Challenge (4 hours)**
- **ARC Lifeguarding (40 hours)**
- **Ellis & Associates National Pool & Waterpark Lifeguard Training Program**
- **Universal Lifeguard License (*one year certification, includes First Aid*)**
- **YMCA Lifeguarding**

Any of the certification options listed above must still be valid at the time of the JSL Championship in order for any coach to gain access to the pool deck. Other restrictions may apply.