



USSPEEDSKATING

## USS Requirements for Coaching Certification

### **Level 1**

The US Speedskating Level 1 coursework can be taken as a home study course with a Mentor coach who will have to be a current certified USS Level 2 or higher coach. Minimum age to start is 15 years of age and can be fully certified with 16.

- *Home exam*
  - Please upload to your USS member profile under 'Documents'
- *25 hours of coaching*
  - Count starts after processing of your Level 1 application by USS
  - Please submit verification form
- *10 lessons plans*
  - Please upload to your USS member profile under 'Documents'
- [Concussion Awareness Course](#)
  - This course is free of charge, time commitment approx. 10-30 min
  - Please upload to your USS member profile under 'Documents'
- *First Aid*

Online First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department or other accredited organization. Optional online [ASEP Sport First Aid Course](#) for a deeper understanding.

  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- *CPR/AED Certification*
  - Online or a hybrid-class/blended course. Coursework is also offered as combination CPR and First Aid/AED
  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- [Positive Coaching Alliance Course](#) - Double Goal Coach: Coaching for Winning & Life Lessons
  - Please upload to your USS member profile under 'Certifications'
  - Complimentary access information [here](#)
- *Attend a competition at least as assistant coach*
  - Please have verification form signed by meet director
  - Please upload to your USS member profile under 'Documents'
- *Signed Coaches Code of Conduct & Ethics*
  - Full version to be found [here](#)
  - Please upload to your USS member profile under 'Documents'
- *Background check* – access through your USS membership profile
- *Center for SafeSport Certificate* – access through your USS membership profile
  - This course is free of charge, time commitment approx. 90min, can be completed in multiple sessions
  - Refresher course after one year is approx. 30min

- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

**Level one must be completed within one year of application.**

## **Level 2**

The US Speedskating Level 2 coursework can be taken in an offered as home study course with a Mentor coach who will have to be a current certified USS Level 2 or higher coach.

- *Home exam*
  - Please upload to your USS member profile under 'Documents'
- *75 hours of coaching*
  - Count starts after processing of your Level 2 application by USS
  - Please upload to your USS member profile under 'Documents'
- *10 lessons plans*
  - Please upload to your USS member profile under 'Documents'
- *First Aid*

Online First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department or other accredited organization. Optional online [ASEP Sport First Aid Course](#) for a deeper understanding.

  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- *CPR/AED Certification*
  - Online or a hybrid-class/blended course. Coursework is also offered as combination CPR and First Aid/AED
  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- *[Positive Coaching Alliance Course](#)* - Double Goal Coach: Developing The Triple Impact Competitor
  - Please upload to your USS member profile under 'Certifications'
  - Complimentary access information [here](#)
- *Camp attendance (2 or more days) with a current USS certified coach in attendance*
  - Please upload to your USS member profile under 'Documents'
- *Coach 2 competitions*
  - Please have verification form signed by meet director
  - Please upload to your USS member profile under 'Documents'
- *Signed Coaches Code of Conduct & Ethics*
  - Full version to be found [here](#)
  - Please upload to your USS member profile under 'Documents'
- *Background check* – access through your USS membership profile
- *Center for SafeSport Certificate* – access through your USS membership profile
  - This course is free of charge, time commitment approx. 90min, can be completed in multiple sessions
  - Refresher course after one year is approx. 30min
- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

**Level two must be completed within two years of application.**

### **Level 3**

This course is only offered as seminar style course. Part taking in the compete seminar is mandatory to be considered for certification. Seminars are usually offered in a two year rhythm unless demand would indicate a different procedure.

- *Mandatory in-person seminar and home assignment modules*
- *1-Year Training Plan*
  - Submit comprehensive one-year training plan, including periodization, training load, monitoring tools for progression and explanation
  - Please upload to your USS member profile under 'Documents'
- *First Aid*

Online First Aid/AED class with Red Cross, American Heart Saver Association, Fire Department or other accredited organization. Optional online [ASEP Sport First Aid Course](#) for a deeper understanding.

  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- *CPR/AED Certification*
  - Online or a hybrid-class/blended course. Coursework is also offered as combination CPR and First Aid/AED
  - Will have to be renewed every 2 years
  - Please upload to your USS member profile under 'Certifications'
- *[Positive Coaching Alliance Course](#)* - Double Goal Coach: Culture, Practices & Games
  - Please upload to your USS member profile under 'Certifications'
  - Complimentary access information [here](#)
- *Coach 4 competitions*
  - Please upload to your USS member profile under 'Documents'
- *Camp attendance (2 or more days) with a current USS certified coach in attendance*
  - Please upload to your USS member profile under 'Documents'
- *Weight training evaluation by a certified strength and conditioning coach*
  - Please upload to your USS member profile under 'Documents'
- *Signed Coaches Code of Conduct & Ethics*
  - Full version to be found [here](#)
- *Present at a camp or coaching educational seminar*
  - Please upload your presentation to your USS member profile under 'Documents'
- *Background check* – access through your USS membership profile
- *Center for SafeSport Certificate* – access through your USS membership profile
  - This course is free of charge, time commitment approx. 90min, can be completed in multiple sessions
  - Refresher course after one year is approx. 30min
- Upon timely submission of all documentation US Speedskating will issue a current coaching license.

**All Level 3 documents must be submitted within the 2 year time frame to be considered.**

All coaching licenses is valid as long as longest renewable mandatory item is valid. To renew/extend an existing coaching license please complete a CE credit through PCA, the [Gatorade Science](#) website, or submit proof of other continued education (i.e. university coursework, sports performance seminar), take part in a USS coaching clinic as presenter or move up to the next coaching level.