

Instructing

Lifesaving Instructor (LSI)

Prerequisites - must be age 16 or older and have completed Bronze Cross.

This 40 hour course allows successful candidates to instruct Lifesaving Society Program-Swim for Life swimming lessons, as well as Bronze Star, Bronze Medallion and Bronze Cross.



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become a
LIFEGUARD



STEP

The Bronze Family

1

Bronze Star

Designed for ages 8 to 12. Completion of swim patrol levels is recommended before this course, but not mandatory. Course integrates safety, fitness and lifesaving skills into a complete water smart package. Participants may enter Bronze Medallion upon successful completion of this course.

2

Bronze Medallion

Prerequisites - age 13 or older **OR** have completed Bronze Star. Swimmers also receive CPR-A and AED training with this course. Candidates are expected to complete physical requirements such as a timed swim and lifting persons out of the pool.

3

Bronze Cross

Prerequisites - Bronze Medallion Swimmers also receive CPR-C and AED training with this course. Must have Canadian Lifesaving Manual. Candidates are expected to complete physical requirements such as timed swim and lifting persons out of the pool.

4

Standard First Aid

Prior to your first day of National Lifeguard you must have completed a recognized Standard First Aid course complete with CPR C and AED. Please ensure you have **Standard** First Aid. Some candidates confuse emergency first aid training with standard first aid. Emergency first aid is not as extensive and often doesn't include the level of CPR required.

Standard First Aid

This can be Lifesaving Society Aquatic Emergency Care (recommended for Lifeguarding) Lifesaving Society Standard First Aid, Red Cross, St. John's Ambulance, or Canadian Ski Patrol Standard First Aid.

Aquatic Emergency Care (AEC)

Recognized standard first aid course which focuses on water emergencies. Swimmers also receive their CPR-C and AED certification. Canadian Lifesaving Manual required. This course is an asset if planning on taking National Lifeguard as it covers some of the material introduced in National Lifeguard.

5

National Lifeguard Award

National Lifeguard

Prerequisites - must be age 16 or older and have completed Bronze Cross and a recognized Standard First Aid/CPR C and AED Training prior to beginning the course. Candidates are expected to complete numerous physical requirements such as a timed swim, water sprints, and timed rescue drills involving lifting. Candidates receive the Alert manual with course fee. Canadian Lifesaving Manual, whistle, and coil/lanyard required.