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BECOME A SWIM INSTRUCTOR

Lifesaving Society Swim Instructor / Lifesaving Instructor

Prerequisites: 15 y/o, Bronze Cross or higher Certification Currency: 2 years

Swim Instructor prepares candidates to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society's Swim for Life and Canadian Swim Patrol programs. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Lifesaving Instructor prepares candidates to teach the Bronze Medal Awards.

Harbour Pool offers an in-house apprenticeship program to candidates who successfully complete the course.

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Lifesaving Society SwimAbilities Instructor

Prerequisites: Current Swim or Lifesaving Instructor Certification
Certification Currency: 2 years

This course prepares candidates to teach and evaluate individuals participating in the Lifesaving Society's SwimAbilities program, which offers a modified program option for individuals with special needs. Candidates acquire additional training to support individuals with special needs in a pool environment.



LIFESAVING SOCIETY®
The Lifeguarding Experts



LEADERSHIP GUIDE

FOR MORE INFORMATION, PLEASE
CALL OR VISIT OUR WEBSITE

 780-992-6162

 www.footsask.ca/swim



YOUR JOURNEY TO
BECOMING A LIFEGUARD
AND SWIM INSTRUCTOR
BEGINS HERE

BECOME A LIFEGUARD

1 Bronze Medallion / CPR-C

Prerequisites: 13 y/o OR Bronze Star

Bronze Medallion challenges candidates both mentally and physically in the four components of water rescue - judgement, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. CPR-C covers all aspects of CPR skills and theory for adults, children, and infants, including two-rescuer CPR skills and AED operation skills.

2 Intermediate First Aid CPR-C & AED / Aquatic Emergency Care / O2 Administration

Prerequisites: None

Certification Currency: 2 years

Intermediate First Aid CPR-C and AED provides comprehensive first aid training, covering all aspects of first aid, CPR, and AED use. Aquatic Emergency Care provides training specific to emergencies in an aquatic setting. Oxygen Administration provides knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

3 Bronze Cross

Prerequisites: Bronze Medallion, Intermediate First Aid CPR-C & AED (or equivalent)

Bronze Cross prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

4 National Lifeguard

Prerequisites: 15 y/o, Bronze Cross, Intermediate First Aid CPR-C & AED (or equivalent)

National Lifeguard is Canada's standard for professional lifeguarding. The course builds on the fundamental skills, knowledge, fitness, judgment, and values taught in prerequisite courses. The course develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

UNDER 13?

Junior Lifeguard Club

Prerequisites: 8 y/o, comfort in deep water, ability to swim 25m and tread water for 2 minutes

Junior Lifeguard Club, combining each of the Canadian Swim Patrol levels together in a club-based setting, provides enriched training for those who are ready to go beyond learn-to-swim. This program continues to develop participants' swimming strokes and provides fundamental lifesaving skills that prepares them for success in the Lifesaving Society's Bronze Medal awards.

Bronze Star

Prerequisites: None. Junior Lifeguard Club experience is recommended

Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

