

THE ROAD TO LIFEGUARD CERTIFICATION

1st BRONZE STAR

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills. Bronze Star includes the CPR-A certification.

Pre-requisites:

Ability to swim 200 meters.
(12 years & Up)

2nd BRONZE MEDALLION

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tow and carries in preparation for challenging rescues involving conscious and unconscious victims, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPR-B certification.

Pre-Requisites:

13 years old by last day of course.

3rd BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs.

Pre-Requisites:

14 years old (recommended age)
Bronze Medallion by the first day of course (does not need to be current)

4th NATIONAL LIFEGUARD SERVICE –NLS

Recognized as the standard measurement of lifeguarding performance in Canada, the NLS program develops a sound understanding of lifeguarding principles, good judgment and communication skills and a mature and responsible attitude toward the role of the lifeguard. The NLS lifeguard's primary role is to prevent injuries (and when necessary, effectively manage emergencies) and to facilitate a safe and enjoyable aquatic experience. NLS training develops the basic lifeguarding skills needed to adapt different aquatic facilities and situations.

Pre-Requisites:

Bronze Cross by the first class
Standard First Aid (included in the course)

Must be 16 years old

August 31 – September 4, 2009
Monday to Friday, 8 am – 5 pm
Cost: \$294 + \$33 Alert Manual

ASSISTANT WATER SAFETY INSTRUCTOR

(Required for teaching)

The AWSI course is the national pre-requisite to the Water Safety Instructor course. AWSI prepares candidates by providing them with a foundation of instructional skill; theoretical knowledge that supports learning and teaching; and training that focuses on safety supervision, physical principles, progressions, communication and feedback.

Pre-Requisites:

15 years old by the last day of course

Able to perform Red Cross Swim Kids Level 10 strokes and skills

WATER SAFETY INSTRUCTOR

(Required for teaching)

The WSI course is to certify candidates to instruct the Red Cross Swim programs by focusing on how to effectively teach and evaluate the performance criteria; apply information about the competencies in the AWSI course; emphasize stroke development, drills and corrective strategies; allows Instructors to apply their teaching skills and knowledge through teaching experience and evaluates instructional emergency response skills.

Pre-Requisites:

16 years old by the last day of the course

Assistant Water Safety Instructor

