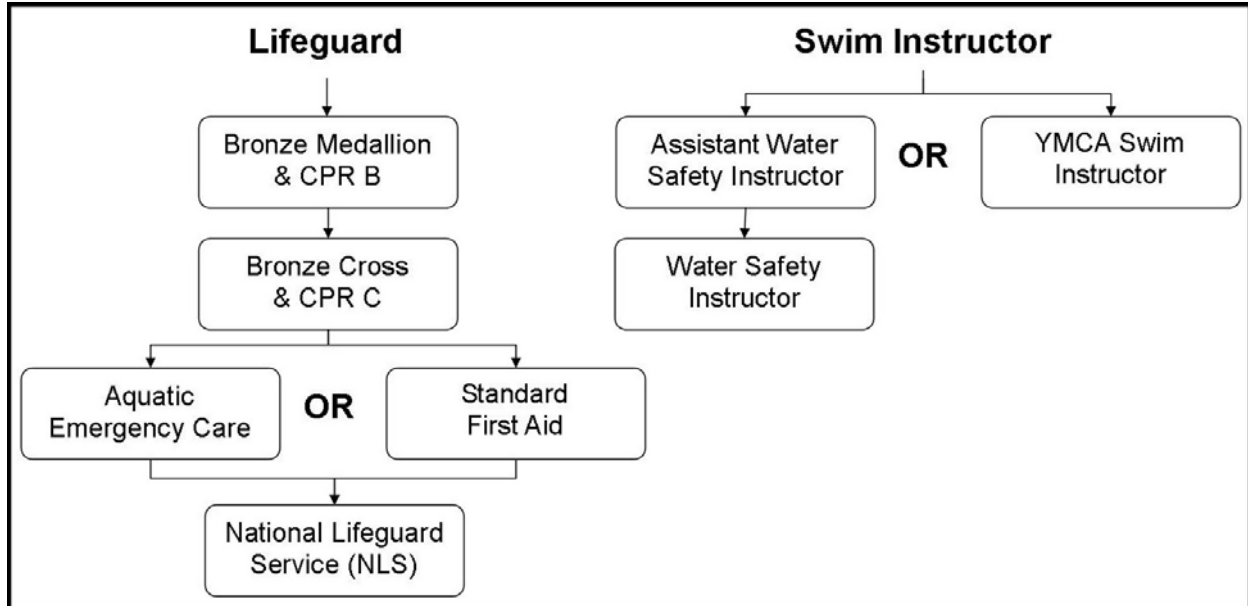


Steps to become a Lifeguard & Instructor and getting the job...

Please note that most facilities require individuals to hold both lifeguard and instructor certifications in order to be considered for aquatic positions. For complete details and more information on the training process and certifications visit: www.lifeguardokanagan.com



Lifeguard Training Programs

Bronze Medallion

Bronze Medallion teaches candidates how to respond in complex water rescue situations and develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased. Lifesavers demonstrate stroke efficiency and endurance in a timed swim. Candidates must be able to complete a 500m swim in 15 mins or less.

Prerequisite: Bronze Star or 13 years of age by the last day of the course.

Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and the use of specialized rescue equipment. Candidates must be able to complete a 600m timed swim in 18 mins or less.

Prerequisite: Bronze Medallion. Recommended age is 14 years.

Aquatic Emergency Care (Includes CPR-C Certification)

Taught by a certified Lifesaving Society First Aid Instructor, AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. Learn how to recognize and treat injuries including head & spine, bone & joint, abdominal & chest, burns, obstructed airways and other common medical emergencies. AEC is Standard First Aid-equivalent and includes CPR-C certification.

Prerequisite: Bronze Medallion award by first class.

Aquatic Emergency Care Recertification (Includes CPR-C Recert)

The AEC recertification clinic recertifies AEC and CPR-C. Taught by a certified Lifesaving Society First Aid Instructor. Recertification is recommended every two years.

Prerequisites are: Previous AEC or SFA plus one of Bronze Medallion, Bronze Cross, NLS, or Lifesaving Instructor.

National Lifeguard Service (NLS) Pool Option

The NLS course is designed to develop a sound understanding of lifeguarding principles, good judgement and a mature, responsive attitude toward the role of the lifeguard. The program emphasizes teamwork, leadership, communication, the prevention of accidents and treatment of medical emergencies.

Prerequisites: Bronze Cross and Aquatic Emergency Care or Standard First Aid and 16 years of age by the last day of the course.

NLS Precertification & Recertification

NLS award-holders are recertified by completing an NLS Pre-cert/Re-cert clinic. The Precert acts as an opportunity for review and allows candidates to become familiar with the evaluation standards of the award. The Recert acts as the actual evaluation segment. Please note that candidates will be required to write a standardized written exam at the Recert. To remain current award-holders must recertify every 2 years.

Prerequisites: NLS Pool Option (within 5 years) and CPR-C within 1 year and age 16 years or more. A current AEC or SFA is strongly recommended.

Instructor Training Programs

Lifesaving Instructor

Candidates are introduced to basic learning approaches and teaching strategies and to apply them to teaching water rescue, first aid, and other lifesaving skills. Instructor candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. This introductory instructor course is the base for most Lifesaving Society instructor certifications.

Prerequisites: Bronze Cross (need not be current) and age 16 by the last day of the course.

Lifesaving Instructor Recertification

The Recert will provide candidates with an overview of the bronze programs and they will consider how they fit into the lifesaving continuum. Through group work and peer teaching, candidates will explore effective techniques to teach and evaluate lifesaving, first aid, water proficiency and CPR skill items. There will also be an opportunity to review Society administrative policies and procedures, ask questions and share teaching successes and challenges. The Recert is both wet and dry so candidates need to bring a bathing suit and towel. *Prerequisites: Lifesaving Instructor certification (within 5 years) and age 16 or older.*

Assistant Water Safety Instructor

Candidates cover a foundation of instructional skills including teaching methods, learning styles, physical principles of water movement, progressions, communication, safety supervision and feedback.

Candidates are evaluated during assistant teaching hours and through individual study assignments. An additional 8 hrs of volunteer apprenticeship teaching are required. *Prerequisites: Bronze Cross and AEC or SFA and 15 yrs of age.*

Water Safety Instructor

In this course instructor candidates focus on how to apply information from the Assistant Water Safety Instructor course and develop additional instructional skills in stroke development, drills and corrective strategies to plan, teach and evaluate the entire Red Cross Swim continuum. *Prerequisites: Assistant WSI and Bronze Cross or NLS and AEC or SFA and 16 years of age.*

Water Safety Instructor Recertification

Re-certification of the WSI certification is required every two years. At the WSI Recert workshop candidates will review course content to ensure Red Cross Water Safety Instructors reinforce injury prevention, inclusion strategies, progressive learning techniques and safety supervision. *Prerequisites: WSI certification and age 16 years or older. NLS certification is recommended.*