

Becoming a Lifeguard or Instructor at the LRC

Steps to Become a Lifeguard (Lifesaving Society)

1. Bronze Medallion
2. Bronze Cross
3. Aquatic Emergency Care (AEC) or Red Cross Standard First Aid (SFA)
4. National Lifeguard Service (NLS)

** For more information on these courses please see below*

Steps to Become an Instructor (Red Cross)

1. Assistant Water Safety Instructor (AWSI)
2. Water Safety Instructor (WSI)

** For more information on these courses please see below*

Steps to Become a Lifeguard (Red Cross)

1. Assistant Lifeguard (ALG)
2. Standard First Aid (SFA)
3. Lifeguard (LG)

** For more information on these courses please see below*



Lifesaving Society Programs

Bronze Star

The Bronze Star award helps participants to develop problem-solving and decision making skills, learn to perform CPR, develop water smart confidence, learn lifesaving skills and be one's own lifeguard.

Pre-requisites: Swim Kids 10 swimming ability (or equivalent)

Bronze Medallion

The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue – judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increases risk involving conscious and unconscious victims of various types. Students also learn CPR and first aid skills. **Bronze Medallion & Cross are offered together at the LRC.**

Pre-requisites: 13 years old or Bronze Star

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 is a prerequisite for all advanced training programs for the Lifesaving Society. Bronze Cross must be recertified every 2 years to remain current. **Bronze Medallion & Cross are offered together at the LRC.**

Pre-requisites: Bronze Medallion

Aquatic Emergency Care

AEC provides the knowledge and technique of emergency care useful in the aquatic environment. Valuable skills such as priority assessment, recognition of vital signs and basic aquatic emergency care principals are learned in this program. At the LRC, this course also covers full Automatic External Defibrillation (AED) and Oxygen Administration (O2) certifications. AEC/AED/O2 must be recertified every 2 years to remain current.

Pre-requisites: 13 years old

Lifesaving Society Programs (Continued)

National Lifeguard Service

NLS is a 40-hour program that will train candidates to become lifeguards and is one of Canada's recognized Lifeguard course to be employed at aquatic facilities. The primary role of the NLS lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. Valuable skills such as evaluation, adaptation and the rescue of others are learned in this program. NLS must be recertified every 2 years to remain current.

Pre-requisites: 16 years old, current Bronze Cross and current AEC (or equivalent)

Red Cross Programs

Assistant Water Safety Instructor

AWSI is a 30-hour program (plus 8-hours of practical teaching experience) that provides candidates with the knowledge foundations required for becoming an Instructor. Valuable skills such as teaching methods, learning styles and communication are learned in this program.

Pre-requisites: 13 years old

Water Safety Instructor

WSI is a 25-hour program (plus 12-hours of practical teaching experience) that develops and refines candidates' instructional abilities. Valuable skills such as lesson planning, emergency response and stroke development are learned in this program. WSI must be recertified every 2 years to remain current.

Pre-requisites: 16 years old & current AWSI

Standard First Aid (CPR/AED – level C)

SFA provides the knowledge to help think, react and improve in emergency situations. Important skills covered during this course include CPR, automated external defibrillator (AED), head & spinal injuries, airway obstruction, poison response and treating life threatening injuries. SFA must be recertified every 2 years to remain current.

Pre-requisites: 12 years old & Swim Kids 10 swimming ability (or equivalent)

Assistant Lifeguard Program

ALG is a 25-hour program (plus 2-hours of observational experience) that provides candidates with the knowledge foundations required for becoming a Lifeguard. Valuable skills such as Leadership, Emergency Prevention, Emergency Response (including Rescue Skills and First Aid) and understanding Aquatic Environments are learned in this program.

Pre-requisites: 12 years old & Swim Kids 10 swimming ability (or equivalent)

Lifeguard Program

LG is a 40-hour program (plus 2-hours of observational experience) that develops and refines candidates' lifeguarding abilities. Valuable skills such as Injury Prevention, Communication, Supervision & Surveillance, Emergency Response (including Rescue Skills and First Aid) and maintaining healthy Aquatic Environments are learned in this program. LG must be recertified every 2 years to remain current.

Pre-requisites: 15 years old, current Standard First Aid (or equivalent) and ALG certification

