

In order to become a lifeguard, four courses are necessary. The first one, Bronze Medallion is an initiation to first aid and rescue techniques. If you are 15 years old and have succeeded that course, you can already be assistant lifeguard at a swimming pool. Thereafter, you should take the Bronze Cross and Standard First Aid which is a 16-hour course devoted only to first aid skills, and then the National lifeguard training. Now, a stimulating job will await you!

At the age of 8 years old and even before beginning the Bronze Medallion, you can start learning lifesaving within Swim Patrol and Bronze Star trainings. Everyone can try. You only need to know how to swim.

Swim Patrol

The Swim Patrol Program is intended for youth aged between 8 to 12 years old who wish to develop their leadership, self-confidence, judgment, team spirit and physical fitness, and who are ready to go beyond learn-to-swim. This program includes three learning levels: Rookie, Ranger and Star. Each level is based on three modules: Water proficiency, First Aid, and Recognition and rescue.

Prerequisite(s):

- be able to swim without a bouyant aid
- be between 8 and 12 years old

Duration:

- 10 hours in the pool for each level

Material:

- shirt and pants that can go in the water
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Bronze Star

The Bronze Star Award is the first bronze-level certificate. Participants are introduced to rescue learning to find solutions to various problems and make decisions as individuals and as a member of a team. They learn CPR and rescue skills that are needed to become a lifeguard.

Prerequisite(s):

- be able to swim 100 metres

Duration:

- 10 to 12 hours

Material:

- pocket mask and gloves
 - shirt and pants that can go in the water
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Bronze Medallion

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, defence and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

Prerequisite(s):

1. Minimum 13 years of age on the day of the exam or Bronze Star **AND**
2. Show the abilities and knowledge of the Canadian Red Cross Swim Kids 10 as of the first class.
 - Head/feet-first surface dives with underwater swim 2 metres
 - Ice rescue from safe zone
 - Butterfly drill 3 X 10m
 - Swim continuously the following strokes:
 - Crawl, 100 metres
 - Back Crawl, 100 metres
 - Elementary backstroke, 50 metres
 - Breaststroke, 50 metres

Duration:

- 25 hours minimum excluding exam

Material:

- Canadian Lifesaving Manual
 - Canadian First Aid Manual (recommended)
 - pocket mask and gloves
 - shirt and pants that can go in the water
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Bronze Cross

Bronze Cross Award is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. They will learn the difference rescue and guarding, the reasons behind emergency procedures and team work. The Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Prerequisite(s):

- Bronze medallion

Duration:

- 30 hours minimum excluding exam

Material:

- Canadian Lifesaving Manual
 - Canadian First Aid Manual (recommended)
 - pocket mask and gloves
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National Lifeguard

The National Lifeguard certification is a nationally recognized lifeguard certification program. It builds on the fundamental skills, knowledge and values required in training lifeguards in safety supervision in a pool environment. This certification is designed to teach how to assess and adapt to various situations. The National Lifeguard certification is available in four options: pool, waterfront, surf and waterpark. All include core content in addition to specialized training for the specific lifeguarding environment.

Prerequisite(s):

- 1.Minimum 16 years of age by the exam date
- 2.Valid Bronze Cross card in hand
- 3.Valid Standard First Aid card in hand

Duration:

- 40 hours excluding final exam

Material:

- Canadian Lifesaving Manual
 - Canadian First Aid Manual
 - Alert! Lifeguarding in action Manual
 - Regulation respecting safety in public baths: B-1.1, r.11
 - pocket mask, gloves and whistle
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Lifesaving Instructor

This training prepares candidates to teach lifesaving. They learn, among other things, ethics, educational strategies, learning obstacles, how to teach and assess first aid situations, cardiopulmonary resuscitation and the different lifesaving techniques and skills. This certificate is the first step in the Leadership Program at the Lifesaving Society, and it is the basic teaching award to become an instructor.

Can teach the following awards:

- 1.Swim Patrol (Rookie, Ranger, Star)
- 2.Bronze Star
- 3.Bronze Medallion
- 4.Bronze Cross
- 5.Lifesaving Fitness
- 6.Distinction Award
- 7.Self-Rescue and survival for boaters

Prerequisite(s):

- 1.Be at least 16 years old
- 2.Hold a current National Lifeguard award

Duration:

- 40 hours excluding final exam

Material:

- Gloves and pocket mask
- Instructor Notes
- Award Guide:Bronze Medal Awards
- Award Guide: Swim Patrol
- Canadian Lifesaving Manual
- Canadian First AidManual
- Guide du moniteur en Sauvetage (in French only)

