



Certification Descriptions

Lifesaving Society Bronze Medallion and Cross

Bronze Medallion

Pre-requisite --- 13 years of age or Bronze Star

Rescuers learn tows and carries, defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Students also learn CPR and first aid skills.

Bronze Cross

Pre-requisite --- Bronze Medallion

Rescuers use skills previously learned skills from the Bronze Medallion to address challenging situations while learning about safe supervision and aquatic facilities. Bronze Cross is a prerequisite for the NLS and Lifesaving Instructor Award.

Lifesaving Society National Lifeguard Certificate (NL)

Pre-requisite --- 16 years of age by end of the course, Bronze Cross and Standard First Aid (SFA) or Aquatic Emergency Care (AEC)

NL is recognized as a standard measurement of lifeguard performance in Canada. NL is designed to develop an understanding of lifeguard principles, good judgment and a mature responsible attitude towards the role of a lifeguard. To remain valid, NL certificate must be recertified every two years. 100% attendance is mandatory for this class.

Red Cross Lifeguard Prep Course (transfer from Bronze Cross) Pre-requisite --- 14 years of age at start of the course, ability to swim to the Red Cross Kids level 10 or equivalent and a Bronze Cross Certification. Candidates must also complete a pre-course assignment.

If you have completed your Bronze Cross certification (current or not) you only need to take the 4.5-hour Red Cross Lifeguard Preparation Course to continue on to the Red Cross Lifeguard Certificate course. Through this prep course you will use your skills and knowledge to prepare yourself for the Red Cross Lifeguarding course. Candidates are evaluated throughout the course based on standard evaluation criteria as well as a final scenario-based practical knowledge evaluation. Upon completion of the course, candidates are required to complete a 2 hour observation assignment.

Red Cross Assistant Lifeguard Certificate (ALG)

Pre-requisite --- 12 years of age at start of the course, Swim Kids Level 10 (or equivalent) or higher
Start your training to become a lifeguard through the Red Cross Assistant Lifeguard course. This 25-hour pre-requisite course for the lifeguard certification teaches injury prevention, teamwork, basic rescues, and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria as well as a final, scenario-based practical knowledge evaluation. Upon completion of the course, candidates are required to complete a 2 hour observation assignment. 100% attendance is mandatory for this class.

Red Cross Lifeguard Certificate (LG) Pre-requisite --- 15 years of age at start of the course, current Standard First Aid, current Red Cross ALG This 40-hour course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete final skills and knowledge assessments. 100% attendance is mandatory for this class. Red Cross lifeguards must recertify every 2 years.

Red Cross Water Safety Instructor Certificate (WSI) Pre-requisite --- 15 years of age at start of the WSI – Online component & either Emergency First Aid or Red Cross Assistant Lifeguard (ALG) Learn to teach all levels of the Red Cross learn to swim program. Course material will cover teaching methods for water safety, water skills, and swimming strokes.

PART 1: SKILLS EVALUATION

This initial skills assessment can be completed before, during or after candidates complete the online modules, but must be completed prior to beginning the classroom portion. Candidates are evaluated on water safety skills & strokes (based on Red Cross Swim Kids 10 performance criteria) & Instructor Emergency Response (IER) Skills to ensure the WSI candidate can identify and demonstrate how to prevent & manage and emergency situations that may arise in an instructional setting

PART 2: ONLINE PROFESSIONAL DEVELOPMENT MODULES

This 14-20 hour online component of the course focuses on the theory of instruction. WSI candidates' knowledge is tested through videos, virtual games, workbook & online activities, and a knowledge evaluation at the end of each module. The WSI course package includes all WSI course materials including access to the WSI – online component. The online component can be done at the candidate's leisure but must be completed prior to beginning their Teaching Experience and Classroom portions of the Instructor Development Program. Candidates can pick up their course package at the LRC Aquatic Centre upon registration.

PART 3: TEACHING EXPERIENCE The Teaching Experience component follows the online modules and is completed prior to the Classroom and Pool component. Candidates complete a minimum of 8 hours (total) of teaching experience: - Minimum 4 hours teaching with a Red Cross Preschool class - Minimum 4 hours teaching with a Red Cross Swim Kids class

It's the responsibility of each participant to arrange their co-teaching at a Red Cross facility of their choice. Teaching Experience will need to be completed within 6 months of completing their online modules and before beginning the classroom portion of the program.

PART 4: CLASSROOM & POOL COMPONENT

In the classroom, the Water Safety Instructor Trainer (WSIT) will debrief all the workbook activities the candidates completed during the online component. This 25-hour portion of the course further develops instructional techniques by focusing on the ability to plan and teach the Red Cross program successfully.