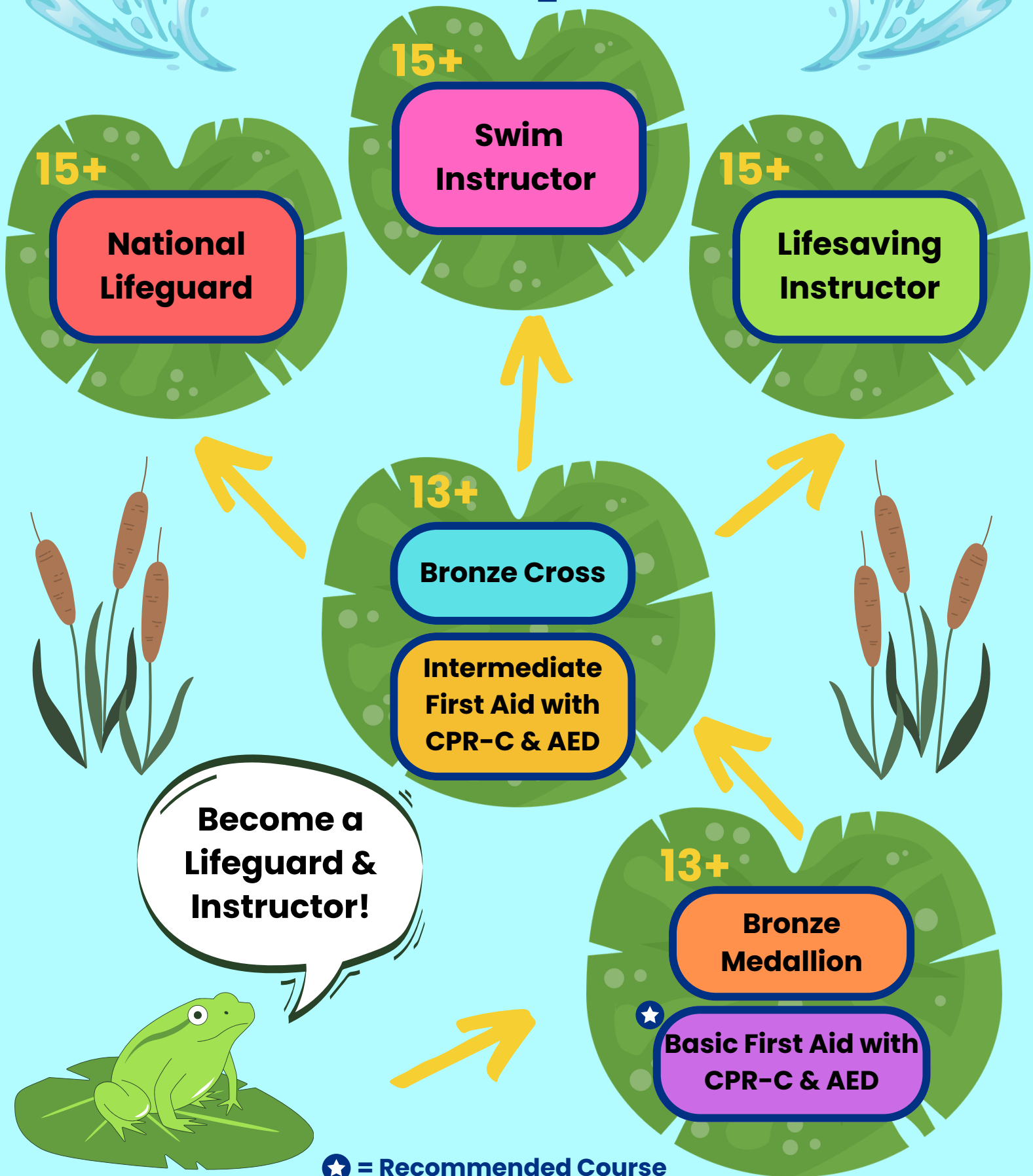


Take the “Leap” into Aquatics



Aquatic Leadership Courses

Course Attendance: Please note that 100% attendance is required to complete any aquatic leadership course (lateness is equivalent to absence).

Age Requirement: Candidates must turn the identified age prior to the last scheduled day of the course.

Checking Your Qualifications: Don't get turned away at the first class. Make sure you have the proper course prerequisites.

www.lifesavingsociety.com

1. Click on find a member (ride side of homepage)
2. Enter your Lifesaving Society membership number located on the bottom of any of your certification cards from the Lifesaving Society.

What to bring:

- Required proof of certifications
- Required course manuals
- Fox 40 Whistle (available at front desk)
- Bathing suit, multiple towels, comfy clothes
- Pen or pencil & notebook
- Pocket mask (national lifeguard - available at front desk)
- Snacks, lunches, or money for meals at breaks

Aquatic Leadership Courses

Bronze Medallion

Prerequisite: 13 years of age or Bronze Star certification

The Lifesaving Society's Bronze Medallion (15 hours) challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Basic First Aid with CPR-C & AED

Prerequisite: None – Recommended course but is not a prerequisite to Intermediate First Aid with CPR-C & AED

Formerly known as Emergency First Aid, it includes CPR-C and AED certification. Basic First Aid (8 hours) provides awareness, knowledge, and skills to respond to common first aid emergencies. The course includes scene and primary assessment, CPR-C, AED use, breathing emergencies, circulatory emergencies and the treatment of wounds.

Bronze Cross

Prerequisite: Bronze Medallion and Lifesaving Society Basic First Aid or Intermediate First Aid or BFA or IFA from a training agency approved by the Ontario Government

The Lifesaving Society's Bronze Cross (20 hours) begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in prevention and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Intermediate First Aid with CPR-C & AED

Prerequisite: None

Formerly known as Standard First aid, it includes CPR-C and AED certification. Intermediate First Aid (16 hours) includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputations, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies, and environmental injury and illness. Includes CPR-C with AED certification for adult, child and infant.

National Lifeguard – Pool

Prerequisite: 15 years of age, Bronze Cross, and Lifesaving Society Intermediate First Aid, or IFA from a training agency approved by the Ontario Government

National Lifeguard (40 hours) is designed to develop a sound understanding attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies.

Swim Instructor

Prerequisite: 15 years of age and Bronze Cross or National Lifeguard

The Lifesaving Society Swim Instructor course (20 hours) prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life and Canadian Swim Patrol Programs.

Lifesaving Instructor

Prerequisite: 15 years of age and Bronze Cross or National Lifeguard

The Lifesaving Instructor course (20 hours) prepares individuals to organize, plan, teach and evaluate lifesaving and resuscitation techniques in the Society's lifesaving awards.