

Would you like to become a Lifeguard and/or a Swimming Instructor?

Here is how you can do it



**Lifeguard**



**Bronze Star** & Basic First Aid & C.P.R.-A  
(11 or 12 yrs.)



**Bronze Medallion** & Emergency First Aid & C.P.R.-B  
(pre-requisite is 13 yrs. and older, should have Bronze Star & Basic First Aid & C.P.R.-A)



**Bronze Cross** & Standard First Aid & C.P.R.-C  
(pre-requisite is 14 yrs. and older, with Bronze Medallion & Emergency First Aid & C.P.R.-B)



**N.L.S.** (National Lifeguard Service)  
(pre-requisite is 16 yrs. and older with Bronze Cross & Standard First Aid & C.P.R.-C)



With the N.L.S. you are now a legal Lifeguard in the province of Ontario.

**Swimming Instructor**



**AWSI Assistant Water Safety Instructor**  
(pre-requisite is 15 yrs. and older, Aqua 12/SK 10 or equivalent & Bronze Cross)



**WSI Water Safety Instructor** & **Lifesaving Instructor**  
(pre-requisite is 16 yrs. old and AWSI and Bronze Cross or NLS)



With the Red Cross and Lifesaving Instructors you are now a legal Swimming Instructor in the province of Ontario.

When you have achieved the N.L.S., Red Cross and Lifesaving Instructor, Standard First Aid & CPR -C contact Colleen Preston, the Aquatic Programmer here at the Base Borden pool for possible employment. 705-424-1200 ext. 2473.

Course Descriptions are on the back of this page, please read.

### Bronze Star:

Preparation for Bronze Medallion. Emphasized swimming skills and lifesaving fitness. Timed swim 400m in 12 minutes and individual medley with aid. Participants develop problem-solving and decision-making skills individually and with partners, learn how to take charge in an emergency. Skills include: rescue unconscious victim, adult CPR, land spinal rescues, support 10 lbs. for 3 minutes.

### Bronze Medallion:

Teaches lifesavers how to respond to complex water rescue situations and to develop knowledge, skills, judgement and fitness.

Emergency First Aid and CPR – B teaches general knowledge of first aid principles and the emergency treatment of injuries. Includes victim assessment, rescue breathing, CPR, choking, treatment of external bleeding, heart attack and stroke.

### Bronze Cross:

Designed for lifesavers that want more of a challenge with advanced training and an introduction to safe supervision in an aquatic facility. Lifesavers learn the principles of emergency procedures and team rescues.

### Standard First Aid & Basic “C” C.P.R.:

This comprehensive course includes all of the skills taught in emergency first aid, plus recognizing, preventing and treating musculoskeletal, soft tissue, head and spine injuries, heat and cold emergencies, poisoning, medical conditions such as diabetic crises and epileptic seizures. “This course is recognized by the Workers Compensation Board for training in the workplace”.

### N.L.S. National Lifeguard Service:

N.L.S., Lifeguard training award develops practical skills, knowledge and values required by lifeguards. Strong leadership, communication, decision-making and judgement skills are vital to pass the exam. Unsuccessful candidates are required to take the entire course again. 100% attendance i.e. required.

### Assistant Water Safety Instructor:

This course prepares the candidate for the Water Safety Instructor Course and requires a commitment to: assignment completion, class assignment preparation, and stroke development. The 15-hour Assistant Instructing teaching component will run concurrently with the Leader course on an alternative day. 100% attendance required.

### Water Safety Instructor and Lifesaving Instructors Course:

This course provides theoretical and practical knowledge required to teach the Red Cross Learn to Swim levels and Lifesaving levels. 100% attendance required.