

Contact your local swimming pool to register for Lifesaving Society courses!

First Aid, CPR and AED Training

Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking and what to do for external bleeding, heart attack and stroke. Includes CPR-B certification.

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: medical/legal aspects of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Includes CPR-C certification.

Four levels of **CPR training** - A, B, C and HCP - are designed to meet the needs of both the public and professional rescuers like lifeguards. Learn CPR skills and the signs, symptoms and care of choking, non-breathing and pulseless victims. CPR courses teach the risk factors associated with heart disease and how to prevent them or reduce their effects.

AED builds on the skills learned in CPR and first aid courses, and provides knowledge of how the heart works and what goes wrong when defibrillation is required. Participants learn when and how to operate an automated external defibrillator including AED maintenance, data management, and reporting protocols required following an incident.

The Lifesaving Society is a full-service provider of programs, products and services designed to prevent drowning and water-related injury.

The Society is a national volunteer organization and registered charity composed of tens of thousands of individual members, and over 2,000 affiliated swimming pools, waterfronts, schools and clubs.

We are a leader and partner in the delivery of water safety education throughout Canada and around the world. The Lifesaving Society represents Canada in the International Life Saving Federation and the Commonwealth Royal Life Saving Society which operates globally in over 40 countries.

Contact us

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LIFESAVING SOCIETY
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

GUIDE TO LIFESAVING
AND LIFEGUARDING
PROGRAMS

CANADIAN SWIM PATROL

The Canadian Swim Patrol program is the **on-ramp to lifeguarding**. Ability is the only prerequisite.

The Swim Patrol (8-10 hr/level): provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Prerequisites: *To be able to swim*

The Bronze Family

Bronze Star (10-12 hr.): excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim

Prerequisites: *None. Swim Patrol experience recommended*

Bronze Medallion (18-20 hr.): 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, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Prerequisites: *Bronze Star (does not need to be current) or 13 years old*

Bronze Cross (18-20 hr.): 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 including National Lifeguard and Instructor certification. Includes a timed 600 m swim.

Prerequisites: *Bronze Medallion (does not need to be current).*

LEADERSHIP TRAINING

The Lifesaving Society leadership training system is a progression of certifications and appointments.

Leadership courses have prerequisite awards, which must be completed prior to attempting the course.

There is no grace period for age prerequisites: candidates must be the required minimum age prior to the conclusion of the course.

Lifesaving Instructor/Examiner Course

prepares instructors to teach and evaluate the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness, Distinction, Diploma
- CPR-A, CPR-B and CPR-C and AED

Prerequisites: 16 years old by end of course, Bronze Cross or NLS certification (does not have to be current)

Earn 2 Phys Ed credits towards high school graduation with Lifesaving Courses!

Complete Bronze Medallion, Bronze Cross, NLS and Lifesaving Standard First Aid or Aquatic Emergency Care

Note: **All courses must be Lifesaving Society courses**

External High School Credit Application form is available at

www.lifesavingnl.ca



NLS guards are always in training to keep their skills, knowledge and fitness sharp. They are required to keep other important certifications such as CPR and first aid up-to-date. Some are trained in advanced treatments like using oxygen or in the use of specialized equipment like defibrillators and personal watercraft.

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. It is the only lifeguard certificate recognized by the province of Newfoundland and Labrador for lifeguarding public swimming pools.

National Lifeguard Service (NLS) certification is available in four options: Pool, Waterpark, Waterfront, and Surf. The *NLS Award Guide* provides complete details for NLS Instructors and candidates.

Prerequisites: 16 years old, Bronze Cross and Standard First Aid Certification OR another NLS option (pre-requisites need not be current)