

FREQUENTLY ASKED QUESTIONS

1. Is there a 'grace period' for my NLS award?

No. Certification for NLS and all other Lifesaving Society awards expires two years from the date on your certification card unless otherwise indicated. Once you have passed this date without recertifying, your award is no longer considered 'current' in an employment situation.

2. How do I recertify my Lifesaving Instructor award?

The credit system recertifies your leadership awards. You simply download the credit list form from the Society website, choose 3 credits for the level(s) you wish to recertify, and send the completed form into the Society with your fee for each leadership certification that you require. Your credits will be checked against your record in the Member Management System and if approved, your new card will be mailed to you.

Please note as of 2011, you must have the credit form signed for each credit course that you complete. It is your responsibility to safeguard this form. If you lose it, you will have to obtain the signatures again.

3. Where do I get test sheets?

The Lifesaving Society's website www.lifesavingnl.ca has all the test sheets available for download in PDF format. Simply visit the site, choose the test sheet you require and print it out.

4. I moved from another province, and want to take Lifesaving Society courses here. What do I do?

Simply contact the province where you previously held awards and ask them to transfer your award to Newfoundland and Labrador. That way we can check your prerequisites for any courses you wish to take in this province.

5. Do I need an examiner to test my Bronze Medallion or Bronze Cross course?

No, as a Lifesaving Instructor/Examiner you can evaluate your candidates yourself. However, if you would prefer to have an independent person come in to evaluate the class, you may do that.

6. My wallet was stolen and all my award cards are gone? Can I get new ones?

The Lifesaving Society maintains a database of all your award certifications. New award cards, crest or medals may be issued, once it is verified that you do hold that level. A charge is made of \$10.00 for reprints of certification cards or print outs of proof of certification.

7. How do I check which text books are needed by candidates, so I can teach my course?

Each facility is issued with a Member Services Program and Policy Guide. This is in a CD format and should be available to all instructors and trainers within that facility. This guide is also available on the Lifesaving Society's website as a download.

8. How can I register for a Lifesaving Society course?

The Lifesaving Society office does not schedule courses. They are scheduled through aquatic facilities across the province. Please contact your local swimming pool to find out when the course you are interested in will be offered and what the cost is.

9. Which courses do I need to apply for the Lifesaving Society External High School Credits?

The Lifesaving Society courses required for 2 External High School Credits towards Physical Education are:

- Bronze Medallion
- Bronze Cross
- National Lifeguard Service
- Lifesaving Society's *Standard First Aid OR Aquatic Emergency Care
NOTE: Standard First Aid course **MUST be from the Lifesaving Society. Certification from any other organization will not meet the criteria and your application will be invalid.*

Certification does not need to current to apply.

Complete the application form and return it to the Lifesaving Society. **Do not attach certification cards.** The Society provides an official transcript of your lifesaving certifications and submits it and your application to the Department of Education. The Department of Education will contact the student and the school when the credit is applied to records.

10. What are the steps to becoming a lifeguard?

The Lifesaving Society has prepared a pamphlet that provides information on the training process required to become a lifeguard. This may be downloaded and printed on your home computer.

11. What are the age prerequisites for lifesaving courses?

Award	Prerequisite
Bronze Star	swimming ability, recommend Star Patrol
Bronze Medallion	swimming ability and age 13 or Bronze Star <ul style="list-style-type: none">• <i>No age prerequisite if they hold the Bronze Star award; therefore an 11 year old with Bronze Star can take Medallion.</i>· If no Bronze Star - must wait until age 13.
Bronze Cross	Bronze Medallion, no age prerequisite
National Lifeguard Service	Age 16
Lifesaving Instructor	Age 16
NLS Instructor	Age 18

For detailed information about lifesaving courses visit our Program page.

12. Are the Lifesaving Society's First Aid programs recognized by the government?

Yes, the Lifesaving Society meets the requirements of WHSCC provincially and federally to provide First Aid programs in Newfoundland and Labrador. The Society renews this agreement every five years.

[WHSCC approved provincial first aid providers.](#)

As of June 1, 2006, amendments to the Newfoundland and Labrador Occupational Health and Safety Regulations, sections 2 (b), (e), and (j), gave the Commission the mandate to establish standards authorizing training providers to deliver first aid training in the province. The Commission will adopt the federal first aid standards outlined in the Canada Labour Code Part II, Occupational Health and Safety Regulations Section 16.12 for use in Newfoundland and Labrador. First aid training providers who can demonstrate to the Commission that they meet these standards will be eligible to offer first aid training to employers in Newfoundland and Labrador.

All first aid training providers are required to apply to the Commission and meet the Commission's standards to be an approved first aid training provider. This will provide employers of the province the opportunity to choose a first aid training provider from the Commission's approved list.

For more information regarding the above, please contact the Commission's Prevention Services Department at 709-778-1552.

5. Where is the Lifesaving Society branch office located?

The branch office is located at 11 Austin Street, St. John's, Newfoundland & Labrador. It is situated in the JMJ Building, 2nd floor. Office hours are 8:30 – 4:30 Monday to Friday.



6. How do I transfer my awards to or from another province?

The Lifesaving Society does not have a national data base, each province keeps its own records. If you move to a different province and wish to continue to certify or recertify, you will need to have your awards transferred to the branch within that province.

Simply contact the Lifesaving branch which holds your certifications and request that they be transferred to the province of your choice.

7. I am a lifeguard in another country. Can I use my certification in Canada?

Several Lifesaving Society awards have been recognized for equivalency by the International Life Saving Federation. Canadian holders of the Bronze Medallion, the Bronze Cross or the NLS awards are now eligible to apply for the equivalent International Certificate, i.e., International Junior Lifesaving, International Lifesaver, International Pool Lifeguard. These certificates are now recognized by all ILS member countries.

The application process is as follows:

1. Complete and sign the application form, indicating which award is applied for.
2. Attach a copy of current certification

3. Attach two (2) original passport type photographs (which go on the card)
4. Pay the fee of \$48.00 Canadian per award, which covers the ILS certification fees, postage and international banking charges.

Once verified, the application will be sealed and sent to ILS Headquarters in Belgium for processing. The estimated time for processing an application is 2 months from the time it is received at the National Office.

For anyone who applies for work in Canada with an ILS international certificate, the Lifesaving Society may recognize that the person has demonstrated successful completion of the approved knowledge and skills for that particular level. The Society still retains the right to test for other skills and knowledge, as required by provincial/territorial regulations or to require additional training.

The complete International Certification Guidelines may be obtained from the Branch.

Additional information on international certification can be found on the [International Lifesaving Federation website](#).

8. What is the age for lifeguarding in Newfoundland and Labrador?

The public pools regulations under the Public Health Act (O.C. 96-572) Amended by: 49 97 state the guidelines for pool operations in swimming pools regulated by the Department of Health Pool Regulations (1973).

Current guidelines (2011) indicate that lifeguards must be 17 years of age.

(4) Where there is only one lifeguard on duty on the deck, an owner and an operator of a Class A pool shall ensure that there are, elsewhere on the premises and within call, one or more additional persons 17 years of age or more who are currently trained in Emergency First Aid and CPR and who are aware of the emergency and operational procedures for the pool.

(5) A lifeguard and an assistant lifeguard shall be clothed in a manner that is readily identifiable.

(6) A lifeguard and an assistant lifeguard shall be 17 years of age or older.

A full copy of the [Public Pools Regulations](#) may be viewed online.

Owners and operators of public pools are also encouraged to order the Lifesaving Society's Public Aquatic Facility Safety Standards (PAFSS). This guide is part of the Lifesaving Society's ongoing commitment to supply Public Aquatic Facility Owners and Managers with the risk management information and support to provide their customers with a safe and enjoyable aquatic experience. The standards were developed in response to surveys of the owners of public

aquatic facilities which indicated that they expected the Lifesaving Society as the authority in aquatic standards and safety to provide them with direction for the safe operation and supervision of aquatic facilities. It can be [ordered](#) from the NL branch office for \$15.00 which includes tax and shipping.

9. What are the distances of timed swims in awards?

The Bronze Medallion distance of 500m must be completed in 15 minutes or less. The Bronze Cross distance of 600m must be completed in 18 minutes or less.. All times are based on a swimming pace time of 3 minutes per 100m. As a candidate progresses through Swim Patrol and the Bronze Family, the level of difficulty and the fitness required increases as the distance for the endurance challenge is increased by 100m.

Whether youth or adult, the timed swim distance and swim time remains the same.

Award	Distance	Pace	Total Swim Time
Rookie Patrol	100m	3:00/100m	1 x 3:00 = 3:00 minutes
Ranger Patrol	200m	3:00/100m	2 x 3:00 = 6:00 minutes
Star Patrol	300m	3:00/100m	3 x 3:00 = 9:00 minutes
Bronze Star	400m	3:00/100m	4 x 3:00 = 12:00 minutes
Bronze Medallion	500m	3:00/100m	5 x 3:00 = 15:00 minutes
Bronze Cross	600m	3:00/100m	6 x 3:00 = 18:00 minutes