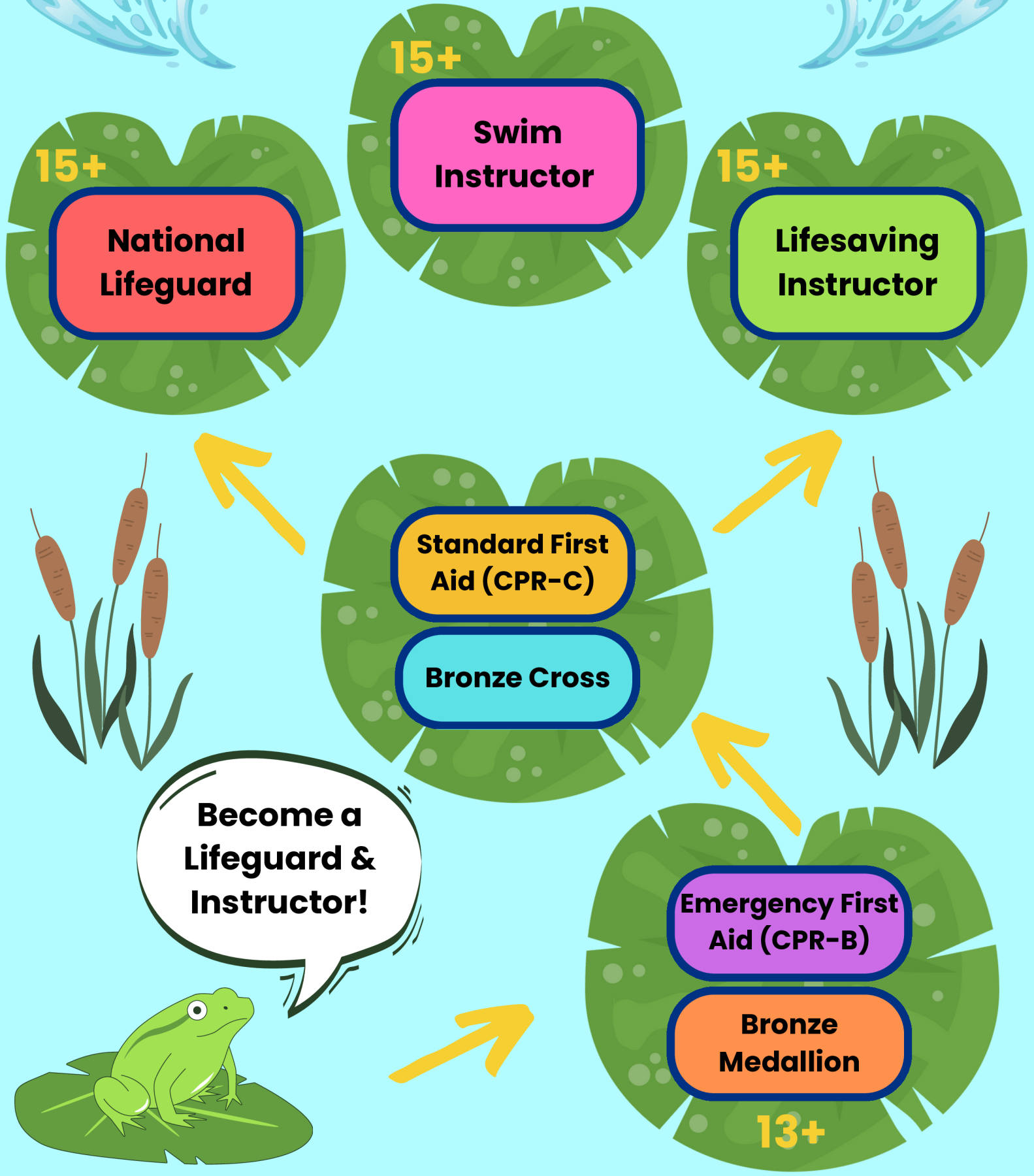


Take the "Leap" into Aquatics



Course Descriptions

Bronze Star

*Not a required course, but recommended for **Bronze Medallion***

Prerequisite: None, Swim Patrol Recommended

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Medallion

Prerequisite: 13 years of age or successfully completed **Bronze Star**

The Lifesaving Society's Bronze Medallion 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.

Emergency First Aid (CPR-B)

Prerequisite: None - Recommended course, but is not a prerequisite to **Standard First Aid**

Includes CPR-B certification. Emergency First Aid provides a general knowledge of first aid principles and the emergency treatment of injuries including: victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke, wounds and burns.

Bronze Cross

Prerequisite: Bronze Medallion & Emergency First Aid or Standard First Aid

The Lifesaving Society's Bronze Cross 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 preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Standard First Aid (CPR-C)

Prerequisite: None

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

National Lifeguard

Prerequisite: 15 years of age, successfully completed Bronze Cross & Standard First Aid

National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible 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 & **Bronze Cross** or **National Lifeguard**

The Lifesaving Society Swim Instructor course 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 & **Bronze Cross** or **National Lifeguard**

The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Because the Society's first aid awards are recognized by the Workplace Safety & Insurance Board (WSIB), the Society complies with the WSIB's request that only "first aid instructors" teach WSIB-approved courses. Successful candidates receive two certifications: Lifesaving Instructor and Emergency First Aid Instructor.

Examiner

Prerequisite: *Experienced Instructor*

National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible 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.