

DATES/LOCATIONS CURRENTLY AVAILABLE FOR LIFEGUARD TRAINING

OPTION 1

STANDARD FIRST AID

Saturday/Sunday February 22-23 9:00 am - 5:00 pm

Hope & Area Recreation Centre

*Registration deadline February 15

Age: 15 yrs to Adults

Fee: \$150 + manual

Standard First Aid trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies.

Includes CPR-C & AED certification.

CONTACT 604 869-2304 fvrd.ca/recreation

Bronze Combination Camp

Bronze Medallion and Bronze Cross Combined

Needed to be able to take the National Lifeguard training

March 16 – 20 Full days

Chilliwack Family YMCA

CONTACT: 604 792-3371

NATIONAL LIFEGUARD - POOL

Wednesday-Sunday March 25-29 9:00 am - 6:30 pm Hope & Area Recreation Centre

*Registration deadline March 18

Age: 16 yrs to Adults (must have Bronze Cross and Standard First Aid to take)

Fee: \$415 + manual

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Note: We are attempting to organize a Standard First Aid Course in Lillooet.

Note: If you already have Bronze Cross from when you were younger it is good for life so won't need to take the Bronze Medallion or Bronze Cross again.

OPTION 2

STANDARD FIRST AID

Saturday/Sunday March 14-15 8:30am – 4:30pm
Kamloops – St John Ambulance, 627 Victoria Street
CONTACT 250 372-3853 kamloops@bc.sja.ca

Bronze Combination Camp

Bronze Medallion and Bronze Cross Combined
Monday to Friday March 16 – 20 9am – 5pm
Fee: \$335.00

Chilliwack Family YMCA

CONTACT: LIT First Aid at 604 755-4672

<https://www.firstaidtrainingcourses.ca/lifeguard-courses/Bronze-Medallion-Cross-COMBO>

NATIONAL LIFEGUARD - POOL

Wednesday-Sunday March 25-29 9:00 am - 6:30 pm

Hope & Area Recreation Centre

*Registration deadline March 18

Age: 16 yrs to Adults (must have Bronze Cross and Standard First Aid to take)

Fee: \$415 + manual

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments.

OPTION 3

IF YOU ALREADY HAVE BRONZE CROSS (which is good for life) and STANDARD FIRST AID (good for 3 years) you can jump right into the National Lifeguard Training

NATIONAL LIFEGUARD - POOL

Sunday to Friday March 15-20 10:00 am - 5:30 pm

Merritt – Nicola Valley Aquatic Centre

Age: 16 yrs to Adults (must have Bronze Cross and Standard First Aid to take)

Fee: \$395 + manual

CONTACT: 250 378-662 Ichivers@merritt.ca.

Bronze Medallion

Description:

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skills and fitness.

Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Participants develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A.

The Bronze Medallion may be offered at some pools combined with Bronze Cross; check course listings for [Bronze Combination courses](#) ⁽³⁾.

Prerequisites: Recommended

Must be 13 years old by last day of course if candidate does not have Bronze Star.

Next Step: [Bronze Cross](#) ⁽⁵⁾

Instructional Time:

20 hours consisting of both dry and wet sessions.

Recognition:

Successful candidates will be issued a temporary certification card on the last day of course. A permanent certification card, badge and medal will be mailed within 60 days. Please contact the Branch if the temporary card has expired and the permanent card has not been received.

Currency:

Bronze Medallion is a 'lifetime award' which means that it does not need to be current in order to take further lifesaving training (e.g. Bronze Cross).

If an individual requires a Bronze Medallion for employment purposes (e.g. Sailing Instructor), employers may require it to be current. In this case, it must be current within two years. The 'lifetime award' designation does not apply when used as a vocational certification (for employment purposes).

Evaluation and Other Items:

All items are taught and evaluated by a current Lifesaving Instructor. Candidates must demonstrate competency on all items to pass.

H2O Proficiency

- Demonstrate accuracy in throwing buoyant aids. Throw aids a distance of 8 m placing them within 1 m of the centre of a target three times out of four.
- Simulate self-rescue techniques for the following environments/circumstances:
 - Ice
 - Moving water
 - Swamped or capsized boat
- Starting in the water, demonstrate a 20 m head-up approach and surface dive to recover a submerged victim. Return to the starting point, using a control carry to support and carry the victim.
- Demonstrate three defences (from the front, side and rear) and three releases (from the front, side and rear). Assume the ready position and communicate verbally after each defence or release.
- Swim head-up 6 x 25 m, maintaining a consistent pace and work-to-rest ratio. Check your pulse after the last repeat.
- Swim 500 m continuously, in 15 minutes, using any combination of strokes of the candidate's choice.

First Aid

- Demonstrate rescue breathing and one rescuer cardiopulmonary resuscitation (CPR) on a manikin, for the following circumstances:
 - Adult and child victims
 - Complications in resuscitation (vomiting, gastric distention)
 - Adaptations (mouth-to-nose, stoma, jaw-thrust)
- Simulate the treatment of:
 - A conscious adult or child with an obstructed airway
 - Complications involving a pregnant woman and a person who is obese
 - Simulate the treatment of an unconscious adult or child with an obstructed airway.
- Demonstrate the appropriate recognition and care of a victim suffering from the following circulatory emergencies:
 - Shock
 - Heart attack or angina
 - External bleeding
 - Stroke and transient ischemic attack (TIA)

Recognition and Rescue

- Walk around an aquatic environment, evaluate the ongoing activities and, where appropriate, model safe behaviour choices.
- Recover and immobilize a conscious breathing victim with a suspected cervical spinal injury in shallow water. Demonstrate recovery and immobilization with both a face-up and a face-down victim. Recruit and direct bystanders to assist.
- Perform a logical underwater search of a specified area, to a maximum depth of 3 m.
- Perform a non-contact rescue in an aquatic situation designed to emphasize a low-risk rescue, victim care, removal with bystander assistance, and follow-up—including contact with the Emergency Medical System (EMS).
- Perform a rescue of a non-breathing victim located in deep water, 5 m from a point of safety. Simulate a situation, in an unsupervised environment, designed to emphasize victim care, removal with bystander assistance and follow-up—including contact with EMS.
- Perform a rescue of a distressed or drowning victim in open water, with a 20 m approach and 20 m return. Simulate a situation designed to require either a contact or non-contact rescue, with emphasis on victim recognition and appropriate care.

Bronze Cross

Description:

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision.

Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance (includes a 600m timed swim) and fitness training skills.

Bronze Cross includes the CPR-C certification and is one of the prerequisite awards for all advanced lifeguarding (National Lifeguard) and leadership (Lifesaving Instructor) training programs. Bronze Cross is also worth 2 Grade 11 High School Credits.

Some pools offer Bronze Medallion and Bronze Cross together. Check out course listings for [Bronze Combination Camps](#).^[3]

Prerequisites:

[Bronze Medallion](#)^[4] Must show proof of certification.

Next Step: [Standard First Aid](#)^[1]

Instructional Time:

20 hours consisting of both dry and wet sessions.

Recognition:

Successful candidates will be issued a temporary certification card on the last day of course. A permanent certification card, badge and medal will be mailed within 60 days. Please contact the Branch if the temporary card has expired and the permanent card has not been received.

Currency:

Bronze Cross is a 'lifetime award' meaning that it does not need to be current in order to take further lifesaving, lifeguard or leadership training (e.g. Standard First Aid, National Lifeguard or Lifesaving Instructor).

If an individual requires a Bronze Cross for employment purposes (e.g. at a camp), employers may require it to be current. In this case, it must be current within two years. The 'lifetime award' designation does not apply when used as a vocational certification (for employment purposes).

Evaluation and Other Items:

All items are taught and evaluated by a current Lifesaving Instructor. Candidates must demonstrate competency on all items to pass.

H2O Proficiency

- Starting on a deck, dock or beach, perform an entry and swim a 50 m head-up approach with a shoulder loop and line, or rescue tube, to a passive victim or manikin. Tow the victim 50 m to safety.
- Swim head-up for two sets of 6 x 25 m, maintaining a consistent pace and work-to-rest ratio. Rest for 1 minute between sets. Check your pulse after the last repeat in each set.
- Swim 600 m continuously, in 18 minutes, using any combination of strokes.

First Aid

- Demonstrate primary assessment of a conscious victim and an unconscious victim, including:
 - Level of consciousness
 - Airway
 - Breathing
 - Circulation
 - Major bleeding
 - Mechanism of injury
- Demonstrate secondary assessment of a victim, including:
 - Vital signs
 - Head-to-toe survey
 - History
- Demonstrate rescue breathing and cardiopulmonary resuscitation (CPR) on a manikin for the following circumstances:
 - Adult, child and infant victims
 - Complications in resuscitation (vomiting, gastric distention)
 - Adaptations (mouth-to-nose, stoma, jaw-thrust)
- Demonstrate two rescuer adult, child and infant CPR on a manikin.
- Simulate the treatment of:
 - A conscious adult or child with an obstructed airway
 - Complications with a pregnant woman and person who is obese
- On a manikin, simulate the treatment of a conscious infant with an obstructed airway.
- Simulate the treatment of an unwitnessed unconscious adult, child or infant with an unobstructed airway.
- Demonstrate the care and treatment of a victim suffering from hypothermia.

Recognition and Rescue

- Walk around an aquatic environment, evaluate the ongoing activities, and demonstrate how to educate peers about safe aquatic leisure choices. Evaluate and correct, where appropriate, hazardous conditions in unsupervised areas.
- Recover and immobilize a face-down non-breathing victim, found in deep water with a suspected cervical spinal injury. Transport the victim to shallow water and recruit and direct a trained bystander to assist. Demonstrate rescue breathing and the ability to manage vomiting while maintaining immobilization.
- Using bystanders, organize a logical underwater search of an area with both shallow and deep water to maximum depth of 3 m.
- Perform a rescue involving two or more victims. Simulate a situation where one victim requires rescuer assistance, while the other victim(s) can follow directions for self-rescue and assist as bystanders once they have reached a point of safety. Simulate a situation that is designed to emphasize communication skills, victim care, removal, and follow-up, including contact with the Emergency Medical System (EMS).
- Perform a rescue of a submerged, non-breathing and pulseless victim. Simulate a situation that is designed to emphasize victim care, removal and follow-up including contact with EMS.
- Perform a rescue of an injured victim in a two rescuer situation. Swim a 50 m approach and a 50 m return. Simulate a situation that is designed to emphasize either contact or non-contact rescues, victim care, removals and follow-up, including contact with EMS.
- Perform a rescue of a victim suffering injuries or with conditions that emphasize rescuer response to deteriorating circumstances. Include the use of bystanders and a 20 m approach and a 20 m return.

Standard First Aid

Description:

Standard First Aid (SFA) is the most comprehensive first aid training program for the general public and is a prerequisite for the National Lifeguard program.

Standard First Aid trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies.

The Lifesaving Society follows the 2015 ILCOR (International Liaison Committee on Resuscitation) guidelines and includes AED training. This course includes CPR-C certification.

Reference the "Evaluation and Other Items" box below for course topics and descriptions.

Please note that since December 2012, the Lifesaving Society only accepts pre-requisites for its National Lifeguard program from one of these recognized Canadian agencies: Lifesaving Society, Heart and Stroke Foundation Canada, Canadian Red Cross, St John Ambulance, Canadian Ski Patrol. If a candidate shows up to a National Lifeguard course with a first aid pre-requisite that is not with one of these recognized agencies will not be allowed to continue with the course.

Prerequisites:

None

Instructional Time:

The recommended course length for Standard First Aid is **16 hours** based on a class of 12 candidates.

Recognition:

Successful candidates that have shown all pre-requisites will be issued a temporary certification card on the last day of course. A permanent certification card will be mailed within 60 days. Please contact us promptly if the temporary card has expired and the permanent card has not been received.

Currency:

Standard First Aid is current for 3 years.

Evaluation and Other Items:

Principles of first aid

Through practical activities wherever possible, demonstrate an understanding of the principles of first aid.

Legal implications of first aid

Through practical activities wherever possible, demonstrate an understanding of the legal implications of providing first aid treatment.

Anatomy & physiology of cardio-respiratory system

Demonstrate an understanding of the anatomy & physiology of cardio-respiratory system.

Personal protective equipment

Demonstrate the use of universal precautions for the prevention of disease transmission, including barrier devices, hand washing, and gloves.

Bystanders & EMS

Demonstrate the effective direction of bystanders to activate EMS.

Patient assessment: unconscious

Demonstrate the recognition and care of an unconscious, breathing patient.

AED operation

Demonstrate how to operate an Automated External Defibrillator (AED).

One-rescuer CPR: adult

Demonstrate one-rescuer adult cardiopulmonary resuscitation on a manikin, includes AED use, dealing with complications and adaptations.

Obstructed airway: conscious adult

Simulate the treatment of a conscious adult with an obstructed airway and the adaptation for a pregnant woman or person who is obese.

Obstructed airway: unconscious adult

Demonstrate the treatment of an unconscious adult with an obstructed airway on a manikin.

Patient assessment: conscious

Demonstrate assessment of a conscious, breathing patient including scene assessment and primary assessment.

Respiratory emergencies

Demonstrate the recognition and care of asthma, hyperventilation and anaphylaxis.

Circulatory emergency:

Demonstrate the recognition and care of a patient suffering from:

- shock
- major bleeding
- heart attack or angina
- stroke or transient ischemic attack (TIA)

Critical incident response

Demonstrate an understanding of the effects of a critical incident on patients, rescuers, and bystanders, as well as the potential consequences of an unsuccessful rescue.

One-rescuer CPR: child

Demonstrate one-rescuer child cardiopulmonary resuscitation on a manikin, includes AED use, dealing with complications and adaptations.

One-rescuer CPR: infant

Demonstrate one-rescuer infant cardiopulmonary resuscitation on a manikin, includes AED use, dealing with complications and adaptations.

Two-rescuer CPR: adult, child & infant

Demonstrate two-rescuer adult, child and infant cardiopulmonary resuscitation on a manikin.

Obstructed airway: conscious child

Simulate the treatment of a conscious child with an obstructed airway.

Obstructed airway: conscious infant

Demonstrate the treatment of a conscious infant with an obstructed airway.

Obstructed airway: unconscious child

Demonstrate the treatment of an unconscious child with an obstructed airway on a manikin.

Obstructed airway: unconscious infant

Demonstrate the treatment of an unconscious infant with an obstructed airway.

Injury management:

Demonstrate the recognition and care of a soft tissue injury.

Demonstrate the recognition and care of facial injuries.

Demonstrate the recognition and care of burns.

Medical emergency:

Demonstrate the recognition and care of a seizure patient.

Demonstrate the recognition and care of a patient suffering from a diabetic emergency.

Skeletal emergency:

Demonstrate the recognition and care of an abdominal and chest injury.

Demonstrate the recognition and care of a bone and joint injury.

Demonstrate the recognition and care of a patient with a suspected head and spinal injury.

Environmental emergency:

Demonstrate the recognition and care of a patient suffering from (heat cramps, heat exhaustion, heat stroke) and (hypothermia and frostbite).

Demonstrate the recognition and care of a patient suffering from a suspected poisoning.

Assists & land carries

Demonstrate one assist and two carries appropriate for the safe removal of a patient from a hazardous environment or towards further treatment and comfort.

National Lifeguard Pool

 [National Lifeguard](#) [2]

Description:

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Regarding the Standard First Aid Pre-requisite:

- Proof of Standard First Aid or Aquatic Emergency Care must be shown on the first day of the National Lifeguard Course.
- Emergency First Aid and Occupational First Aid Level 1 are **NOT** equivalent to Standard First Aid.
- Occupational First Aid Level 2 & 3 meets the Standard First Aid pre-requisite.
- *It is strongly recommended the SFA/CPR-C be current in order to be successful in the National Lifeguard program as first aid will not be re-taught within the course.*
- The BC/Yukon Branch will only recognize SFA certifications from the Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Heart and Stroke Foundation and Canadian Ski Patrol.

Candidates who do not have an SFA certification from one of these recognized agencies (as above) will not be permitted to continue on in the National Lifeguard course and will be sent away on the first day of the course.

Prerequisites:

[Bronze Cross](#) [3] Proof of certification

[Standard First Aid](#) [4] Proof of certification - Current award recommended

16 Years old by last day of course

Next Step: [Lifesaving Instructor](#) [5]

Instructional Time:

44 instructional of water and classroom time (not including breaks).

Taught by a current National Lifeguard Instructor.

Recognition:

A temporary certification card is issued on the last day of course to successful candidates that have shown all pre-requisites. A permanent Certification Card will be mailed within 60 days. [Contact the Lifesaving Society](#) [6] if temporary card has expired and a permanent card is not received.

Currency:

NL Core & Pool is current for 2 years.

Evaluation and Other Items:

1. * Demonstrate knowledge of the principles and techniques of lifeguarding included in the NL test items, and answer questions drawn from the Canadian Lifesaving Manual (CLM) and Alert: Lifeguarding in Action, including:

- Explain the role and responsibilities of the National Lifeguard in terms of role-modeling, prevention and rescue.
- Describe how critical incident stress can impact lifeguards responding to both successful and unsuccessful rescues.
- Define the legal obligations of the lifeguard in terms of duty and standard of care, liability and negligence.
- Provide an example of a training activity to improve one component of physical fitness (muscular endurance, cardiovascular endurance, strength, speed, power or flexibility) as identified by the evaluator.
- Explain how to adapt emergency procedures for a facility with only one trained lifeguard on duty; how to use auxiliary staff or bystanders; and discuss the value of written procedures as part of the staff manual.
- Provide examples of regulations that govern workplace health and safety for lifeguards (e.g., WHMIS, Occupational Health and Safety, Worker's Compensation) and legislation regarding harassment and violence in the workplace.
- Explain the benefits of oxygen therapy, automated external defibrillation (AED) and oropharyngeal airways.
- Explain the hazardous nature of chemicals used in aquatic environments and the special training required for their safe handling.

2a. * Demonstrate anaerobic fitness and strength for an object recovery: Starting in the water, swim 15 metres and surface dive to recover a 9 kg (20 lb.) object; surface and carry the object 5 metres – all within 40 seconds.

2b. * Demonstrate anaerobic fitness and skill for an underwater swim: Starting in the water, submerge and swim 15 metres underwater.

2c. * Demonstrate anaerobic fitness: Starting in the water, swim 50 metres head-up within 60 seconds (50 yd. within 55 sec).

2d. * Demonstrate endurance and strength for a submerged manikin or victim recovery and rescue: Starting in the water, swim to recover a submerged manikin or victim located 25 metres away; carry the manikin or victim 25 metres – all within 90 seconds (50 yd. within 82 sec.).

2e. * Demonstrate aerobic fitness and endurance: Swim 400 metres within 10 minutes (400 yd. within 9:10 minutes).

2f. * Demonstrate endurance and strength for a distressed victim rescue: Starting in the water, approach 15 metres head-up to contact a distressed victim in deep water; carry the victim 5 metres supporting the victim's head and shoulders above the surface.

3. * Demonstrate an understanding of:

- Features that vary from pool to pool (or from time to time) and how analysis of these affects lifeguarding.
- The role of water treatment systems in providing a safe and comfortable bather environment.
- Environmental hazards of pools.

4. * Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.

5a. * Demonstrate effective pool supervision using observation skills and scanning techniques.

5b. * Demonstrate effective pool supervision using lifeguard positioning and rotation.

5c. * Demonstrate an ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.

6. * Demonstrate three entries and three removals appropriate for a pool environment.

7. * Demonstrate an understanding of different rescue techniques appropriate for specific pool features and special situations.

8. * Demonstrate an effective search of the aquatic facility for a missing person as both a member and a leader of a lifeguard team.

9a. * Demonstrate effective management of a distressed or drowning victim in deep water.

9b. * Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions: 2 ventilations on a CPR manikin.

9c. * Demonstrate effective management of a suspected spinal-injured victim:

- Enter and approach a face-down victim in deep water; roll victim over, immobilize and carry 15 m.
- With the assistance of one back-up lifeguard and one bystander, manage a spinal-injured victim on land or in shallow water.

9d. * Demonstrate effective management of an injured swimmer.

10. Respond to emergency situations as a single lifeguard and as both a member and a leader of a lifeguard team.



Red Cross Water Safety Instructor Course



The **Water Safety Instructor (WSI) Course** prepares candidates to instruct the Red Cross Swim programs.

Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

Course Components & Length

- **WSI—Skills Evaluation*** – 3–6 hours
- **WSI—Online** – 14–20 hours
- **WSI—Teaching Experience** – minimum 8 hours
- **WSI—Classroom and Pool** – 9 hours classroom, 12 hours pool.

* *WSI—Skills Evaluation can be completed before, during or after the WSI—Online or WSI—Teaching Experience, but must be completed before attending the WSI—Classroom and Pool.*

Pre-course Requirements

15 years or older by the last day of the WSI—Classroom and Pool, ability to perform Red Cross Swim Kids 10 strokes and skills, and hold one of the following certifications (not required to be current): Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross certification is the required prerequisite in Quebec).

Completion Criteria

- Attend, participate in, and complete 100% of all four course components.
- WSI—Teaching Experience: complete a minimum of 4 hours** in each of a Red Cross Swim Preschool and a Red Cross Swim Kids class within 6 months of finishing the WSI—Online.

** *Red Cross recommends completing an entire session*

Evaluation

All course components are evaluated against specific evaluation criteria on a pass/fail basis.

Course Materials

- Water Safety Instructor Workbook*
- Red Cross Swim Deck Book*
- WSI—Online



Certification

Upon successful completion, candidates are certified for 2 years as a WSI, which allows them to teach Red Cross Swim programs without direct supervision.

Complete 3 **Water Safety Instructor—Online Professional Development Courses:** Evaluating Strokes, Supervising the Teaching Experience, and Teaching Parented Classes, before attending the WSI Recertification Course.

Recertification

Attend a recertification course every 2 years (2 hours classroom, 3 hours pool).



For Instructor Worksheets and Additional Teaching Resources go to myrc.redcross.ca