

ASSISTANT SWIM INSTRUCTORS

- Teaching
- Evaluating
- Knowledge
- Leadership
- Safety supervision

BRONZE STAR

- Entries
- Inflate clothes and huddle
- Submerged victim recovery
- Rescue Drill 1
- Rescue Drill 2
- Object support (3 min)
- Fitness Medley
- Endurance challenge (400m in 12 min)
- Assessing pulse and respiration rates
- Adult CPR
- Land Spinal
- Victim recognition
- Hand signal communication
- Walk & Spot
- In-water search
- Rescue with a partner
- Rescue non-breathing victim in deep water

VOLUNTEER OPPORTUNITIES

Volunteers are required at our pools to assist qualified instructors to teach swimming lessons. Volunteers must be 14 years of age or older and have a minimum swimming certification of Bronze Medallion. If you are interested in volunteering, contact the volunteer coordinator at your local pool for details.

BRONZE MEDALLION

- Throwing accuracy
- Self rescue
- Rescue drill
- Defences & releases
- Fitness challenge
- Endurance challenge (500m in 15 min)
- One-rescuer CPR: adult & child
- Obstructed airway: conscious victim
- Obstructed airway: unconscious victim
- Circulatory emergencies: shock heart attack or angina
- Circulatory emergencies: external bleeding
- Circulatory emergencies: stroke & TIA
- Walk, spot, & demonstrate
- Spinal injury management*
- Search
- Rescue 1: Non-Contact*
- Rescue 2: Non-Breathing*
- Rescue 3: Open Water*

EMERGENCY FIRST AID/CPR-B

- Goals of first aid
- Legal implications of first aid
- Self-protection
- Anatomy and physiology of ABC priorities
- Assessment
- One-rescuer CPR: adult, child & infant
- Obstructed airway: conscious victim
- Obstructed airway: unconscious victim
- Management of bystanders
- Respiratory emergencies
- Circulatory emergencies: shock heart attack or angina
- Circulatory emergencies: external bleeding
- Circulatory emergencies: stroke & TIA
- Abdominal injuries
- Burn injury
- Facial injury
- Care of unconscious victim
- Written test (minimum 70%)

* THESE ITEMS ARE EXAMINER EVALUATED ITEMS

BRONZE CROSS

- Rescue drill
- Fitness challenge
- Endurance challenge (600m in 18 min)
- First aid assessment
- One-rescuer CPR
- Two-rescuer CPR
- Obstructed airway: conscious adult or child
- Obstructed airway: conscious infant
- Obstructed airway: unconscious victim
- Hypothermia
- Walk, spot & evaluate
- Spinal injury management*
- Team search
- Rescue 1: Multiple victims*
- Rescue 2: Submerged victim*
- Rescue 3: Two rescuers
- Rescue 4: Injured victim*

STANDARD FIRST AID/CPR-C

- Emergency First Aid Items
- Two-rescuer CPR: adult, child & infant
- Suspected spinal injury
- Environmental emergencies: heat or cold illness
- Bone or joint injury
- Chest injury
- Suspected head injury
- Seizure
- Diabetes
- Poisoning
- Critical incident stress management
- Written test (minimum 70%)

NATIONAL LIFEGUARD: POOL

- Lifeguarding theory and practice
- Physical standard: object recovery
- Physical standard: underwater swim (15m)
- Physical standard: sprint challenge
- Physical standard: rescue drill
- Physical standard: endurance challenge (400m in 10 min)
- Physical standard: approach and carry
- Pool facility analysis
- Lifeguard communication
- Pool supervision: scanning and observation
- Pool supervision: positioning and rotation
- Pool supervision: intervention
- Entries and removals
- Pool emergencies: specialized techniques
- Facility search: missing person
- Management of distressed or drowning victim
- Management of submerged, non-breathing victim
- Management of spinal-injured victim
- Management of an injured swimmer
- Lifeguarding situations*

AQUATIC EMPLOYMENT OPPORTUNITIES

To be considered for employment by the City of Mississauga applicants must hold the following current certifications:

- Swim Instructor and Lifeguard
 - Lifesaving Society Swim and Lifesaving Instructors
 - National Lifeguard Pool
 - Standard First Aid/CPR-C
 - Automated External Defibrillator

Apply online at:
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AQUATIC LEADERSHIP PROGRESSION

