

Aquatic Leadership & First Aid Program Descriptions

To register for these programs, please click [here](#)

Activity	Age	Description
Advanced Instructor/ Examiner Clinic	16 years and over	Upon completion of this course and required co-exams, candidates will be examiners to Bronze Cross level. This course is the prerequisite to NLS Instructors, Standard First Aid Instructors. Candidates must have a current LSS Lifesaving Instructor award as well as awards they wish to be appointed to examine. Candidates must bring their Bronze Medals Award Guide, bathing suit, paper and pen. Course Length: 8 hrs.
Aquatic Supervisor Training	16 years and over	In order to take this course a person must have worked at least 100 hours as an instructor or lifeguard, hold an NLS and have a written recommendation from their supervisor. Materials can be purchased at the pool (Guide to Ontario Public Pools Regulation). Course Length: 12 hrs.
Assistant Swim Instructor	14 years and over	Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. The course provides an introduction to swimming instruction and some of the key competencies required in successful teaching. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. 100 per cent participation encouraged. Materials can be purchased at the pool on the first day (Assistant Instructors Workbook) Prerequisites: a minimum of 14 years as of the last day of the course, and Bronze Cross (or higher) certification. Course Length: 15 hrs.
Bronze Medallion/ Emergency First Aid/CPR B	13 years by exam day OR hold Bronze Star Award	Candidate will learn rescue techniques, resuscitation and the history of the Lifesaving Society. The Emergency First Aid/CPR B provides technical knowledge and practical experience in rescue breathing, CPR and emergency care. Materials can be purchased at the pool on the first day (Canadian Lifesaving Manual and Bronze Medallion Workbook). Exam date and time to be confirmed at the pool. Prerequisite: 13 years of age by the end of the course or hold Bronze Star award. Course Length: 27 hrs.

Bronze Cross/ Standard First Aid/CPR C	Must have Bronze Medallion/ Emergency First Aid/ CPR B	Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim. Standard First Aid / CPR C certifications are recognized by WSIB. Materials can be purchased at the pool on the first day (Canadian First Aid Manual) Prerequisites: Emergency First Aid/CPR B and Bronze Medallion. Bronze Cross is the prerequisite for the National Lifeguard Service Award and Instructors Course. Exam date to be confirmed at the pool. Course length: 31.5 hrs.
Emergency First Aid/ CPR B	All ages	This program is for people who want a general knowledge of first aid principles and emergency treatment of injuries. Skills include: primary assessment, CPR/choking for adults and children, use of an AED unit and what to do for external bleeding, heart attack, and stroke. Materials may be purchased at the facility (Canadian First Aid Manual). Course length: 8 hrs.
National Lifeguard - Pool	Minimum 16 years of age, Bronze Cross and Standard First Aid (need not be current) from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross and Canadian Ski Patrol.	National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge. Materials can be purchased at the pool on the first day (Alert Lifeguarding in Action manual). Exam date and time to be confirmed at the pool-100 per cent participation strongly recommended. Prerequisites: minimum 16 years of age, Bronze Cross and Standard First Aid (need not be current) from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross and Canadian Ski Patrol. Course length: 44 hrs.
NLS Recertification	16 years and over	The Lifesaving Society NLS Award must be recertified every two years; participants must bring proof of NLS certification. Candidates will be evaluated on the revised NLS standards. There will NOT be time to practice during the recert. For more information please contact the pool directly. Course length: 6 hrs.
Standard First Aid/CPR C Instructors	16 years of age and up. Must hold Advanced Instructor qualification	Candidates must have Lifesaving Society Standard First Aid award and have completed Advanced Instructor Clinic prior to taking the Standard First Aid Instructor Course. This course certifies the candidate to teach Standard First Aid and CPR (all levels). There is a pre-course assignment to be completed prior to the first day of the course. Contact the training coordinator for information at 905-615-3200 ext. 5351. Course Length: 10 hrs.
Standard	14 years and over	Participants must have a Lifesaving Society Standard First Aid certification to register for this course. If the certification is older than 3 years from the

First Aid/CPR C Recertification		original certification date the participant MUST take a full two day course in accordance with the Ontario Workplace Safety & Insurance Board (WSIB) rules. For more information please contact the Training Coordinator at (905)615-3200, ext. 5351. Course length: 8 hrs.
Standard First Aid CPR C	14 years & up	This program provides comprehensive training covering all aspects of first aid, AED 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: legal implications of first aid treatment, spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Course Length: 16 hrs.
Swim and Lifesaving/EFA Instructors With HIGH FIVE® PHCD	16 years of age by the end of the course, and Bronze Cross (or higher) certification.	The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. The HIGH FIVE program is committed to assisting healthy development among children. This program teaches participants to integrate the 5 principles into program planning, conflict resolution and creating a safe environment. Materials can be purchased at the pool on the first day (Swimming & Lifesaving Instructor Pac). 100 per cent participation required. Assistant Instructors is recommended. Prerequisite: 16 years of age by the end of the course, and Bronze Cross (or higher) certification. Course Length: 44 hrs.
The Complete Lifeguard	16 years and over	Earn all the awards you need to be a certified lifeguard in one course. This course includes Bronze Medallion, Bronze Cross, Standard First Aid, CPR B and C, National Lifeguard Service and Automatic External Defibrillation. Exam dates and times to be confirmed by pool. 100 per cent participation strongly recommended. Manuals costs extra. Course Length: 60 hrs.