

Course Descriptions

Lifesaving Prep: Prepares candidates for their next lifesaving or instructor course. Refine strokes, lifesaving skills and build stamina and endurance. Geared to the candidate's correct level. Perfect for the candidate who isn't old enough for the next course. Perfect for the candidate who needs to improve skills before continuing to the next level. Pre-requisite – Bronze Star or higher.

Bronze Star: Prepares students for success in Bronze Medallion. Topics covered include CPR, self rescue, rescue of others and a timed 400m swim. Pre-requisite – age 11, and recommended completed Level 10.

Bronze Medallion: Training prepares the candidate to respond effectively to a variety of aquatic emergencies and develop the necessary skills, fitness and judgement to effect rescues of greater risk. It includes a timed 500m swim. Pre-requisite – age 13 (Completion of NTAC Level 11 recommended), or Bronze Star (no age requirement).

Bronze Cross and Emergency First Aid & CPR B: Builds on the skills taught in Bronze Medallion and introduces the safe supervision of aquatic facilities. Emphasis is placed on the difference between lifesaving and lifeguarding. The first aid course provides a general knowledge of first aid principles and the emergency treatment of injuries. Pre-requisite – Bronze Medallion.

LSS Standard First Aid & CPR C: Provides comprehensive training covering all aspects of first aid and CPR. This course is a pre-requisite for the NLS. It is more advanced than Emergency First Aid & CPR B. Pre-requisite – none.

Distinction: Develop advanced water rescue skills and strive for excellence and maturity of response to the emergency situation. The candidate must achieve a high degree of physical conditioning and rescue knowledge. Pre-requisite – Bronze Cross.

Diploma: The highest award of the LSS. It requires exceptional lifesaving ability. Please contact the club for further information and to schedule an interview with the course conductor. Pre-requisite – Distinction or NLS or LSS Lifesaving Instructor, and an interview.

National Lifeguard Service (NLS): Presents a challenging program requiring a high degree of physical skill and theoretical knowledge in order to qualify the candidate to work as a lifeguard in Canada. Pre-requisite – age 16, and Bronze Cross, and Standard First Aid & CPR C from the Lifesaving Society or Red Cross or St John Ambulance or Canadian Ski Patrol.

Red Cross Assistant Water Safety Instructor (AWSI): This course combines theoretical and practical teaching skills and replaces the former Aqua Leaders course. It is required to work as an assistant instructor and to enrol in the Red Cross Water Safety Instructor course.

Candidates must complete 8 hours of practice assistant teaching and weekly homework. Pre-requisite – age 15 and recommended Bronze Cross.

Instructor – Dual: Combined Red Cross Water Safety Instructor (WSI) and Lifesaving Society Lifesaving Instructor (LSS LI) course certifies successful candidates to instruct the Red Cross Swim Program, Lifesaving and First Aid training courses. Candidates must complete 12 hours of practice teaching and weekly homework. Pre-requisites: age 16, and Bronze Cross or higher, and Red Cross AWSI or Leaders.