

## Why become a lifeguard?

Being a lifeguard is much more than sitting in a chair watching the pool. Lifeguards become a close team of people you can count on. Lifeguards get to learn about the water chemistry of pools and what it takes to keep a pool clean. You learn how to teach people to be safe in and around the water. Lifeguards teach accident prevention and water safety, learn life skills all while having fun and collecting a paycheck. Join the small world of Aquatics if you are looking for a career that is both fun and challenging.



# Alberta Lifesaving Society Lifeguard Course Information



## Did you know?

About **500 Canadians** die in preventable water-related incidents every year.

Drowning deaths happen mostly in adults aged 20-34. **Over 80%** of victims are male.



LIFESAVING SOCIETY™  
The Lifeguarding Experts

**Any questions contact:**

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**Aquatic Supervisor**

# Steps to becoming a lifeguard

## Lifesaving Society Bronze Medallion & Bronze Cross (30 hrs)

**Prerequisites:** Minimum age 13 years,  
20 lengths in 15 min , 24 lengths in 18 min

Bronze Medallion award teaches an understanding of the lifesaving principals embodied in the four components of water rescue education: judgement, knowledge, skill and fitness. Rescuers learn tows, carries and defences and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Bronze Cross is 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 CPR C.

### **Course Dates:**

January 2—6                      8:30—3:30 pm

**Fee:** \$160

*\*\*Please bring swim suit, towel, goggles, water and snacks. Breaks will not be long\*\**

## Standard First Aid (16 hrs)

**Prerequisites:** Minimum age 14 years

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR as well as AED training. Includes CPR C.

This standard first aid course is recommended for Lifeguards, aquatic instructors, Lifesavers and any other individuals who may need to respond to a first aid emergency in any setting. In Alberta, the Lifesaving Society's Standard First Aid course is approved by the provincial government .

### **Course Dates:**

Check local Safety Companies

## Lifesaving Society Lifesaving/Swim Instructor (40 hrs)

**Prerequisite:** 16 years and older, Bronze cross or higher

The Lifesaving Swim Instructor Course focuses on preparing the instructor to teach and evaluate basic movement and swimming skills, strokes and fitness. Candidates are introduced to key principles of learning and teaching and acquire proven teaching methods, a variety of skill and stroke development drills and correction techniques.

**Fee:** \$325.00

### **Course Dates:**

Feb.28	4—9 pm
March 1	4—10 pm
March 2/3/8 & 9	11:30—7:30 pm

*\*\*Please bring Canadian Lifesaving Manual, swim suit, goggles, water, and snacks. Breaks will not be long. Also bring warm clothes, this course has a lot of pool time\*\**

## Lifesaving Society National Lifeguard (40 hrs)

**Prerequisite:** Bronze Cross, Standard First Aid and a minimum of 16 years of age.

The Lifesaving Society's national Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment and values taught in the prerequisite Lifesaving Society lifesaving certification. Recognized as the standard for lifeguards in Canada, National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of a lifeguard. The primary role of National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certifications prepares lifeguard to fulfill this role as professional facilitators of safe, enjoyable aquatics. The National Lifeguard program develops the basic lifeguarding skills, principles and decision making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

(16 lengths in 10 min)

**Fee:** \$325

### **Course Dates:**

Jan.25 & Feb.1	4—10 pm
Jan. 26/27 & Feb 2/3	11:30—7:30 pm

*\*\*Please bring swim suit, towels, goggles, water and snacks. Breaks will not be long. Also bring warm clothes, this course has a lot of pool time\*\**