

aquatics training & courses.

STEPS TO BECOMING A LIFEGUARD AND/OR INSTRUCTOR



JUNIOR LIFEGUARD CLUB

Must have completed a minimum of Swim Kids 6

The Lifesaving Society's Junior Lifeguard Club accommodates 8-15 year olds of different abilities. Youth are encouraged to develop skills based on personal bests in swimming, lifesaving, fitness, knowledge, leadership and teamwork. The Club provides high activity challenges in an energetic learning environment in the pool and on the deck.

RED CROSS SWIM KIDS 10 / JUNIOR LIFEGUARD CLUB

CANADIAN RED CROSS

OR

LIFESAVING SOCIETY

INSTRUCTOR

WATER SAFETY INSTRUCTOR

15 years of age and CPR-C/Standard First Aid in addition to EITHER Red Cross Assistant Lifeguard OR Bronze Cross

LIFEGUARD

ASSISTANT LIFEGUARD

14 years of age AND Level 10

LIFEGUARD

15 years of age AND Assistant Lifeguard

INSTRUCTOR

LIFESAVING INSTRUCTOR / EXAMINER STANDARDS CLINIC

16 years of age AND Bronze Cross or National Lifeguard

LIFEGUARD

BRONZE STAR

12 years of age AND able to swim 400 metres

BRONZE MEDALLION

13 years of age AND able to swim 500 metres

BRONZE CROSS

Must have completed Bronze Medallion

NATIONAL LIFEGUARD AWARD

16 years of age, Bronze Cross AND CPR-C/Standard First Aid