

Benefits of Training

- National certifications that are recognized in every province and territory in Canada.
- International recognition of your awards through the International Life Saving Federation (ILS) and the Royal Life Saving Society Commonwealth (RLSS).
- Access to over 4000 affiliated swimming pools, waterfronts, schools, and clubs as potential employers.
- Become a leader in drowning prevention and water safety.
- Acquire skills that are life-long and that can save lives. Build your resume for life!
- Gain transferrable skills that are valued in a variety of career fields including business, education, medicine and more. Former National Lifeguards and Lifesaving Instructors include astronauts, cabinet ministers, doctors, engineers, lawyers, nurses, paramedics, teachers, and television hosts.



Want More Information?

The Lifesaving Society is a national charitable organization working to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning prevention research, safety management services, and lifesaving sport.

The Society establishes aquatic safety standards and consults widely on aquatic safety issues for aquatic facility owners and operators, governments, agencies, and the judicial system.

Annually, over 1,500,000 Canadians participate in the Society's training programs. The Society also certifies all of Canada's National Lifeguards.

Across Canada, every Branch provides services to the local population. Contact your local Branch for more information on any of the Society's initiatives.

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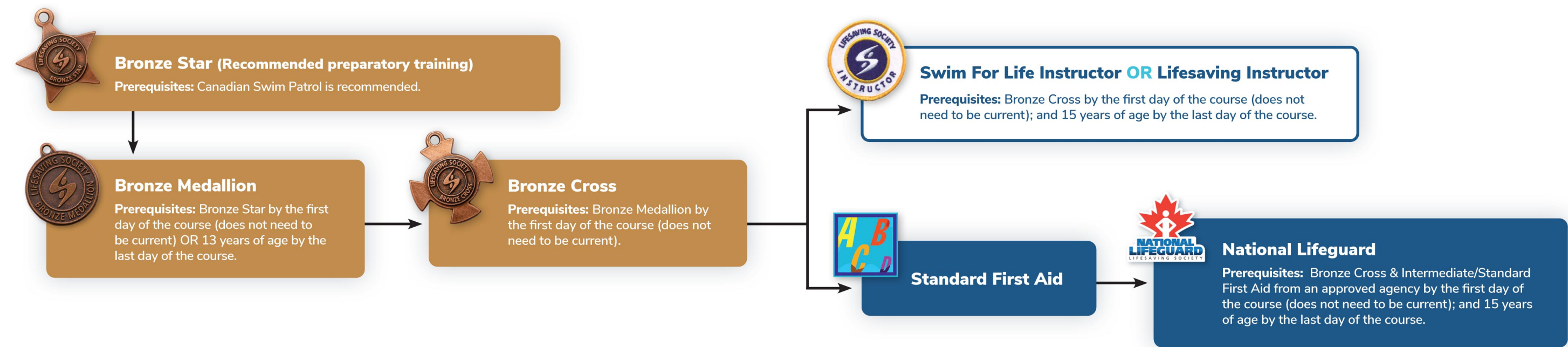
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Becoming a Lifeguard & Lifesaving Instructor



Becoming a Lifeguard & Lifesaving Instructor

Follow this guide for the steps to become a Lifesaving Society Instructor and a National Lifeguard.



Course Information

Recommended courses for those under 13 years of age or those who need to improve their swimming skills.

CANADIAN SWIM PATROL (Rookie, Ranger, Star)



Prerequisites: Ability to swim at a Swimmer 6 level or equivalent is recommended.

The Canadian Swim Patrol program focuses on a “work hard, play hard” training approach for skilled swimmers 8 - 12 years of age. Candidates develop lifesaving knowledge, skills, and physical fitness to enable them to make Water Smart® choices and to safely perform low-risk water rescues.

BRONZE STAR

Bronze Star enhances and builds on fitness, swimming, and lifesaving skills. These essential skills prepare candidates to be safe while in, on and around the water.

Required courses for ages 13+

BRONZE MEDALLION

Bronze Medallion introduces candidates to the four components of water rescue education (judgment, knowledge, skill, and fitness), and prepares them for further education and training in lifesaving, lifeguarding, leadership, and lifesaving sport. First awarded in 1896, the Bronze Medallion has been Canada’s premier lifesaving certification for over 120 years!

BRONZE CROSS

Bronze Cross prepares candidates for safety supervision roles as assistant lifeguards and aquatic instructors. Candidates learn valuable skills that prepare them for training in the Society’s National Lifeguard and Leadership programs. Bronze Cross trains candidates to become leaders in drowning prevention and water safety at home and in the community.

NATIONAL LIFEGUARD

National Lifeguard certification is Canada’s professional lifeguarding standard. It is the only lifeguard certification recognized in all provinces and territories of Canada, as well as being recognized internationally by the International Lifesaving Federation (ILS) and the Royal Life Saving Society Commonwealth (RLSS). Over 70,000 Canadians are currently certified as National Lifeguards.

A lifeguard’s primary role is the prevention of emergency situations and, when necessary, a timely, effective response. National Lifeguard training prepares candidates for this important role as aquatic risk management professionals. The training curriculum provides candidates with a sound understanding of lifeguarding principles, good judgment, and communication skills as well as a responsible attitude towards lifeguarding duties.

Lifeguards may choose training in one or all of the National Lifeguard certifications: Pool, Waterpark, Waterfront or Surf.

INSTRUCTOR & EXAMINER COURSES

Lifesaving Society leadership programs ensure Instructors, Examiners and Trainers offer the highest quality of instruction and evaluation to candidates. Become a leader in training the next generation in drowning prevention and water safety, and help your community to become safer in, on, and around the water.

SWIM FOR LIFE INSTRUCTOR

A Swim for Life® Instructor is able to teach and evaluate all of the levels in the Swim for Life® and Canadian Swim Patrol programs.

LIFESAVING INSTRUCTOR

A Lifesaving Instructor and Examiner is able to teach and examine the Canadian Swim Patrol, Bronze Star, Bronze Medallion and Bronze Cross programs.



Really love instructing? Learn about other Lifesaving Society leadership courses by contacting your local office today!