

Steps to become a Lifeguard

National Lifeguard NL (good for 2 yrs)

The NL Program develops the basic lifeguarding skills, principles and decision making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Prerequisite: Standard First Aid/ CPR level C, Bronze Cross and must be 16 years of age or older.

Water Safety Instructor WSI (good for 2 yrs)

This course focuses on the planning and teaching of Red Cross Swim Lessons, instructional emergency response skills and teaching techniques specific to our programs. The certification

issued allows candidates to teach all the Red Cross Swim Programs. Prerequisite: 15 years old and Level 10 and Bronze Cross or Emergency First Aid./ Standard First Aid.



Bronze Cross (must have bronze medallion and first aid)

This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Prerequisite: Bronze Medallion and SFA/CPR Level C

Standard First-Aid (good for 2 yrs)

A comprehensive two-day course offering first aid and cardio-pulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Includes the latest first aid and CPR guidelines.



Bronze Medallion (13yrs old or completed bronze star)

This course challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness—the four components of water rescue—form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisite: Completed Bronze Star or 13 years old or older and SFA/CPR Level C.



Bronze Star (Optional)

develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Prerequisite: Swim Patrol Experience



Swim Patrol (optional)

The Swim Patrol program provides enriched training for those who are ready to go beyond swimming lessons. This program continues to develop participants swim strokes and provide the skill foundation that prepares them for success in the Bronze Medal awards. Prerequisite: Completed Level 5