

Become a

LIFEGUARD

Bronze Star

Must have good swimming ability (Swim kids 10), recommended 11 and older.

Bronze Star helps to prepare candidates for success in Bronze Medallion. Participants develop problem-solving and decision-making skills as individuals and in partners. Candidates develop WaterSmart confidence and learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. Includes a 400m timed swim. **After-school and two-week options available at the Golden Swimming Pool.**



Bronze Combo

Must be 13 by last day or have Bronze Star.

Earn Bronze Medallion and Bronze Cross in one course! Save money and time. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk, involving conscious and unconscious victims in varying water depths. Bronze Medallion and Cross are prerequisites for all advanced training programs, including National Lifeguard and Instructor certifications. Includes a 600m timed swim and CPR-C. Worth 2 credits for grade 11. **After-school and two-week options available at the Golden Swimming Pool.**



National Lifeguard

Must have Bronze Cross, Standard First Aid & CPR-C (need not be current), be 16 by last day.

The National Lifeguard award builds on the skills, knowledge and values learned in the Bronze Medal awards. The primary role of a lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NL award is intended to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NL training is designed to teach the principles and develop the basic lifeguarding skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies. Worth 2 credits for grade 12. **After-school and two-week options available at the Golden Swimming Pool.**



Water Safety Instructor

Must be 15 and have Bronze Cross. Ability to perform Swim Kids 10 strokes and skills.

Turn your aquatic skills into a career! The Water Safety Instructor course prepares candidates to instruct Red Cross Swim programs to various age groups, from infants to adults. The skills you learn with us can prepare you for future employment in aquatics, recreation and numerous other fields. Certifications are recognized Canada-wide. **One course available at the Golden Swimming Pool this summer.**



ToG Recreation Services

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