

# Aquatic Programs

## CERTIFICATIONS

### AQUATIC CERTIFICATIONS

#### BRONZE STAR

Work on swimming proficiency, lifesaving skills and personal fitness. Swimmers refine their stroke mechanics, acquire self-rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for Bronze Medallion and provides a fun introduction to lifesaving sport.

**Prerequisite(s):** Ages 7+ and Lifesaving Society Swim Test: safe entry into shallow water, 25 m swim without stopping or resting, followed by treading water for 30 seconds.

#### BRONZE MEDALLION

This course will develop an understanding of the water rescue elements: judgment, knowledge, skill and fitness. Bronze Medallion also teaches candidates CPR-C and AED and is a prerequisite for assistant lifeguard training in Bronze Cross.

**Prerequisite(s):** Ages 13+ or Bronze Star.

#### BRONZE CROSS / AQUATIC EMERGENCY CARE / O<sub>2</sub>

Begin the transition from lifesaving to lifeguarding and prepare for responsibilities as an assistant lifeguard. Bronze Cross also includes Aquatic Emergency Care (AEC), which is equivalent to Standard First Aid (SFA), and includes skills specific to emergencies in an aquatic setting. Oxygen Administration (O<sub>2</sub>) provides the knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

**Prerequisite(s):** Bronze Medallion.

#### STANDARD FIRST AID or AQUATIC EMERGENCY CARE / O<sub>2</sub>

Standard First Aid (SFA) provides comprehensive training covering all aspects of first aid and CPR. It is a government of Alberta workplace approved course.

Aquatic Emergency Care (AEC), is equivalent to SFA, and includes skills specific to emergencies in an aquatic setting.

Oxygen Administration (O<sub>2</sub>) provides the knowledge and techniques for the use of oxygen as a supplement in an emergency care situation.

#### NATIONAL LIFEGUARD

The National Lifeguard (NL) program develops basic lifeguarding skills, principles and decision-making processes to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

**Prerequisite(s):** Ages 16+, Bronze Cross (*need not be current*), and Government of Alberta OH & S Approved SFA or AEC (*must be current*). Must provide proof of certifications.

#### NATIONAL LIFEGUARD / AQUATIC EMERGENCY CARE or STANDARD FIRST AID / O<sub>2</sub> RECERTIFICATION

**Prerequisite(s):** National Lifeguard (*need not be current*) and Government of Alberta OH & S Approved SFA or AEC (*must be current*). Must provide proof of certifications.

CERTIFICATION	DAY	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE	INFO
Bronze Star	Tue & Thu	Sep 20-29	5-7:30 p.m.	4	8983	S/M/P: \$165	Sep 12	
	Tue & Wed	Dec 27 & 28	9 a.m.-3 p.m.	2	8984		Dec 19	1-hour lunch break
Bronze Medallion	Tue	Oct 4-25	5-9 p.m.	4	8985	S: \$161 M/P: \$210	Sep 26	
	Thu	Oct 6-27			8986		Sep 28	
	Sat & Sun	Nov 19 & 20	8:30 a.m.-5:30 p.m.	2	8987		Nov 11	1-hour lunch break
	Thu & Fri	Dec 29 & 30			8988		Dec 21	
Bronze Cross / Aquatic Emergency Care / O <sub>2</sub>	Sat	Sep 24-Oct 29	8:30 a.m.-5:30 p.m.	5	8989	S: \$275 M/P: \$365	Sep 16	No class Oct 8 1-hour lunch break
	Tue & Thu	Nov 1-Dec 8	5-9 p.m.	10	8990		Oct 24	No class Nov 8, 10
	Mon-Fri	Jan 2-6, 2023	8:30 a.m.-5:30 p.m.	5	9011		Dec 24	
Standard First Aid or Aquatic Emergency Care / O <sub>2</sub>	Sat	Sep 24-Oct 1	8:30 a.m.-5:30 p.m.	2	8991	S: \$135 M/P: \$165	Sep 16	1-hour lunch break
	Thu & Fri	Nov 1-17	5-9 p.m.	4	8992		Oct 24	No class Nov 8, 10
	Mon-Fri	Jan 2-3, 2023	8:30 a.m.-5:30 p.m.	2	9013		Dec 24	1-hour lunch break
National Lifeguard	Sat	Sep 24-Oct 29	8:30 a.m.-5:30 p.m.	5	8993	S: \$275 M/P: \$342	Sep 16	No class Oct 8 1-hour lunch break
		Nov 5-Dec 10			8994		Oct 28	No class Nov 12 1-hour lunch break
	Sun	Oct 2-Nov 6			9273		Sep 24	No class Oct 9 1-hour lunch break
	Mon-Fri	Jan 2-6, 2023			9012		Dec 24	1-hour lunch break
National Lifeguard / Aquatic Emergency Care or Standard First Aid / O <sub>2</sub> Recertification	Sat	Sep 10	8:30 a.m.-5:30 p.m.	1	8995	S/M/P: \$125	Sep 2	1-hour lunch break
	Thu	Dec 22			8996		Dec 14	
Swim / Lifesaving Instructor	Sun	Oct 2-Nov 6	8:30 a.m.-5:30 p.m.	5	8997	S: \$380 M/P: \$450	Sep 24	No class Oct 9 1-hour lunch break
		Nov 13-Dec 11			8998		Nov 5	
Swim / Lifesaving Instructor Recert.	Fri	Sep 23	5-9 p.m.	1	9002	S/M/P: \$100	Sep 15	
First Aid Instructor / Examiner	Sat & Sun	Sep 24 & 25	8:30 a.m.-5:30 p.m.	2	8999	S/M/P: \$320	Sep 16	1-hour lunch break
		Nov 5 & 6			9000		Oct 28	
National Lifeguard Instructor	Sat & Sun	Sep 10 & 11	8:30 a.m.-5:30 p.m.	2	9001	S/M/P: \$300	Sep 2	1-hour lunch break

**100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES**

#### SWIM / LIFESAVING INSTRUCTOR

Swim and Lifesaving instructors are responsible for teaching and evaluating candidates participating in the Swim for Life, Canadian Swim Patrol, Bronze Medals, Distinction, Boat Rescue and Lifesaving Society CPR programs.

**Prerequisite(s):** Ages 16+ and Bronze Cross or higher (*need not be current*).

#### SWIM / LIFESAVING INSTRUCTOR RECERTIFICATION

**Prerequisite(s):** Swim and/or Lifesaving Instructor (*need not be current*) and any updates (*as required*).

#### FIRST AID INSTRUCTOR / EXAMINER

First Aid Instructors are responsible for teaching and evaluating candidates participating in the Lifesaving Society CPR, Emergency First Aid, Standard First Aid, AEC, CPR-HCP, and Oxygen Administration programs.

**Prerequisite(s):** Lifesaving Instructor and Government of Alberta OH & S Approved SFA or AEC (*must be current*).

#### NATIONAL LIFEGUARD INSTRUCTOR

National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard Pool, waterpark, waterfront and surf programs.

**Prerequisite(s):** National Lifeguard (*any option; must be held for a minimum of two years and must be current*), Lifesaving Instructor (*need not be current*). Experience teaching Lifesaving Society certification programs is recommended.

Reserve your spot in a class, register for programs and find all class and program information online at

[SportandWellnessReg.MacEwan.ca](https://SportandWellnessReg.MacEwan.ca)  
CLICK HERE TO FIND YOUR COURSE AND REGISTER