

LIFESAVING SOCIETY®

Certification and Leadership Courses I

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

Prerequisite(s): Ages 13+ or Bronze Star

BRONZE CROSS / INTERMEDIATE FIRST AID / OXYGEN ADMINISTRATION

Begin the transition from lifesaving to lifeguarding and prepare for responsibilities as an assistant lifeguard. This course also includes Intermediate First Aid (*IFA*). Oxygen Administration (*O₂*) provides the knowledge and techniques for using oxygen as a supplement in an emergency care situation.

Prerequisite(s): Bronze Medallion. Must provide proof of certification.
Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

INTERMEDIATE FIRST AID

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

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 IFA* (*must be current*). Must provide proof of certifications.
Equipment Needed: Fanny pack, pocket mask, filter, and whistle.

NL / AQUATIC EMERGENCY CARE (AEC) / IFA / O₂ - RECERTIFICATION

Participants in this course have the opportunity to participate in recertification exams for their NL, AEC, IFA, and O₂ certifications.

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

Certifications continued on next page.

CERTIFICATION	DAY	DATE	TIME	CLASSES	CODE	EARLY BIRD PRICE	EARLY BIRD DEADLINE	REGULAR PRICE	WITHDRAWAL DEADLINE	INFO
Bronze Star	Tue & Thu	Sep 19-28	5-7:30 p.m.	4	10357	P: \$165	Sep 4	P: \$180	Sep 11	
Bronze Medallion	Tue	Oct 3-24	5-9 p.m.	4	10359	P/M: \$210 S: \$161	Sep 18	P/M: \$225 S: \$176	Sep 25	
	Thu	Oct 5-26			10358		Sep 20		Sep 27	
Bronze Cross / Intermediate First Aid / Oxygen Administration	Tue & Thu	Oct 31-Dec 7	5-9 p.m.	10	10361	P/M: \$365 S: \$275	Oct 16	P/M: \$380 S: \$290	Oct 23	No class Nov 14, 16
	Mon-Fri	Nov 13-17	8:30 a.m.-5:30 p.m.	5	10360		Oct 29		Nov 5	1-hour lunch break
Intermediate First Aid	Mon-Thu	Sep 11-14	5-9 p.m.	4	10372	P/M: \$165 S: \$135	Aug 27	P/M: \$180 S: \$150	Sep 3	
	Fri	Sep 22-Oct 13			10371		Sep 7		Sep 14	
	Mon-Tue	Nov 13-14	8:30 a.m.-5:30 p.m.	2	10375		Oct 29		Nov 5	1-hour lunch break
National Lifeguard	Sat	Sep 23-Nov 4	8:30 a.m.-5:30 p.m.	5	10377	P/M: \$342 S: \$275	Sep 8	P/M: \$357 S: \$290	Sep 15	No class Sep 30, Oct 7 1-hour lunch break
		Nov 18-Dec 16			10378		Nov 3		Nov 10	1-hour lunch break
	Mon-Fri	Dec 18-22			10379		Dec 3		Dec 10	
National Lifeguard / Aquatic Emergency Care / Intermediate First Aid / Oxygen Administration Recertification	Sun	Sep 24	8:30 a.m.-5:30 p.m.	1	10382	P/M/S: \$125	Sep 9	P/M/S: \$140	Sep 16	1-hour lunch break
		Oct 29			10384		Oct 14		Oct 21	
		Nov 26			10385		Nov 11		Nov 18	
		Dec 17			10386		Dec 2		Dec 9	

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

LIFESAVING SOCIETY®

Certification and Leadership Courses II

SWIM/LIFESAVING INSTRUCTOR / PRESCHOOL PROFICIENCY

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. Preschool Proficiency enhances an instructor’s understanding of preschoolers and how they learn, develop, and acquire skills in the water.

Prerequisite(s): Ages 16+ and Bronze Cross or higher *(need not be current)*. Must provide proof of certifications.

SWIM / LIFESAVING INSTRUCTOR - RECERTIFICATION

The Swim and Lifesaving Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking, and provides instructors with updates from the Lifesaving Society.

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

AMENITY ATTENDANT

Candidates will learn how to effectively communicate and educate the public about the safe, appropriate use of facilities and their amenities as well as how to respond to minor emergencies as part of a team. Amenity Attendants can assist in monitoring a variety of amenities in an aquatic or multipurpose facility.

Prerequisite(s): Ages 14+ and Government of Alberta OH & S Approved IFA. Must provide proof of certification.

AMENITY ATTENDANT / INTERMEDIATE FIRST AID

See above for **Amenity Attendant**. This course includes Intermediate First Aid.

Prerequisite(s): Ages 14+

FIRST AID INSTRUCTOR / EXAMINER

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

Prerequisite(s): Lifesaving Instructor and Government of Alberta OH & S Approved IFA *(must be current)*. Must provide proof of certification.

FIRST AID INSTRUCTOR - RECERTIFICATION

The First Aid Instructor Recertification course evaluates Instructor Level 1 leadership competencies, facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): First Aid Instructor and current Government of Alberta OH & S Approved IFA and any updates *(as required)*. Must provide proof of certification.

CERTIFICATION	DAY	DATE	TIME	CLASSES	CODE	EARLY BIRD PRICE	EARLY BIRD DEADLINE	REGULAR PRICE	WITHDRAWAL DEADLINE	INFO
Swim/Lifesaving Instructor / Preschool Proficiency	Sun	Sep 17-Oct 29	9:30 a.m.-5:30 p.m.	6	10387	P/M: \$450 S: \$375	Sep 2	P/M: \$465 S: \$390	Sep 9	No class Oct 8 1-hour lunch break
		Oct 29-Dec 10			10388		Oct 14		Oct 21	No class Nov 12 1-hour lunch break
Swim/Lifesaving Instructor Recertification	Fri	Sep 8	5-9 p.m.	1	10391	P/M/S: \$100	Aug 24	P/M/S: \$115	Aug 31	
		Dec 8			10392		Nov 23		Nov 30	
Amenity Attendant	Fri	Sep 15	5-9 p.m.	1	10393	P/M: \$120 S: \$100	Aug 31	P/M: \$135 S: \$115	Sep 7	
		Oct 20			10396		Oct 5		Oct 12	
Amenity Attendant / Intermediate First Aid	Mon-Fri	Sep 11-15	5-9 p.m.	5	10394	P/M: \$285 S: \$228	Aug 25	P/M: \$300 S: \$243	Sep 2	
	Fri	Sep 22-Oct 20		5	10395		Sep 7		Sep 14	
First Aid Instructor/ Examiner	Sat-Sun	Oct 21-22	8:30 a.m.-5:30 p.m.	2	10389	P/M/S: \$320	Oct 6	P/M/S: \$335	Oct 13	1-hour lunch break
First Aid Instructor/ Examiner Recertification	Sun	Nov 26	8:30 a.m.-5:30 p.m.	1	10397	P/M/S: \$200	Oct 31	P/M/S: \$215	Nov 17	1-hour lunch break
National Lifeguard Instructor	Sat-Sun	Sep 16-17	8:30 a.m.-5:30 p.m.	2	10390	P/M/S: \$300	Sep 1	P/M/S: \$315	Sep 8	1-hour lunch break
National Lifeguard Instructor Recertification	Sun	Dec 3	8:30 a.m.-5:30 p.m.	1	10398	P/M/S: \$125	Nov 18	P/M/S: \$140	Nov 25	1-hour lunch break

100% ATTENDANCE IS MANDATORY FOR ALL AQUATIC CERTIFICATION COURSES

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): Current National Lifeguard *(any option, must be held for a minimum of two (2) years)* and Lifesaving Instructor *(need not be current)*. Experience teaching Lifesaving Society certification programs is recommended. Must provide proof of certification.

NATIONAL LIFEGUARD INSTRUCTOR - RECERTIFICATION

The National Lifeguard Instructor Recertification course evaluates instructor level 3 leadership competencies; facilitates networking and provides instructors with updates from the Lifesaving Society.

Prerequisite(s): National Lifeguard Instructor, all mandatory updates *(as required)*. Must provide proof of certification.

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

SportandWellnessReg.MacEwan.ca
CLICK HERE TO FIND YOUR COURSE AND REGISTER