

# AQUATIC LEADERSHIP

## BECOME A LIFEGUARD OR INSTRUCTOR

### START HERE!

**Swim Patrol: Rookie, Ranger, Star**  
8-12 years of age (Optional)

**Bronze Star**  
Swim Patrol experience recommended (Optional)



**Lifesaving Sport Fundamentals**  
1-2-3-4-5  
8-12 years of age (Optional)

### STEPS TO BECOME A LIFEGUARD

**Bronze Medallion & Emergency First Aid (EFA)**  
Prerequisites: 13 years of age or Bronze Star

**Bronze Cross & Standard First Aid (SFA)**  
Prerequisites: Bronze Medallion & EFA



**National Lifeguard (NL)**  
Prerequisites: 16 years of age, Bronze Cross & SFA

### STEPS TO BECOME A SWIMMING INSTRUCTOR

**Red Cross Water Safety Instructor (WSI)**  
Prerequisites: 15 years of age, and one of: Bronze Cross, or Emergency First Aid

**Lifesaving Society Lifesaving Instructor (LSI)**  
Prerequisites: 16 years of age and Bronze Cross



To learn more about leadership programs, visit:  
**Lifesaving Society** - [lifesavingsociety.com](http://lifesavingsociety.com) | **Red Cross** - [redcross.ca](http://redcross.ca)

# AQUATIC LEADERSHIP

## DESCRIPTIONS & SCHEDULES

L I F E S A V I N G   S P O R T



F U N D A M E N T A L S

### Lifesaving Sport Fundamentals 1-2

**Fundamentals 1:** Participants practice in-water starts and jump starts from the deck; stroke work includes 25m front and back crawl, a 25m sprint and a 100m workout and swimming underwater. Lower body work includes whip kick and treading water for 30 seconds.

**Fundamentals 2:** Participants practice dive starts from the deck; open turns and in water somersaults, and; front crawl, back crawl and breaststroke. They learn how to scull (25m), practice 2 x 25m sprints and perform a 200m workout. Participants learn how to throw accurately, swim with fins, and tow a manikin with a rescue tube.

**Ages: 8 to 11**

**Day: Wed**

### Lifesaving Sport Fundamentals 3-4-5

**Fundamentals 3:** Participants set short-term goals in this level while they master challenging skills including jumps from a starting block, relay transitions and front crawl flip turns. Stroke work over longer distances includes: 50m front and back crawl; 25m breaststroke; 4x25m sprints and a 300m workout. Lower body work includes eggbeater kick; and in-water object support for 90 seconds.

**Fundamentals 4:** In this level, participants set long-term goals and learn how to Stay Healthy. Skills include dive starts from starting block, front and back crawl flip turns and breaststroke turns. Stroke work includes 50m front and back flip turns and breaststroke turns, a 50m sprint and a 400m workout. Participants acquire throwing accuracy under the pressure of a time limit. Eggbeater and scissor kicks as well as in-water object support (2 min) are the focus of lower body work.

**Fundamental 5:** In this level, participants learn about the importance of giving back. They practice racing starts from a starting block, relay transitions and three racing turns. A 500m workout and 50m sprint repeats complement 50m front and back crawl and breaststroke. New skills include learning how to dive start and swim wearing fins. A 25m approach and 25m manikin tow with a rescue tube is a feature of this level.

**Ages: 8 to 11**

**Day: Wed**

### LSS Rookie

This program is an introduction to lifesaving and emphasizes lifesaving skill development and physical fitness through goal setting and personal bests. The Swim Patrol program is organized in three progressive levels - Rookie, Ranger and Star. Swim Patrol's modular format allows participants to work on content appropriate to their ability.

**Ages: 12 and up**

**Day: Mon, Wed, Sun**

### LSS Swim Patrol: Ranger/Star

**Ranger Patrol:** Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support, and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock, and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

**Star Patrol:** Swimmers are challenged with 600m workouts, 300m timed swims, and 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies, including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals, roll overs, and supporting a victim face up in shallow water.

**Ages: 8 to 11**

**Day: Mon, Sat**

### LSS Bronze Star

Bronze Star is excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.

**Ages: 8 to 12**

**Day: Sat, Sun**

### LSS Bronze Medallion & Emergency First Aid

Get an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

**Ages: 13 and up**

**Day: Tues, Fri, Sat, Sun**

## LSS Bronze Cross & Standard First Aid with CPR C

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certifications. Includes a 600m timed swim.

**Prerequisite:** Bronze Medallion & EFA

**Day:** Fri, Sat, Sun

## Red Cross Water Safety Instructor

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Swim Kids, Swim at School, Swim at Camp, Swim for Adults and Teens, and Adapted Programs. **Prerequisite:** 15 years of age & Ability to perform Red Cross Swim Kids Strokes & One of: Emergency First Aid or Bronze Cross (certifications do not need to be current)

**Ages:** 15 and up

**Day:** Fri, Sat, Sun



## LSS National Lifeguard - Pool

Participants will learn to prevent accidents, identify hazards, determine safe practices, educate the public about risks associated with aquatic activities and how to be safe around water. They are also trained to spot potential trouble and intervene before it becomes life threatening. Lifeguarding is a fun, exciting and rewarding job, it is also a job that requires an enormous amount of responsibility.

**Prerequisite:** 16 years of age, Bronze Cross & SFA

**Ages:** 16 and up

**Day:** Sun, Fri, Sat

## LSS Standard First Aid with CPR-C

This course is for those who want an in-depth understanding of first aid such as; medical/legal issues, spinal, heat or cold injuries, bone and joint injuries, abdominal and chest issues, burns and medical emergencies. *Includes CPR-C certification and is recognized by WSIB.*

**Ages:** 12 and up

**Day:** Sat, Sun

The Water Safety Instructor (WSI) Course prepares candidates to instruct Red Cross Swim programs.

Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

### Prerequisites:

- 15 years of age to begin the WSI - Online
- Ability to perform Red Cross Swim Kids 10 strokes and skills
- One of: Emergency First Aid or higher, or Bronze Cross. Certifications do not need to be current

## LSS Aquatic Supervisor Training (AST)

For deck level supervisory staff, this 10 hour course provides the knowledge and skills, beyond National Lifeguard certification, to manage a safe aquatic environment. **Prerequisite:** National or Lifesaving Society Instructor (Swim or Lifesaving) certification (need not be current); and 100 hr. experience as a lifeguard and/or instructor.

**Ages:** 16 and up

**Day:** Tues, Thurs

## LSS Standard First Aid with CPR-C Recertification

The Standard First Aid with CPR - C recertification course is for those who want to recertify their standard first aid certification. Please note that registrants must present proof they had previously taken the full course and must recertify with their current organization. Recertification's are to be taken on time and then are to be followed by a full course.

**Prerequisite:** Lifesaving Society Standard First Aid with CPR-C

**Ages:** 12 and up

**Day:** Sun

## LSS National Lifeguard Recertification

Reviews all Lifeguarding skills to ensure that all NL candidates are still capable to perform to the Lifesaving Society Standards. A recertification must be completed every 2 years and proof of original certifications is required.

**Prerequisite:** National Lifeguard and Standard First Aid

**Ages:** 16 and up

**Day:** Sat

**Additional fees for non-residents apply**

**100% attendance and participation is mandatory for all aquatic leadership programs.**

**Turn Your Aquatic Skills Into a Career.  
Become a Water Safety Instructor!**

### Completion Criteria:

- Attend and participate in 100% of all WSI Course components
- All course components (WSI - Skills Evaluation, WSI - Online, WSI - Teaching Experience, and WSI - Classroom and Pool) are evaluated against specific evaluation criteria on a pass/fail basis.
- All course components must be completed for successful completion of the WSI certification.

**For more details visit**  
[georgina.ca/aquatics](http://georgina.ca/aquatics)



**CANADIAN  
RED CROSS**



Program	Age	#	Day	Start Date	Time	Place	Price	Code
<b>Lifesaving Sport Fundamentals 1 &amp; 2</b>	8-11yrs	10	W	14-Sep-16	5:30 PM-6:15 PM	GLP	\$90.77	9173
<b>Lifesaving Sport Fundamentals 3, 4 &amp; 5</b>	8-11yrs	10	W	14-Sep-16	6:15 PM-7:15 PM	GLP	\$93.49	9174
<b>Lifesaving Sport Fundamentals 1 &amp; 2</b>	8-11yrs	9	W	11-Jan-17	5:30 PM-6:15 PM	GLP	\$81.67	9026
<b>Lifesaving Sport Fundamentals 3, 4 &amp; 5</b>	8-11yrs	9	W	11-Jan-17	6:15 PM-7:15 PM	GLP	\$84.14	9025
<b>LSS Rookie</b>	8-11yrs	10	F	16-Sep-16	6:30 PM-7:30 PM	GLP	\$90.77	8752
	8-11yrs	9	S	8-Jan-17	10:00 AM-11:00 AM	GLP	\$177.46	9022
<b>LSS Ranger/Star</b>	8-11yrs	10	Sa	10-Sep-16	9:15 AM-10:15 AM	GLP	\$90.77	8749
	8-11yrs	9	M	9-Jan-17	7:00 PM-8:00 PM	GLP	\$81.67	9023
<b>Bronze Star</b>	8-12yrs	10	S	11-Sep-16	10:15 AM-11:15 AM	GLP	\$93.49	8750
	8-12yrs	9	Sa	7-Jan-17	9:00 AM-10:00 AM	GLP	\$84	9021
	13+yrs	9	T	10-Jan-17	5:00 PM-8:30 PM	GLP	\$148.27	9024
<b>Bronze Medallion &amp; Emergency First Aid</b>	13+yrs	10	F	16-Sep-16	5:00 PM-8:00 PM	GLP	\$148.27	8751
	13+yrs	3	F, Sa,S	28-Oct-16	4:30 PM-9:30PM	GLP	\$148.27	8757
					8:30 AM-6:00 PM			
<b>Bronze Cross &amp; Standard First Aid with CPR C</b>	13+yrs	4	S,Sa	3-Dec-16	9:00 AM-5:00 PM	GLP	\$156.89	8760
	13+yrs	9	F	13-Jan-17	5:00 PM-9:00 PM	GLP	\$156.89	9027
<b>Red Cross Water Safety Instructor</b>	15+yrs	6	F,Sa,S	Oct 1-23	Times Vary	GLP	\$325.08	8756
	15+yrs	6	F,Sa,S	Jan 14- Feb 5	Times Vary	GLP	\$325.08	9028
<b>National Lifeguard</b>	16+yrs	6	F, Sa,S	23-Sep-16	5:00PM-9:00PM 9:00 AM-7:00 PM	GLP	\$321.25	8755
<b>LSS Standard First Aid with CPR C</b>	12+yrs	2	Sa,S	17-Sep-16	9:00 AM-5:00 PM	GLP	\$100.75	8753
	12+yrs	2	Sa,S	11-Feb-17	9:00 AM-5:00 PM	GLP	\$100.75	9029
<b>Aquatic Supervisor Training</b>	16+yrs	1	T,Th	22-Nov-16	4:30 PM-9:30 PM	GLP	\$48.80	8221
<b>LSS Standard First Aid with CPR C Recert</b>	12+yrs	1	S	18-Sep-16	9:00 AM-5:00 PM	GLP	\$57.75	8754
	12+yrs	1	S	12-Feb-17	9:00 AM-5:00 PM	GLP	\$57.75	9030
<b>National Lifeguard Recert</b>	16+yrs	1	S	6-Nov-16	9:00 AM-5:00 PM	GLP	\$75.36	8758