

SECTION 1

LIFESAVING PROGRAMS

CANADIAN SWIM PATROL & BRONZE FAMILY



CANADIAN SWIM PATROL

The Canadian Swim Patrol (CSP) is a three level pre-Bronze award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges). The three modules in each level are Water Proficiency, Recognition & Rescue and First Aid. The purpose of the CSP is to take young swimmers beyond the learn-to-swim program and to provide them with basic lifesaving skills. The newly revised CSP program:



- ▶ Allows for easier integration of the CSP into existing learn-to-swim programs (e.g., Red Cross, I Can Swim, YMCA).
- ▶ Provides the swimming and rescue skills necessary to prepare candidates for lifesaving programs such as Bronze Star and/or Bronze Medallion.
- ▶ Can be a skill development component within Junior Lifeguard Clubs and Lifesaving Sport.
- ▶ Can provide additional programming opportunities for Affiliates.
- ▶ Can provide teaching experience for candidates who have just completed the Lifesaving Instructor course.
- ▶ Can provide programming options for other common delivery customers such as summer camps or in conjunction with school based swimming programs.

CANADIAN SWIM PATROL – AT A GLANCE				
Course	Prerequisites	Instructional Time	Required Materials Patrol Kits	2009 Fees
Rookie Patrol	Ability to swim Target 8-12 years old	10 hours	Each Course Kit contains Test Sheets, Wall Charts, Module Seals and Badges for a class of 10 participants. Refer to the 2009 Merchandise Order Form for individual fees	Rookie Patrol Kit \$40.00
Ranger Patrol	Ability to swim Target 8-12 years old	10 hours		Ranger Patrol Kit \$40.00
Star Patrol	Ability to swim Target 8-12 years old	10 hours		Star Patrol Kit \$40.00

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JUNIOR LIFEGUARD CLUB

SERIOUS FUN!

That's the Junior Lifeguard Club in a nutshell.

Kids learn attitudes and skills that could one day save a life – their life, or someone else's. The Junior Lifeguard Club (JLC) is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. But just as important, kids experience teamwork and a sense of belonging. They become part of a *Club* – the Junior Lifeguard Club. The Junior Lifeguard Club is a place for kids to:

- learn about lifesaving and lifeguarding
- enjoy friendly competition and special events
- challenge themselves to aim for personal bests
- hang out
- get fit
- make friends
- have a great time!

WE WANT YOU!

The Junior Lifeguard Club is ideal for candidates who:

- are 8-12 years old
- can swim 25 metres and tread water for 1 minute
- are finished or need a break from regular lessons
- are transitioning from Swim Club
- have a lack of age group programs



THE COACH!

The leader of the JLC is the coach, not the instructor or teacher. The JLC coach is a mentor who takes a special interest in the personal development of each participant and helps members set personal goals and guides them along to achieve them. The JLC Coach is a(n):

- Lifesaving Instructor
- NLS Certification
- Lifeguarding experience
- Coaching or Leadership experience
- Creative & Enthusiastic

Course	Prerequisites	Required Materials JLC Coach	2009 Fees
Junior Lifeguard Club	Ability to swim Target 8-12 years old	Junior Lifeguard Coaches Manual - \$32.00 Junior Lifeguard Club Promotional Poster – N/C	Seals (18/sheet) - \$4.50/sheet Time Tracker - \$7.00 Waterlog - \$7.95

A Lifesaving Instructor can be a JLC Coach – if you want to start or support a JLC in your community, contact us at programs2@lifesaving.bc.ca or 604.299.5450 and we'll help you out!

BRONZE FAMILY

Bronze Medal Awards include Bronze Star, Bronze Medallion, and Bronze Cross. Developing proficiency in lifesaving, resuscitation and water rescue skills, these awards are important 'building blocks' toward further first aid and lifeguard training.



Bronze Star is a pre-Bronze Medallion training program and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They develop WaterSmart confidence; learn CPR and basic lifesaving skills needed to be their own person lifeguard.



The **Bronze Medallion** award teaches 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, and defense and release methods in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims.



The **Bronze Cross** award is 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 Service® (NLS) and Instructor certification.

The **Lifesaving Instructor** (LSI) award trains candidates to teach and evaluate the Canadian Swim Patrol Program, the Bronze Medal awards, Lifesaving Fitness, and Distinction awards. Instructor candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation. LSI is the base for all other instructor certifications.

BRONZE FAMILY – AT A GLANCE				
Course	Prerequisites	Required Materials	Instructional Time	2009 Program Fees
Bronze Star	Ability to swim Target 12 year olds	No materials required	10 hours	Course - \$10.00
Bronze Medallion	Bronze Star (not current) OR 13 years old (by last day of course)	Canadian Lifesaving Manual Pocket Mask	20 hours	Course - \$18.00 CLSM - \$32.00 Mask - \$15.00
Bronze Cross	Bronze Medallion (not current)	Canadian Lifesaving Manual Pocket Mask	20 hours	Course - \$18.00
Lifesaving Instructor	Bronze Cross (not current) 16 years old (by last day of course)	Canadian Lifesaving Manual Lifesaving Instructor Kit Pocket Mask	25 hours	Course - \$42.00 LSI Kit - \$54.00

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LIFESAVING PROGRAM ADMINISTRATION OVERVIEW

Pre-requisites and Award Currency

- ▶ Refer to the **Lifesaving Programs At-A-Glance chart** for required award prerequisites, course lengths, program equipment and literature.
- ▶ Original pre-requisites or a FAM print-out with a verification code **must be seen** by the Lifesaving Instructor on the first day of the Lifesaving course. If pre-requisites are not shown, it is recommended that the candidate not be allowed to continue on in the program as the Branch office will not allow exemptions/exceptions under any circumstances.
- ▶ The pre-requisites for each Bronze program are as follows:



Reminder!

• Bronze Star - recommended 12 years old and swimming ability
• Bronze Medallion - must be 13 years old OR have a Bronze Star (not current)
• Bronze Cross - must hold a Bronze Medallion (not current)

- ▶ Age must be confirmed by a birth certificate, passport, medical card or any other legal document/identification.
- ▶ You can accept candidate certifications from another Canadian Lifesaving Society Branches, however, you must advise them to request an awards transfer from their home Branch to the BC & Yukon Branch office before a permanent card can be issued.

Lifesaving Leadership

- ▶ Leadership pre-requisites:

Lifesaving Instructor Prerequisites
• Bronze Cross (not current)
• 16 years old (by the last day of the course)

- ▶ Lifesaving Instructor (LSI) Certification is valid for two years. After two years the LSI must attend a Recert in order to certify candidates in the Lifesaving program. If an LSI whose certification has expired submits a test sheet, those candidates will not be certified and they will need to be re-evaluated by a current LSI.
- ▶ An LSI has 5 years from certification date to recertify their award. After 5 years they must complete a Bridges assignment and then attend another LSI Recert. Contact the office for more information.
- ▶ Candidates applying for the LSIT course must submit their application to the Branch office at least four (4) weeks in advance of the LSIT clinic.

Lifesaving Instructor Trainer Prerequisites
• Lifesaving Instructor (current)
• Recertified LSI at least once
• Taught a minimum of 4 Bronze courses
• 18 years old (by the last day of the course)

LIFESAVING PROGRAM OVERVIEW

Lifesaving Programs At-A-Glance

✓ Required ✦ Optional	Rookie Patrol	Ranger Patrol	Star Patrol	Bronze Star (CPR-A)	Bronze Medallion (CPR-B)	Bronze Cross (CPR-C)	Lifesaving Fitness	Lifesaving Instructor
Program Policies								
Prerequisites	Ability to swim	Ability to swim	Ability to swim	None	13 yrs OR Bronze Star	Bronze Medallion	>30yrs OR Medical	16 yrs AND Bronze Cross
Instructed By (current)	LSI	LSI	LSI	LSI	LSI	LSI	LSI	LSIT
Currency (years)	N/A	N/A	N/A	N/A	2	2	N/A	2
Course Length (hours)	10	10	10	10	20	20	10	24
Recertification (hours)	N/A	N/A	N/A	N/A	4	4	N/A	4-5
Candidate/Instructor ration (strongly recommended)	12:1	12:1	12:1	12:1	12:1	12:1	12:1	12:1
Program Equipment								
Manikins/Cleaning Solution	✓	✓	✓	✓	✓	✓	✓	✓
Barrier Devices	✦	✦	✦	✦	✓	✓	✦	✓
Timing Device	✓	✓	✓	✓	✓	✓	✓	✓
Rescue Aids	✓	✓	✓	✓	✓	✓	✓	✓
Weights		✓	✓	✓			✓	✓
Clothing	✓	✓	✓	✓	✓			✓
Blankets or towels (practice)			✦	✦	✦	✦	✦	✓
First Aid Kit/ (practice)			✦		✦	✦		✓
Program Environment								
Aquatic Environment	✓	✓	✓	✓	✓	✓	✓	✓
Program Literature								
Canadian Lifesaving Manual					✓	✓		✓
Lifesaving Instructor Kit								✓
Program Recognition								
Wallet Card	*IIC - Wall Chart & Stickers			*BCY	*BCY	*BCY	*BCY	*BCY
Crest	✓	✓	✓	✓	✓	✓	✓	✓
Medallion				✓	✓	✓		

Legend

- LSI – Lifesaving Instructor
- LSIT – Lifesaving Instructor Trainer
- N/A – Not Applicable
- *IIC – Instructor issued wallet card
- *BCY – Branch issued wallet card

Program Equipment

- Manikins (1/2 students)
- Barrier Devices (1/student)
- Rescue Aids (rescue tube, rescue can, ring buoy, PFD's, flutter boards, noodles, etc)
- Weights (2.3kg – 5lb / 4.5kg - 10lb / 9kg – 20lb)
- Clothes (a clean long sleeve shirt, pants and shoes to wear in the water)
- First Aid Kit (Gauze Squares/Drainage Dressings/Triangular Bandages/Super Scissors)

Training Facility Requirements - Classroom

- A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class (see attached equipment list). Equipment that makes direct contact with class participants must be kept in a sanitary condition.
- Equipment that makes direct contact with class participants (e.g. pocket masks) must be washed with detergent and water then soaked in a bleach solution (1 part bleach/10 parts water) for up to 10 minutes. Metal instruments must be soaked in a clean container with 70% isopropyl alcohol for 15-20 minutes.
- The facility and instructor must comply with all relevant sections of the OHSR. The classroom used for first aid instruction must be illuminated, heated and ventilated as required for an office in Part 4 (General Conditions) of the OHSR.
- The training facility must have access to a washroom.

Training Facility Requirements – Aquatic

- A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class (see attached equipment list). Equipment that makes direct contact with class participants must be kept in a sanitary condition.
- The training facility must have access to a washroom.
- The LSI should have a method to determine depth and distances as required by the Swim Patrol and Bronze Medals Award Guides.