

# Program Guide

LIFESAVING SOCIETY -  
BC & YUKON BRANCH

Revised June 2022



**LIFESAVING SOCIETY®**

*The Lifeguarding Experts*

Program Guide

Revised June 2022

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112-3989 Henning Drive

Burnaby, BC, Canada V5C 6N5

Phone: 604.299.5450

Email: [info@lifesaving.bc.ca](mailto:info@lifesaving.bc.ca); Website: [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

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The Lifesaving Society is Canada's lifeguarding expert. We are a national charitable organization working to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives, aquatic safety management services, drowning research and lifesaving sport.

Annually, over 1.2 million Canadians participate in the Society's lifesaving, lifeguard, first aid and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

We are an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society Commonwealth and the International Life Saving Federation and is the Canadian governing body for Lifesaving Sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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**COVID-19 Precautions:** Please note that all information contained in this document assumes that the Affiliate, host facility, trainers, instructors, coaches, officials and participants are aware of, and adhering to, current directives from the local, provincial and federal health authorities in regard to preventing the transmission of COVID-19 at the time of the programs and events. Any deviation from such directives puts the health of all those involved at risk.

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# The Lifesaving Society

## CANADA'S LIFEGUARDING EXPERTS

The Lifesaving Society is a full-service provider of programs, products and services designed to prevent drowning and water-related injury. We are a leader and partner in the delivery of water safety education throughout Canada and around the world.

Annually over 1.2 million Canadians participate in our swimming, lifesaving, lifeguard, and leadership programs. As Canada's lifeguarding experts, we set the standard for lifeguard training and certify all of Canada's National Lifeguards.

The Lifesaving Society represents Canada in the International Life Saving Federation (ILS) and the Commonwealth Royal Life Saving Society (RLSS) which operates globally in over 40 countries.

## OUR HISTORY

We trace our roots to the late 19th century in London, England where we began as The Swimmers' Life Saving Society. In 1894, Arthur Lewis Cochrane brought the lifesaving skills he learned in his homeland to Canada and passed them along to students at Upper Canada College in Toronto, Ontario. In June 1896, eighteen of his students were the first recipients of our distinguished Bronze Medallion award, the first award to be created by the Society.

Under the patronage of King Edward VII in 1904, we became the Royal Life Saving Society. In the 1950s, we were the first Canadian organization to adopt mouth-to-mouth as the method of choice over manual methods of artificial respiration.

## THE ROYAL LIFE SAVING SOCIETY MOTTO

Whomsoever you see in distress, recognize in them a fellow human being.

## MISSION

To provide lifesaving education which encourages safety in aquatic activity and prepares rescuers to respond to aquatic emergencies.

## VISION

The BC & Yukon Branch of the Lifesaving Society is an active member of the community dedicated to preventing death and injury in, on, or near the water. We search out opportunities to include everyone as driven by the needs of our community. We endeavour to collaborate with all groups and individuals with like aims. We are a dynamic organization that celebrates growth, flexibility, innovation, excellence, and proactive leadership.

## **GOVERNANCE MODEL/STRUCTURE**

The BC & Yukon Branch of the Lifesaving Society is a volunteer-based organization and is a federally registered charity operating under the BC Societies Act. The elected volunteer Board of Directors practices the Policy Governance Model setting policy and direction for the Branch.

## **CODE OF CONDUCT**

The Lifesaving Society's reputation in aquatic safety and its status as a charitable organization impose high expectations of professional and ethical behaviour. The Society's reputation depends on the integrity of its volunteers, instructors, staff and other representatives. Members of the Society carry a high burden of trust. The way in which that trust is discharged determines to a great extent the Society's success and the place of pride it enjoys in the aquatic community and in society at large. Individuals and organizations that interact with the Society can expect a high level of integrity and respect from the Society. This code of conduct outlines the ethical standards of conduct expected of individuals, employees, volunteers interacting with the Society, and details the Society's policy with respect to workplace discrimination, bullying and harassment and workplace violence.

## **VALUES**

Guided by humanitarian principles, we are the Canadian leader in the prevention of drowning and water-related injury;

- We are collaborative, innovative, and ethical;
- We operate with fairness, respect, trust, and integrity;
- We value diversity, flexibility, and creativity;
- We seek inclusiveness, driven by the needs of our community;
- We are a dynamic organization that succeeds through volunteerism, pro-active leadership, and the pursuit of excellence.

## **AIMS**

- Promote public awareness and understanding of the responsibility every Canadian assumes when working or playing in an aquatic environment.
- Provide educational opportunities for preparing swimmers to be lifesavers and for training highly skilled lifeguards.
- Pursue research to enhance and support the continuing development of its programs and to maintain technical excellence.
- Provide consultation services for education, recreation, and health agencies in communities throughout the Branch.



## PRIVACY

The Lifesaving Society respects the individual's right to privacy and is committed to keeping personal information accurate, confidential, secure, and private. Except as specifically outlined in this policy, the Society does not disclose any individual's personal information to any third parties.

### What We Collect and Why

The Lifesaving Society collects information required to provide services to members and other individuals. This includes an individual's name, address, phone number, email address, birth date, gender and payment information.

## CERTIFICATION REVIEW

Under the Lifesaving Society's certification review policy, a Certification Review Committee conducts confidential investigations of serious complaints and recommends appropriate action that may include probation, suspension, revocation of appointment or decertification. The policy applies to holders of Lifesaving Society leadership appointments including instructors, coaches and trainers who deliver the Society's program to others. The policy may apply to other award holders including lifeguards who fail to maintain or reflect the Society's standards. All concerns should be brought forward to the Society in writing and addressed to the Lifesaving Society British Columbia & Yukon Branch Executive Director.



## VOLUNTEERISM

The Lifesaving Society is a volunteer-based organization which relies on the commitment of volunteers to provide the expertise needed to accomplish its objectives.

Volunteerism within the Lifesaving Society has a mutual benefit as volunteers play an active role in the Society and are recognized in many ways for their dedication. Experience gained by volunteering on projects, boards and committees, the lasting friendships developed, and the fun experienced by all those involved with the Society, will last a lifetime. Please visit our website Member Services page for upcoming and ongoing volunteer opportunities.

## HONOUR AWARDS

Annually, we recognize outstanding individuals who have contributed to the work of the Branch and our mission. The awards are part of a Commonwealth program providing recognition based on years of service and the level of volunteer contribution. They are presented annually at the Branch's prestigious Honour and Rescue Award Ceremony, typically held in March.

### Volunteer Opportunities

Volunteer opportunities arise regularly and include serving as Board members, committee involvement, special event coordination and participation in short-term projects.



## RESCUE AWARDS

Commonwealth Rescue Awards recognize members of the public who have performed a water-related rescue and saved a life from drowning. They are presented at the annual Honour & Rescue Award Ceremony in March. Awards include Silver Medal for Merit where the rescuer did not enter the water, Silver Medal for Bravery where the rescuer did enter the water, MG Griffiths award for those who learned their rescue skills through a Lifesaving Society course and the George A. Brown Memorial medal and scholarship for a rescue made by a pre-teen. Rescue award nominations are sourced through news reports, police/fire/ambulance personnel submissions and individual recommendations. To make a nomination, go to [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca).



## LIFESAVING SOCIETY’S NAME & LOGO USE GUIDELINES

### Lifesaving Society Name

Always use the Lifesaving Society’s name in full. Never use abbreviations (such as “LS”) in any public communications. When the Society’s name is repeated often, it is permissible to use the full name “Lifesaving Society” – in the first instance and “the Society” thereafter.

Use the Society’s full name in program descriptions, e.g., Lifesaving Society Bronze Medallion, Lifesaving Society National Lifeguard.

### Lifesaving Society Logo Guidelines

The principal colour of the Lifesaving Society is Pantone 300 blue. This colour is used to reproduce the logo symbol and statement, and occasionally, the name of the Society. The second colour is black, which is used for the name of the Society.

There are three acceptable uses of colour by order of preference:



Background	First Choice	Second Choice
White or light	Two colours: Pantone blue 300 and black.	One colour: black
	<ul style="list-style-type: none"> <li>Print the symbol and signature statement – The Lifeguarding Experts - in PMS 300 blue; the name of the Lifesaving Society in black.</li> </ul>	<ul style="list-style-type: none"> <li>Print everything in black.</li> </ul>
Dark	<ul style="list-style-type: none"> <li>Print everything in white.</li> </ul>	

### White Space

For best visibility, a minimum space must be left between the signature and any graphic element such as photographs or illustrations, and/or the edges of the reproduction surface.



## Logo Usage

Always use all the elements of the corporate identity including symbol and name. Alterations of the Lifesaving Society logo in any form are not permissible, including:

- Altering the relationship between the symbol and the Society's name.
- Altering the shape or the angle of the symbol.
- Deleting the signature statement.
- Using any other colours (or switching the colours around) or typefaces.
- Using the symbol as a letter "S" in the name of the Society or another word.
- Reproducing the identity so small that you cannot read the signature statement.
- Combining the Society's visual identity with any other logos or visual identities.

## Typography

The official typeface of the Lifesaving Society is Frutiger Condensed. The name of the Society must always be written in capital letters, in Frutiger Condensed. However, the use of a bolder version of the typeface is acceptable in a document to emphasize a name or title. The use of any other typefaces is unacceptable.

## Affiliate Members

Only Affiliate Members in good standing may use the Lifesaving Society's identity. For Affiliate Members who wish to profile their membership with the Lifesaving Society, we recommend the following wording: "Affiliate Member of the Lifesaving Society." When using the Lifesaving Society logo, follow the guidelines below. On Affiliate Member stationery, business cards, etc., the Society's logo should be placed in a subordinate position to the Affiliate Member's own corporate identity so it is clear that the communication is from the Affiliate Member and not the Society.

# Communication

## SUBSCRIBE TO LIFESAVING SOCIETY EMAILS

Staying “in the loop” is easy – become a subscriber!

The Lifesaving Society BC & Yukon Branch’s Lifeliner newsletter informs our members by sharing drowning prevention messages and promoting Lifesaving Society programs, events and stories. Additionally, the Lifeliner delivers information regarding updates and changes to the Society’s programs and policies.

The Lifeliner is distributed to subscribers by email quarterly. To read previous issues of the Lifeliner and to subscribe, please visit <https://www.lifesaving.bc.ca/subscribe-lifeliner>.

Are you a Lifesaving Society Instructor, Trainer, or Affiliate? Join one of our many complied email lists to receive updates and information specific to you! Contact [awards@lifesaving.bc.ca](mailto:awards@lifesaving.bc.ca) to become a subscriber.

## SOCIAL MEDIA

Active on social media? So are we!

Follow us on Facebook, Instagram and Twitter

@LifesavingBCYK for Branch updates.



# Member Services

## MEMBERS

The Lifesaving Society is a world leader in drowning prevention thanks to the efforts of tens of thousands of individual members who share the Society's drowning prevention mandate. These members are:

- People who have earned the Bronze Medallion or higher Lifesaving Society award.
- People who teach the Society's lifesaving, first aid and lifeguarding courses.
- People who volunteer for the Lifesaving Society in their communities and at the regional, provincial, national, and international levels.

## FIND A MEMBER

Find a Member is an Internet-based interface that allows the user to check their Lifesaving Society certifications and the current status of each. To access the service, all that is required is the member's personal Lifesaving Society Member code found in the bottom right hand corner of all certification cards. Find a Member can be accessed from the Society's website at no cost, from anywhere at any time.

Some benefits of Find A Member include:

- Members can download proof of certifications, despite lost or otherwise missing cards.
- Employers can obtain immediate confirmation of certifications of staff members.
- Employers can readily verify current instructor certification required to teach specific courses like National Lifeguard or Standard First Aid.
- Instructors can immediately confirm credentials of candidates who cannot present an original card or in cases where the authenticity of a card is suspect. Please notify the Lifesaving Society immediately if you become aware of fraudulent cards.

## LIFESAVING SOCIETY AWARD AND LEADERSHIP TRANSFER POLICIES

### Lifesaving Awards Transfer Policy

Certification holders moving to BC or the Yukon from another Canadian Lifesaving Society Branch need to arrange to have their awards transferred from their home Branch. To make this process easy, simply go to [www.lifesaving.bc.ca/transfer-your-awards](http://www.lifesaving.bc.ca/transfer-your-awards).

### Lifesaving Society Leadership Transfer Policy

Lifesaving Society Instructors must transfer their awards to the BC & Yukon Branch prior to teaching any advanced certification level in BC or the Yukon. Please note that First Aid Instructors, National Lifeguard Instructors and all Trainers may need to complete additional items prior to teaching in BC/Yukon.

Please follow the information below for each leadership certification. If the certification you hold is not listed here, please check with the BC & Yukon Branch.

All Lifesaving Society Instructors & Trainers who are not current will be required to recertify. The BC & Yukon Branch does not use the credit system.

## INSTRUCTOR/TRAINER TRANSFER PROCESS

### Lifesaving

**Current Lifesaving Instructors (LSI):** may teach once they have:

- Confirmed the transfer process with the Education Manager
- Completed the 2021 Bronze Medals Update
- Signed an Instructor Letter of Agreement
- Purchased Branch resources

**Current Lifesaving Trainers (LST):** As Trainers are appointed by the Branch, all Lifesaving Trainers must contact the Branch prior to teaching a Lifesaving Instructor course or an LSI Recertification. Transferring to BC & Yukon will include:

- Completing a Leadership Transfer with a National Trainer
- Signing the Trainer Letter of Agreement
- Purchasing Branch resources
- In some cases, the transfer may require submitting a completed Trainer Training Package which will include a successful co-teach on an LSI recertification.

### First Aid

**Current Lifesaving First Aid Instructors:** may teach first aid courses once they have:

- Confirmed the transfer process with the Education Manager
- Completed a First Aid Instructor Transition/Recertification (cost includes all training materials)
- Completed the online Airway Management & Oxygen Administration Instructor Module
- Submitted a completed First Aid Instructor-Training Package which will include a successful co-teach on a Lifesaving Emergency First Aid (OFA Level 1) course or a Lifesaving Standard First Aid (OFA Level 1) Recertification. This is a WorkSafeBC requirement and cannot be waived.
- Sign an Instructor Letter of Agreement

**Current Lifesaving First Aid Trainers (FAT):** As Trainers are appointed by the Branch, all Lifesaving First Aid Trainers must contact the Branch prior to teaching a First Aid Instructor course or FAI Recertification. Transferring to BC & Yukon will include:

- Completing the FAI transfer process
- Completing a Leadership Transfer with a National Trainer
- Signing the Trainer Letter of Agreement
- In some cases, the transfer may require submitting a completed Trainer Training Package which will include a successful co-teach on an FAI course or recertification.

## National Lifeguard

**Current National Lifeguard Instructors:** may teach a National Lifeguard (NL) full course and conduct an NL Precertification/Recertification once they have:

- Confirmed the transfer process with the Education Manager
- Completed the online Airway Management & Oxygen Administration Instructor Module
- Completed the 2021 NL Instructor Update Clinic (online)
- Signed an Instructor Letter of Agreement
- Purchased Branch resources
- In some cases, the transfer may require submitting a completed Training Package which will include a successful co-teach on an NL Precertification/Recertification

**Current National Lifeguard Trainers (NLT):** As Trainers are appointed by the Branch, all National Lifeguard Trainers must contact the Branch prior to teaching a National Lifeguard Instructor course or an NLI Recertification. Transferring to BC & Yukon will include:

- Completed the NLI transfer process
- Completed a Leadership Transfer with a National Trainer
- Signing the Trainer Letter of Agreement
- In some cases, the transfer may require submitting a completed Training Package which will include a successful co-teach on an NLI course



## Inter-Agency Certification Transfer Policy

If you are a current First Aid Instructor for a Branch recognized agency (St. John Ambulance, Canadian Red Cross, Canadian Heart & Stroke or Canadian Ski Patrol) and have a minimum of two years teaching experience, you can become a Lifesaving Society First Aid Instructor by:

- Completing a First Aid Instructor Transition/Recertification (cost includes all training materials)
- Completing the online Airway Management & Oxygen Administration Instructor Module
- Submitting a completed First Aid Instructor-Training Package which will include a successful co-teach on a Lifesaving Emergency First Aid (OFA Level 1) course or a Lifesaving Standard First Aid (OFA Level 1) Recertification. This is a WorkSafeBC requirement and cannot be waived.
- Signing an Instructor Letter of Agreement

## International Certification Transfers

Since each country has its own legislative requirements and each training agency has its own curriculum, we cannot accept non-Canadian certifications. In the BC & Yukon Branch, international candidates and instructors will need to obtain Canadian certifications in first aid, lifesaving and lifeguarding.

Recognizing that many international candidates have extensive skills and knowledge, the recommended process to attain certification is as follows:

1. Challenge the Lifesaving Society's Bronze Medallion and Bronze Cross
2. Take a Canadian Standard First Aid course from a Branch recognized agency (Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Heart & Stroke, Canadian Ski Patrol)
3. Take a National Lifeguard course



# Affiliates

## WHAT IS AN AFFILIATE?

An Affiliate is an organization or individual who wishes to partner with the Lifesaving Society to uphold their mandate to prevent drowning through public education, programming and/or safety services. Affiliate members of the Lifesaving Society BC & Yukon Branch include: municipal recreation departments, YMCA/ YWCAs, summer camps, school boards, colleges, universities, private companies and individual instructors.

Affiliates of the Society play an essential role in lifesaving training by offering the Society's training awards and certifications to the public or to their members. Affiliates play a key role in support of Water Smart public education in their communities throughout the Branch.

Affiliates also provide direction to the Society concerning community needs and suggestions concerning program revisions.

## Affiliate Membership Levels

Affiliate Members pay annual affiliation fees depending on their level of affiliation. All affiliations are for a calendar year or portion thereof. Affiliation fees are not pro-rated.

**Organization:** An organization with an unlimited number of instructors can offer all programs within their scope.

- Yearly
- Seasonal (any four month period)

**Individual:** A single instructor can offer all programs within their scope.

- Yearly
- Seasonal (any four month period)



## AFFILIATE BENEFITS

We invite Affiliates to make full use of the programs and services offered by the Society:

- Permission to offer the training programs of the Lifesaving Society.
- Access to the online Affiliate Resources which houses program support material for all Lifesaving Society programs.
- Access to personnel to provide support to programmers, instructors and lifeguards.
- Access to Public Education and Water Smart messaging to keep your community safe.
- Access to Aquatic Safety Management courses for facilities and waterfronts.
- Additional marketing opportunities to post Lifesaving Society only courses on the BC & Yukon Branch website.
- Access to promote and receive employment opportunities via the BC & Yukon Branch website.
- Access to program material and merchandise through The Shop.
- A voting delegate at the BC & Yukon Annual General Meeting of the Society (Seasonal Affiliation Level excluded).
- Opportunity to provide input and direction with Branch operation.
- Access to National Research on Drowning and an annual National & Provincial/Territorial Drowning Report.
- Affiliate Members (only) are eligible for a license to offer the Lifesaving Sport Fundamentals program.
- Affiliate Membership entitles your organization to participate in lifesaving sport championships.
- Affiliate Members receive preferred Affiliate Member rates for some aquatic management services. These services are provided by the Lifesaving Society to maximize the safety of participants in aquatic settings.

## AFFILIATE AWARDS

Each year the Branch recognizes outstanding contributions from Affiliates in their support of the Society's mission. These awards are presented at the Annual General Meeting and are regionally based covering all program streams.

## AFFILIATION PROCESS

Becoming an Affiliate is an effortless process.

The steps to help you be successful are as follows:

1. Look at the current Lifesaving Society BC & Yukon Program Guide to ensure that you have the space, equipment and capacity to run the programs you are seeking to offer at your facility.
2. Fill in the Affiliate Registration Form and Affiliate Agreement found online.
3. Send completed Affiliate Registration Form and Affiliate Agreement to [accounts@lifesaving.bc.ca](mailto:accounts@lifesaving.bc.ca).
4. Affiliation is complete once you receive a welcome email with receipt of payment.

# National Trainers

A National Trainer is a key volunteer role within the Branch. They work as a team to identify, strategize and meet the changing needs of Affiliates, Trainers and Instructors across British Columbia and the Yukon.

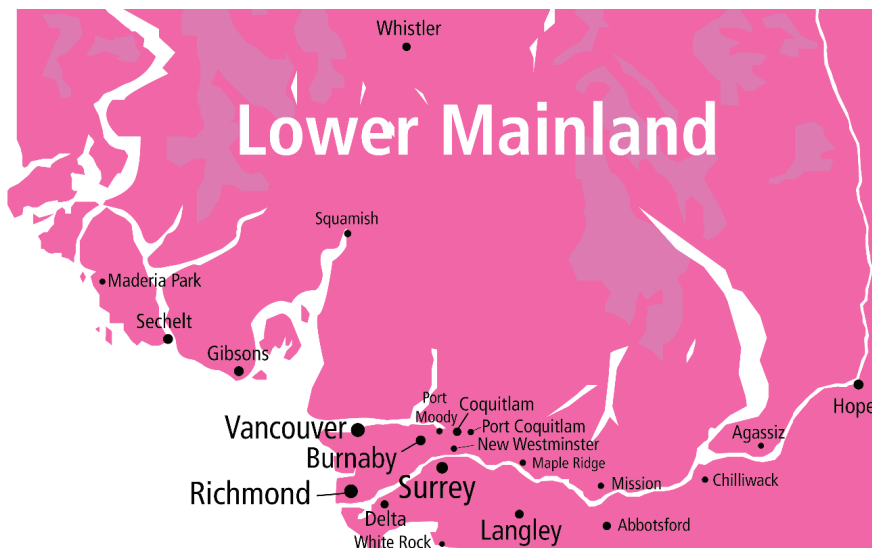
The role of a National Trainer has three key components:

1. Preparing candidates to assume a leadership role as Lifesaving Society Trainers and Instructors.
2. Regional program related Affiliate support.
3. Regional program quality assurance.

Each National Trainer is assigned to one (1) of our six (6) regions. Additionally, each National Trainer is assigned to specific Affiliates in their region so that they are able to liaise with the Branch office to offer the best support for their unique challenges. National Trainers work as a team to train, mentor and oversee the Leadership Development Plans for Instructors and Trainers in their region. For this reason, they will often be referred to as Regional National Trainers on Training Packages and in literature.

## LOWER MAINLAND

Jim Davies	Craig Short	Julie Kaufman
Karen Hillmann	Michelle Wilcox	Oliver Nugent
Louise Bishoff	Veronica Grusnick	Alvin Cheung
Danny Burgi	Alyson Dewey	



## NORTH

Melina Sweezey  
Kendal Shepard

## ISLAND

Denise Yoreff  
Ruth Depew  
Riley Huntley





**THOMPSON-OKANAGAN**  
Gary Lefebvre  
Elisabeth Tanner  
Craig Short

**KOOTENAYS**  
Megan Pilla  
Sarah Landry  
Cindy Larson

# The Website

Visit [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca) to access member certification information, look up courses, access member and Affiliate information, find out more about our drowning prevention efforts, and much more.

## PROGRAMS AND SERVICES

Programs and services provides all information on following program streams; Lifesaving, Lifeguarding, First Aid, Safety Management, Sport, Swim.

## BE WATER SMART

This is where you can find information about being safe around the water, boat safety, camp safety, coastal safety, swimming pool safety and ice safety. The Lifesaving Society's ongoing public education campaign aims to make Canadians "Water Smart."

## MEMBERS

Here you can find a member's current or previously held Lifesaving Society BC & Yukon Branch certifications. To access the service, all that is required is the member number found on the bottom right hand corner of all certification cards. No password or login is required.

## RESOURCES

Previously known as instructor groups, *Resources* is where you go to get all your materials for teaching and/or facilitating courses. These can be accessed by logging into your instructor or Affiliate account on the website.

### Affiliate, Instructor and Trainer Resources

Any member with an active Affiliation account or a Leadership account in BC & Yukon can access online resources with information and program tools relevant to them.

Affiliate accounts will be created by the Branch upon Affiliation and account information will be sent to Affiliates.

A Leadership account must be created by the Instructor/Trainer and access to the resources is provided based on certification currency.

Leadership accounts can be created as follows:

1. Go to [www.lifesaving.bc.ca/leadership-account](http://www.lifesaving.bc.ca/leadership-account)
2. Your information will be verified through our database and you will receive access to the resources for each instructor certification you hold.

## COURSES

*Courses* is where you can find information on Lifesaving Society courses and a list of upcoming courses posted by Affiliates or the Branch.





## SHOP

### Purchasing Program Material & Merchandise

The Shop is the online store of the Lifesaving Society BC & Yukon Branch. The Shop provides a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs.

All program materials and merchandise can be purchased through the Lifesaving Society BC & Yukon Shop. Please note the following when accessing the Shop:

- Merchandise and equipment are accessible for all customers to purchase.
- Mandatory course program materials are only available to Affiliates (requires Affiliates to be logged in to view).
- Program materials must be ordered 2 weeks in advance to receive them in a timely fashion as delivery can take anywhere from 2-7 business days.
- Orders will not be received by phone or email.
- Candidate fees are charged to the Affiliate upon processing awards/certifications and are invoiced separately from program material and merchandise.

#### To purchase from the Shop:

1. Click "Shop"
2. Select desired merchandise
3. Click checkout
4. Enter personal information and select shipping method
  - Local pick-up means in-person pick-up at the Branch office in Burnaby
5. Under payment method, select "Credit card" and enter card details
6. Review order
7. Submit Order

#### To purchase as an Affiliate (for access to program materials):

1. Login to your Affiliate account
2. Click "The Shop"
3. Select desired program materials
4. Click checkout
5. Enter personal information and select shipping method
6. Local pick-up means in-person pick-up at the Branch office in Burnaby
7. Select payment method
8. Review order
9. Submit order

#### Returns

Refunds for obsolete literature will be processed up to a year from the new manual release date. Literature must be unused and in good condition.



# Water Smart Public Education

## DROWNING IS PREVENTABLE

The Lifesaving Society performs research into drowning and aquatic-related injury to enable us to focus on causes and their prevention.

We deliver Water Smart public awareness and behavioural change messages through the media, print and electronic communications, community action, special events, trade shows and promotions. Examples include the WaterWise Team, National Drowning Prevention Week, and the annual Honour & Rescue Awards ceremony.

In addition to these outreach events and promotions, the BC & Yukon Branch also offers many public education programs to aid in our mission of reducing drowning and aquatic-related injury.

## PRIORITY TARGET GROUPS

While the goal is to prevent drowning among all Canadians, the Lifesaving Society focuses on priority target groups. The Society relies on its research to identify high-risk groups and to determine the most effective drowning strategies.

Key target groups are:

- Parents of children under five years of age
- Parents of school-aged children
- Male adults 18–49 years of age
- New Canadians
- Indigenous populations



## HOW YOU CAN HELP?

A key factor in the success of our Water Smart education efforts is support from community leaders like you to deliver Water Smart messages at the community level. You can help to promote Water Smart behaviour in a variety of ways, for example:

### Run a Water Smart Event

There are many options for events or activities when deciding what your facility would like to do to promote water safety. Be creative. Dream up your own event or use the resources and experience of the Lifesaving Society. Staging an event or activity is not complicated. First, determine the target group. Then find the key messages and materials from the Water Smart campaign appropriate for that group.

### Participate in National Drowning Prevention Week

The Lifesaving Society declares a National Drowning Prevention Week (NDPW) each year to build community and media support for the drowning prevention cause. NDPW provides a focus around which you can plan news releases, do media interviews and deliver public demonstrations and other events. It usually begins on the third Saturday in July. However, if this date does not suit your needs, declare another date.

### Distribute Water Smart Resources

The Society produces a variety of resources directed at specific target groups including posters, brochures, decals, tattoos, etc. Materials vary from time to time and are available to Affiliate members at a nominal charge.

### Teach the Safeguard Program

This 3-4 hour course focuses on safety supervision training for guardians (e.g., day camp counselors, counselors-in-training and others) who accompany groups of young people to pools or waterfronts.

### Offer Swim To Survive Training

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Society estimates that half of Canadian children never take traditional swimming lessons – even though “swimming” is the second most popular activity (after bicycling) in Canada among children between 5 and 12 years of age. The Lifesaving Society wants to ensure every child has the basic skills to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive standard. Swim to Survive is aimed primarily at children, but people of all ages should be able to perform the Society’s Swim to Survive standard.

### Offer the Backyard Pool Owners Program In Your Community

The Lifesaving for Backyard Pool Owners course was designed to educate pool owners on how to prevent drownings and how to provide low risk water rescue in the event of an incident.

## SWIM TO SURVIVE

In pursuit of its mission to prevent drowning and water-related injury in Canada, the Lifesaving Society articulates and promotes its official positions on issues to improve aquatic safety across the country.

## LIFESAVING SOCIETY POSITION

In Canada's water-rich environment, basic swimming ability is a required life skill for survival. All Canadian children deserve the chance to learn basic swimming skills. Affordable training should be available for all children to the level of the Canadian Swim to Survive standard.

### Rationale

Drowning is a leading cause of accidental death. Drowning is the third leading cause of accidental death in Canada for people 60 years of age and older. Drowning is second only to automobile injuries as the leading cause of accidental death among children under five, according to a study by the Canadian Institute for Health Information.

Swim skills are not innate and need to be taught. Swim skills are very difficult to self-teach.

### Program Information

Swim to Survive is not a swimming lesson - and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water. The Lifesaving Society strongly encourages parents to enroll their children in swimming lessons.

Our research shows that most drownings occur close to safety. If every child in Canada could pass the Swim to Survive standard, it could reduce the number of drownings by half.

Course	Prerequisites	Required Materials	Time
Swim to Survive Program(s)	None	PFDs or lifejackets	Varies

## SWIM TO SURVIVE STANDARD

The Canadian Swim to Survive standard is a minimum national skill standard for all children. The standard is simple, straightforward and focused. It defines the essential minimum skills required to survive an unexpected fall into deep water.



### 1. Roll into deep water

to simulate a fall into the water - orientate oneself at the surface after an unexpected entry



### 2. Tread water for 1 minute

support oneself at the surface to locate nearest point of safety



### 3. Swim 50 metres

swim to the closest point of safety

## BRING SWIM TO SURVIVE TO YOUR COMMUNITY

Swim to Survive programs are flexible and simple to implement and can be offered in a variety of fun ways:

- Swim to Survive Day: challenge the public to attempt the standard.
- National Drowning Prevention Week activities: offer Swim to Survive evaluations for every family member during family swims.
- Facility Swim-test: Use the Swim to Survive standard as the basic skill test for aquatic facility owners/operators in determining admission of unaccompanied children.
- Birthday Parties: offer Swim to Survive evaluations with every birthday party booking.
- Skill screening: Test individuals as a safety activity for school and youth group trips to waterfronts or to qualify for aquatic training such as canoe or kayak courses, canoe trips.
- After-school programs: offer Swim to Survive evaluations to the participants of your after-school programs.
- School Programs: The Lifesaving Society aims to have every Grade 3 and Grade 7 student in British Columbia and the Yukon achieve the Swim to Survive standard.

### Swim To Survive +

Swim to Survive + is designed to present real-life situations for children in Grade 7 building on the skills taught in Swim to Survive. The + (plus) means participants learn:

- How to ROLL, TREAD and SWIM with clothes on.
- How to help a friend in deep water without putting themselves in danger (TALK, REACH, THROW).
- Basic physical fitness concepts through interval training and a fitness swim.

### Family Swim to Survive

The Lifesaving Society's Family Swim to Survive uses the same skills and principles as Swim to Survive but is designed for adults and children, allowing family members to participate together.

The program is designed to create a comfortable learning environment for families, some of whom might be new to Canada or may have no experience with survival swimming and water safety.

### Lifesaving for Backyard Pool Owners

The Lifesaving for Backyard Pool Owners course is designed to prevent drownings and how to provide low risk water rescue in the event of an incident.

- Residential pools are involved in nearly half of all drowning incidents among preschoolers.
- For every preschooler who dies from drowning, there is an estimated 6 to 10 additional hospitalizations for near drownings.

### The Process

The Lifesaving for Backyard Pool Owners program is a non-certification course and as such can be customized to meet the needs of private pool owners. It is recommended that the Lifesaving for Backyard Pool Owners course be offered just prior to the summer season (late May) and during National Drowning Prevention Week. Program Resources, Candidate Workbook and Award Guide can be downloaded from the website at no charge.

### Program Information

Course	Prerequisites	Required Materials	Time
Lifesaving For Backyard Pool Owners	No Prerequisites No Certification	Lifesaving for Backyard Pool Owners Candidate Workbook	2-4 hours



For more information and resources, please visit: <https://www.lifesaving.bc.ca/resources>.

#### References:

- Guide to Waterfront Instructional Programs
- British Columbia & Yukon Waterfront Safety Standards



# Training Programs

## LEARN FOR LIFE

Skills learned in lifesaving, first aid and lifeguarding courses last a lifetime. The Lifesaving Society is a full-service provider of programs, products and services designed to prevent drowning and water-related injury. We are a leader and partner in the delivery of water safety education throughout Canada and around the world.

Annually over 1.5 million Canadians participate in Lifesaving Society swimming, lifesaving, lifeguard and leadership programs. As Canada's lifeguarding experts, we set the standard for lifeguard training and certify all of Canada's National Lifeguards.

## EARN HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Lifesaving Society certifications for credit toward high school graduation as follows:

- Bronze Cross is worth 2 credits for Grade 11.
- Bronze Cross and Lifesaving Instructor (LSI) are worth 3 credits for Grade 11.
- National Lifeguard Pool option (NL) is worth 2 credits for Grade 12.

Students may only use these credits for the assigned grades (i.e. students cannot combine both certifications towards one grade). The awards do not need to be current.

If the student has already used Bronze Cross for 2 credits, then completes LSI at a later date, they can replace the 2 credits from Bronze Cross with 3 credits for LSI and Bronze Cross combined.

Students are asked to inform their school counselor in charge of curriculum that they wish to use these certifications as part of the "External Credit Program." Students will be asked to provide proof of their certification card(s).

For more information about high school credits, talk to your school counselor or see the list of Organizations Offering External Credentials and the Ministry of Education's Handbook of Procedures for the Graduation Program.

## INCLUSION POLICY

The Lifesaving Society's training programs are designed to maximize the participation and success of individuals of various ages, skill levels and abilities. The Lifesaving Society encourages its Affiliate Members to use their discretion in the placement and advancement of individuals with designations. For example, if more practice would correct a problem identified by the instructor, then it is in the best interest of the participant to remain at the same level.

The Society recognizes that some individuals may be unable to achieve all performance criteria (Must Sees) for some items. In the Society's Swim for Life, Swim to Survive Programs, Swim Patrol, Junior Lifeguard Club, Lifesaving Fitness, and Lifesaving Sport Fundamentals programs, if an individual can complete the item(s) with modifications or otherwise achieve the purpose statement(s), then the programmer/instructor should advance the participant to the next level as long as this does not compromise the safety of the individual or others.

While the Society welcomes the participation in vocational certifications and other Lifesaving Society rescue awards, certification is based on an individual's ability to meet the performance criteria (Must Sees) without modification. Those lifesaving awards include Bronze Star, Bronze Medallion and Bronze Cross. Vocational certifications include: Lifesaving First Aid courses, National Lifeguard, all Instructor certifications, Coaching awards, and Trainer appointments.

## PREREQUISITE POLICY

Prerequisites are awards or certifications that must be earned prior to the start date of the course to which the candidates apply.

Proof of prerequisites must be available to the Instructor on the first day of the course. If prerequisites are not shown, we recommend that the candidate not be allowed to continue in the program as the Branch office will not allow exemptions/exceptions under any circumstances. If a certification is taken concurrently, it will be deemed to have been earned in the correct order.

Age prerequisites must be attained by the last day of the course and can be confirmed by a birth certificate, passport, medical card, or any other legal document/identification.

Acceptable proof of prerequisites can be:

- Find a Member print-out with a verification code
- Lifesaving Society temporary card (within 60 days)
- Lifesaving Society issued certification card
- First Aid certification card issued from a Branch recognized agency (Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Heart & Stroke, Canadian Ski Patrol)

Candidates, Instructors and Trainers holding certifications from other provinces will be required to transfer their certifications to the BC & Yukon Branch before a permanent certification card can be issued.

## AWARDS & CERTIFICATION PROCESSING

### Test Sheets

Test sheets are one way in which the Lifesaving Society records candidate participation and progress in its programs. They are grids with candidate information and the performance criteria for each level. As test sheets are legal documents, they are to be filled in completely by the Affiliate or Instructor(s) and may be called upon in the event of an injury or program audit.

### Certification Database

As of February 1, 2021, all awards and certificates will be processed electronically through our certification database. Candidate will be emailed their official certification rather than receive it in the mail. We will no longer be printing physical copies of certifications.

These certifications will also show up on the candidate's Find A Member record once the course is complete. The certification date and expiry date are both listed on the e-certification.

### Guidelines for Program Administration

The Lifesaving Society is committed to protecting the personal information of its members. Therefore, any document used for collection of personal information is only to be seen by the Affiliate or Instructor(s) and transferred onto the test sheet or entered into the certification database by the Affiliate or Instructor(s).

All completed program administration (test sheets, evaluation checklists, Letters of Agreement, etc.) must be sent to the Branch office within 2 weeks of the course end date. The office cannot process permanent awards until a completed test sheet is received or candidate information is sent to the Branch. The Affiliate must keep a copy of all submitted documents for reference purposes in a locked location.

For more information on how to complete a test sheet, see [Test Sheet Administration Guide](#).

For more information on how to process a course in the certification database, see [How to Process A Course](#).

## AWARDS & CERTIFICATION CARDS

Upon successful completion of a course, the Instructor will issue the candidate a temporary award/certification card that is valid for 60 days from date of issue. The temporary card:

- Can be used as proof of certification during the 60-day period should a candidate continue their training or need it for employment.
- Provides time for the Affiliate to send program administration documents to the Branch office for processing.
- Can be ordered free of charge by Affiliates from the Branch office and must be issued to every candidate that has successfully completed the course performance criteria and shown all prerequisites.

Once the administration is complete the Branch will either send a permanent award/certification card to each candidate in accordance with the address provided by the Affiliate or electronically issue a certification card in accordance with the email address in the certifications database.

It is imperative that the candidate's address and email address is current to receive their permanent card. Please encourage candidates to contact Member Services if they do not receive their card.

#### Permanent cards:

- Should be kept safe and brought to all successive Lifesaving Society training.
- Must not be laminated as altered award/certification cards may be refused.
- Have the Lifesaving Member number that allows all members to check their certifications online at any time via Find A Member.
- Have the date of course completion so that expiry dates can be calculated depending on program currency. It is important to note that the Branch office does not grant extensions on any Lifesaving Society certifications.



## SWIM FOR LIFE PROGRAM

This program is currently not available in the Lifesaving Society BC & Yukon Branch.

“The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada.”

- Lifesaving Society Canadian Swim to Survive position statement.

### Features and Benefits

Swim for Life is a complete learn-to-swim program from Parent & Tot through to Leadership. Easy to program and easy to explain, Swim for Life leads seamlessly into the Society’s lifesaving training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

The program focuses on learning to swim. Program content is stroke, and skill driven: entries and exits, surface support, underwater skills, Swim to Survive skills, movement/swimming skills, fitness, and Water Smart education.

### Fitness

As an integral part of the Swim for Life program, Water Smart education provides information and experiences that help participants make smart decisions when in, on and around water and ice. For more details on the Swim For Life Program please visit other Branches of Lifesaving Society Canada.

## LEARN TO SWIM TRANSITION CHART

Many learn to swim programs are available across BC & Yukon. If you have a student coming from another province or making a change to another organization’s swimming lesson program, we have a transition chart available online in the Affiliate Resources that will help you determine what level to enroll them in.

## SWIM FOR LIFE PROGRAM MODULES

There are five modules in the Swim for Life program:

1. Parent & Tot for parents and children up to 3 years of age
2. Preschool for children 4–5 years
3. Swimmer for children 5 years and older
4. Adult Swimmer for people over 16 years
5. Fitness Swimmer for swimmers of any age who want to improve their overall physical fitness

6. The Society designed the modules to flow together seamlessly and logically into one another and into the basic lifesaving awards: Rookie, Ranger, and Star Patrol.

All Swim for Life levels are taught by a Lifesaving Society Swim Instructor. The content is organized as follows:

1. Entries And Exits
2. Swim To Survive Skills
3. Surface Support
4. Movement/Swimming Skills
5. Underwater Skills

# Lifesaving Programs

## PROGRAM SUMMARY

Lifesaving programs are designed to educate participants on the key Water Smart messages that help prevent drowning. Participants learn how to recognize when someone is in trouble and how to safely perform water rescues in everyday environments.

The programs range from simple survival skills to complex rescues and are designed for children (as young as 8 years old) through adolescence.

## LIFESAVING FOR LAY RESCUERS

Considering the drowning trends, the Lifesaving for Lay Rescuers course was designed to offer basic, low risk water rescue training to individuals who spend time around the water, but may not know how to swim or have weak swimming skills.

For individuals who can swim, the Lifesaving Society recommends the Bronze Medallion program as entering the water (shallow or deep) puts the rescuer in a high-risk situation and requires unique skills to perform in-water rescue safely.

### Prerequisites

None.

## CANADIAN SWIM PATROL (CSP)

The Canadian Swim Patrol (CSP) is a 3-level pre-Bronze award progression that delivers “work hard/ play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges).

The Rookie, Ranger and Star Patrol programs each have three modules to include Water Proficiency, Recognition & Rescue and First Aid. The CSP program:

- Allows for integration of the CSP into existing learn-to-swim programs (Swim for Life, Red Cross, I Can Swim and YMCA programs).
- Provides the swimming, rescue and first aid skills necessary to prepare candidates for success in the Bronze Medal programs.
- Provides programming for customers such as summer camps or schools in conjunction with school-based swimming programs.

## BRONZE MEDAL FAMILY

Bronze Medal awards include Bronze Star, Bronze Medallion, and Bronze Cross. Developing proficiency in lifesaving, resuscitation and water rescue skills, these awards are not only important 'building blocks' toward further first aid and lifeguard training, but save lives.

### Program Policies Update

*The New Bronze Medal Family Program starts February 1, 2021. As of January 31, 2021, the old Bronze Medal Family will be retired. The program policies as listed are for the New Bronze Medal Family.*



#### Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.



#### Bronze Medallion

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.



#### Bronze Cross

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

### High School Credits

British Columbia and Yukon high school students can use Bronze Medallion and Bronze Cross certifications for credit toward high school graduation. Please see page 32 for more information.

## SAFEGUARD

The focus of this program is safety supervision training for guardians (e.g. day camp counselors, counselors-in-training and others) who accompany groups of young people to pools or waterfronts. The course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision.

- Safeguard focuses on water safety awareness, incident prevention and the principles of aquatic safety supervision.
- Safeguard teaches participants how to identify hazards and at-risk behaviours, how to recognize potential victims, and how to respond safely in an aquatic emergency.
- Safeguard training is designed for swimmers and non-swimmers alike. Successful completion of the course is based on active participation in all sessions and evidence of the Must Sees in each item.

### Process to Attain Certification

To attain certification for Lifesaving programs, candidates must:

1. Present the necessary prerequisites.
2. Successfully complete all the evaluation criteria within course/challenge/recertification content.
3. Candidate will receive a certification card upon successful completion of the course and course administration.





## Prerequisites

Lifesaving Course	Prerequisites
Lifesaving for Lay Rescuers	None
Canadian Swim Patrol	Recommend candidates can demonstrate the Swim to Survive challenge
Bronze Star	Recommend candidates can swim a minimum of 100 metres of front crawl, back crawl, and breast stroke, and are 12 years old (by last day).
Bronze Medallion	Must be 13 years old (by last day) OR hold a Bronze Star (need not be current)
Bronze Cross	Must hold a Bronze Medallion (need not be current)
Safeguard	Recommended 12 years old, and have some lifesaving experience

## Currency

All Canadian Swim Patrol levels and the Bronze Medal Family are considered lifetime awards, meaning that they do not need to be current to take on-going training (e.g. Bronze Cross does not need to be current to take Lifesaving Instructor or NL Pool). However, if a Bronze award is used for employment (e.g. some jurisdictions use Bronze Cross holders to supervise school groups or camps), the BC & Yukon Branch recommends the award be recertified every 2 years.

Candidates with an expired Bronze Medallion or Bronze Cross can challenge the course at any time. Please contact your local aquatic facility to find out more information.

## Program Literature

The Canadian Lifesaving Manual and the Bronze Medals Candidate Supplement are the national mandatory texts for the Bronze Medallion and Bronze Cross programs.

To ensure consistent instruction throughout the Branch, all participants are required to own the candidate resources by the completion of the course to provide them with an ongoing reference. We no longer permit the practice of a “classroom” copy of the Canadian Lifesaving Manual to be used by the participant for the duration of the course and then returned to the Affiliate. Participants must receive their own copy.

Additionally, it is recommended that participants receive the Canadian Swim Patrol Activity Sheets, Bronze Candidate Workbooks and Progress Cards for each of the levels. All program resources, other than the Canadian Lifesaving Manual, are located in both the Affiliate and Leadership Resources.

## Class Size

The class size of Lifesaving programs will vary depending on programming.

Lifesaving Program	Maximum Number	Minimum Number
Lifesaving for Lay Rescuers	12	N/A
Canadian Swim Patrol	12	3
Bronze Star	12	3
Bronze Medallion	12	3
Bronze Cross	12	6
Safeguard	20	N/A

Lifesaving programs with more than 12 candidates (not including Safeguard) will require a second fully-certified instructor to be present 100% of the course. Both Instructors must put their name on the test sheet.

If a program has more than 12 candidates and a second Instructor is not available, 1 Instructor can have a maximum of 16 candidates provided that:

- A Program Exception Form is filled in and submitted with the test sheet or uploaded to the database.
- 1 extra hour per additional candidate is added to the Bronze Medallion or Bronze Cross course (30 minutes for each additional CSP or Bronze Star candidate).
- Pool/classroom space and additional equipment is provided as per Lifesaving Program Policies At-A-Glance (see Appendix A)

The Lifesaving Program Policy Exception and the Lifesaving Program Policies At-A-Glance are located online in both the Affiliate and Leadership Resources.

## Training Facility Requirements

The classroom used for instruction must be safe, illuminated, heated, ventilated and have access to a washroom as per Part 4 (General Conditions) of the Occupational Health and Safety Regulations (OHSR). The classroom must meet the standards for floor space per candidate for practical demonstration/class practice (25 square feet/candidate).

Lifesaving Instructors must have a method to determine depth and distance of the pool or waterfront as per the Award Guide:

- A minimum depth of 1.5 metres
- A minimum length of 20 metres

A waterfront is an ideal place for candidates to participate in a Lifesaving program since the focus of the training is that of lifesavers in uncontrolled environments (e.g. lakes, rivers, ocean).

## Program Equipment

Instructors must have access to the equipment as indicated in the Lifesaving Program Policies At-A-Glance (see Appendix A) to achieve the candidate/instructor ratio and minimum time guidelines.

The Affiliate and Instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

## Resources

If an Affiliate is considering offering a Bronze program at a waterfront, there are many things that need to be considered. Please see the *Lifesaving Society - Guide for Waterfront Instructional Programs* available online at [www.lifesaving.bc.ca/covid-19](http://www.lifesaving.bc.ca/covid-19).

## Course Length

Lifesaving Program	Dry Time	Wet Time	Total	Notes
Lifesaving for Lay Rescuers	2-3 hours	1 hour	3-4 hours	Based on lesson plans as provided by the Society. Times do not include breaks or dry/wet transition time.
Canadian Swim Patrol	none	10 hours	10 hours	
Bronze Star	none	10 hours	10 hours	
Bronze Medallion	1.5 hours	18.5 hours	20 hours	
Bronze Cross	2 hours	18 hours	20 hours	
Bronze Cross Recertification	none	4 hours	4 hours	
Safeguard	3.5-4 hours	Optional (1 hour)	3.5-4 hours	

The total number of hours listed in the above chart is instructional time only. Breaks or dry/wet transitions are not included within this number. Adequate break times provide candidates with both mental and physical rest that is needed in strenuous and mentally demanding programs. Failure to give adequate breaks may compromise the safety of candidates and instructors.

In light of this, all Lifesaving programs running for longer than 5 hours in a day, must give candidates a minimum 30 minute meal break. This is the minimum requirement for an employee under the Employment Standards Act Part 4, section 32. Although Lifesaving programs are not governed by the BC Employment Standard Act, instructors fall under this Act. The practices of ensuring individuals get appropriate and adequate rest is important for well-being and safety of both instructors and candidates. If the instructor and candidates mutually agree, the eating period can be split into two eating periods within every five consecutive hours (must total 30 minutes together). This is unstructured time free from course work, skill practice and dry/wet transitions.

### Program Layering/Combination

In the past, the BC & Yukon Branch has approved combination courses at reduced hours. However, because of the distinct purpose of the individual Bronze Medals (2021), combination courses are no longer permitted.



## LIFESAVING LEADERSHIP

### Lifesaving Instructor (LSI)

The Lifesaving Instructor course trains Instructors to teach and evaluate Lifesaving programs to include:

- Canadian Swim Patrol
- Bronze Medal Family
- Junior Lifeguard Club
- Sport Fundamentals
- Safeguard
- Swim to Survive
- Lifesaving for Lay Rescuers
- Lifesaving for Backyard Pool Owners

Instructors are trained using a competency-based model that walks them through teaching and evaluation philosophy and the techniques/ approaches required to teach water rescue, first aid and related aquatic skills. Instructors also learn about long-term and short-term planning, class management and safety supervision.

### Lifesaving Trainer (LST)

The Trainer course is a 'Train the Trainer' program that is Branch delivered. Trainers are responsible for preparing candidates to assume leadership roles as Lifesaving Society Instructors, and Coaches. Trainers are responsible to teach, evaluate, and certify candidates for Lifesaving Society Instructor and Coach certifications in the topical streams in which they are appropriately qualified.

Trainers are appointed by the Branch upon successful completion and approval of their Trainer Training Package.

It is recommended that candidates register for the Trainer course at least two (2) weeks in advance as there may be pre-course assignments.

### National Trainer (NT)

National Trainers are representatives of the Branch and expert Trainers. They are current Trainers who actively teach in 2 or more streams, have a commitment to mentor others and are willing to commit to the National Trainer job description. For more information, please contact the Branch Office.

### High School Credits

British Columbia and Yukon high school students can use the Lifesaving Instructor certification for credit toward high school graduation. Please see page 32 for more information.

### Process to Attain Certification

To attain certification as a leader in Lifesaving, Instructors must:

- Present the necessary prerequisites.
- Read the Canadian Lifesaving Manual.
- Attend 100% of the Lifesaving Instructor course.
- Successfully meet all the Level 1 Competencies.
- Complete the required apprenticeship within 2 years of the course end date.
- Instructors will receive a certification card upon successful completion and approval of their Instructor Training Package.

### Prerequisites

Lifesaving Leadership	Prerequisites
Lifesaving Instructor	<ul style="list-style-type: none"> <li>• 15 years old (by last day of the course)</li> <li>• Bronze Cross (need not be current)</li> </ul>
Lifesaving Instructor Recertification	<ul style="list-style-type: none"> <li>• LSI (current within 5 years of certification/recertification date)</li> </ul>
Lifesaving Trainer	<ul style="list-style-type: none"> <li>• LSI (current within 5 years of certification/recertification date)</li> <li>• In good standing with the Branch</li> <li>• Recommended 18 years old (by last day of the Trainer course)</li> <li>• Recommended experience (e.g. taught 6 Bronze courses)</li> </ul>
Lifesaving Trainer Recertification	<ul style="list-style-type: none"> <li>• LST (current within 5 years of certification/recertification date)</li> </ul>

### Class Size

The class size of Lifesaving Leadership programs will vary depending on programming.

Lifesaving Leadership	Maximum Number	Minimum Number	Notes
Lifesaving Instructor	12	4	The minimum of 6 is required to effectively teach and evaluate the peer teach sessions.
Lifesaving Instructor Tutorial	3	2	All peer teach sessions must be completed with Bronze candidates. For more information on Tutorials, please call Member Services.

## LIFESAVING INSTRUCTOR & TRAINER RECERTIFICATION POLICY

A Lifesaving Instructor (LSI) and Lifesaving Trainer (LST) certification is valid for 2 years. After 2 years the LSI/ LST will need to recertify in order to teach any of the Lifesaving programs or the Lifesaving Instructor course. Certification extensions will not be granted.

**If an expired LSI/LST evaluates candidates, the candidates will not be certified and will need to be re-evaluated by a current LSI/LST.**

The Lifesaving Instructor/Lifesaving Instructor Trainer Recertification Policy states:

- Any Lifesaving Instructor who is within 5 years from the date of certification/recertification can recertify by successfully completing a recertification.
- Any Lifesaving Trainer who is within 5 years from the date of certification/recertification can recertify by successfully completing a recertification.
- The National Leadership System recognizes that competencies can be developed through a variety of methods and that these methods are often based on the individual. To honour this, any Lifesaving Instructor or Lifesaving Trainer who is more than 5 years from the date of certification/recertification can contact the Branch office to determine an individual pathway for recertifying their certification. The pathway may include any or all of the following:
  - Purchase a copy of the current Lifesaving resources from the Branch.
  - Recertify Bronze Cross
  - Successfully completing an LSI Recertification
  - Successfully completing a Trainer Recertification
  - Apprentice on a Bronze course
  - Apprentice on a Lifesaving Instructor course
  - Work with a National Trainer on competency development

# First Aid Programs

## PROGRAM SUMMARY

First aid is a valuable life skill that is applicable in any environment. It provides people with the rescue skills to manage illness or injuries while accessing emergency services. First aid training from the Lifesaving Society is a continuation of the Society's efforts to provide Canadians with the education to prevent injuries and provide appropriate rescue responses if an injury occurs in, on or around the water.





## 2019 FIRST AID CURRICULUM

The BC & Yukon Branch updates their first aid programs based on the International Liaison Committee on Resuscitation (ILCOR) guidelines. The ILCOR guidelines document in conjunction with the American Heart Association '2015 AHA Guidelines for CPR and ECC' presents the latest treatment recommendations for CPR and First Aid. In Canada and around the world, the ILCOR guidelines are used by organizations such as the Lifesaving Society to review and revise the standards and techniques for resuscitation and first aid skills. Changes resulting from ILCOR guidelines continue the process of simplifying and making first aid training easier to learn and perform. Changes are based on research that demonstrated the change would improve medical outcomes for victims.

### CPR-A (with AED)

CPR-A teaches resuscitation skills needed to help adults and children over 8 years old. Learn critical lifesaving skills, such as: how to recognize and treat the early signs of heart attack, activate EMS, perform CPR, and use an AED and help someone who is choking.

### CPR-C (with AED)

Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills needed to help adults, children and infants.

### Basic Life Support Responder (BLS)

Basic Life Support training is designed for Health Care Providers such as doctors, nurses, paramedics or those who work in a health care field and require the Health Care Provider CPR-C certification. In addition to all CPR-C level skills, participants are taught how to work as a multi-person team, do simultaneous assessment of breathing and pulse, stand-alone rescue breathing and use bag-valve-masks.

### Airway Management & Oxygen Administration (AMOA)

This course is designed to provide knowledge and practice to maintain an airway and administer supplemental oxygen. Content includes: safe handling of oxygen, knowledge and assembly of oxygen equipment, selection and application of oropharyngeal airways and oxygen delivery devices, pulse oximeter use, appropriate use of suction and bag-valve-masks.

## Emergency First Aid (EFA)

### OFA Level 1 Equivalent

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke and bleeding.

## Emergency First Aid Child & Residential Care (EFA-CRC)

### OFA Level 1 Equivalent

Emergency First Aid Child & Residential Care is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This program is designed for those working in the childcare, home care or residential care industry. Program length and content meets requirements outlined by the Ministry of Health for child and residential care workers. This course includes CPR-C to prepare candidates to respond to adult, child & infant emergencies.

## Standard First Aid (SFA)

### OFA Level 1 Equivalent

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and skeletal injuries and medical emergencies.

Recertification of Standard First Aid with CPR C/AED is achieved by attending an 8 hour Standard First Aid with CPR-C/AED Recertification course.

### Prerequisites and Currency

In December 2012 Employment and Social Development Canada (ESDC) removed the requirement for Ministry of Labour approval of first aid programs. As such, only a candidate holding a CPR or First Aid certification from any Lifesaving Society Branch, St. John Ambulance, the Canadian Ski Patrol, the Canadian Red Cross or the Heart & Stroke Foundation of Canada can attend a Lifesaving Society CPR-C Recertification or an SFA Recertification.

First aid certifications from other countries are not recognized for employment purposes in Canada.

First Aid employment requirements are determined by the employer not the Branch.

First Aid Level	Prerequisites	Currency (from date of issue)
CPR-A (with AED)	None	3
CPR-C (with AED)	None	3
Basic Life Support Responder (BLS)	None	1
Airway Management & Oxygen Administration (AMOA)	CPR-A or higher (need not be current)	2
Emergency First Aid (EFA)	None (recommended 13 years old)	3
Emergency First Aid Recertification (EFAR)	Emergency First Aid or Emergency First Aid Child & Residential Care	3
Emergency First Aid Child & Residential Care with CPR-C/AED (EFA-CRC)	None (recommended 13 years old)	3
Standard First Aid (SFA)	None (recommended 13 years old)	3
Standard First Aid Recertification (SFAR)	Standard First Aid with CPR-C	3

## Program Literature

The mandatory manuals for the Lifesaving First Aid Programs are as follows:

Lifesaving First Aid Program	Full Course	Recertification
CPR-A (with AED)	Canadian CPR Manual	N/A
CPR-C (with AED)	Canadian CPR Manual	Canadian CPR Manual
Basic Life Support Responder (BLS)	Canadian BLS Responder (HCP) Manual	Canadian BLS Responder (HCP) Manual
Airway Management & Oxygen Administration (AMOA)	Canadian Oxygen Administration Manual & AMOA Handouts	Canadian Oxygen Administration Manual & AMOA Handouts
Emergency First Aid with CPR-A/AED	Canadian First Aid Manual First Aid Canadian Supplement Guide	To be determined
Emergency First Aid with CPR-C/AED	Canadian First Aid Manual First Aid Canadian Supplement Guide	To be determined
Emergency First Aid Child & Residential Care (EFA-CRC)	Canadian First Aid Manual First Aid Canadian Supplement Guide	To be determined
Standard First Aid (SFA)	Canadian First Aid Manual First Aid Canadian Supplement Guide	Canadian First Aid Manual First Aid Canadian Supplement Guide

## Class Size

The class size of Lifesaving First Aid programs will vary depending on programming.

Lifesaving First Aid Program	Max #	Min #	Notes
CPR-A (with AED)	18	3	<p>Classes exceeding the maximum number of candidates will require a second fully-certified instructor to be present 100% of the course.</p> <p>For less than 3 candidates, a First Aid Program Policy Exception form must be uploaded with the Evaluation Checklist.</p> <p>First Aid Program Policy Exception form is located online.</p>
CPR-C (with AED)	18	3	
Basic Life Support Responder (BLS) (formerly Health Care Provider - HCP)	16	3	
Airway Management & Oxygen Administration (AMOA)	16	3	
Emergency First Aid (EFA) with CPR-A	18	3	
Emergency First Aid (EFA) with CPR-C	18	3	
Emergency First Aid Child & Residential Care (EFA-CRC)	18	3	
Standard First Aid (SFA)	18	3	

## Training Facility Requirements

The classroom used for instruction must be safe, illuminated, heated, ventilated and have access to a washroom as per Part 4 (General Conditions) of the Occupational Health and Safety Regulations (OHSR). The classroom must permit an unobstructed view of candidates during training/evaluation. Classes with <10 candidates require 44 sq feet per candidate. Classes with 10-18 Candidates require 500 sq. feet total.

## Program Equipment

Instructors must have access to the equipment as indicated in the Lifesaving First Aid Program Policies At-A-Glance (Appendix B) to achieve the candidate/instructor ratio and minimum time guidelines.

The Affiliate and Instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

## Course Length

Lifesaving First Aid Program	Full Course Hours	Recertification Hours
CPR-A (with AED)	4	N/A
CPR-C (with AED)	5	4
Basic Life Support Responder (BLS)	5	3
Airway Management & Oxygen Administration (AMOA)	3	1.5-2
Emergency First Aid with CPR-A/AED	7	To be determined
Emergency First Aid with CPR-C/AED	8	To be determined
Emergency First Aid Child & Residential Care with CPR-C/AED	9.5	To be determined
Standard First Aid (SFA)	14-16	8

## Course Breaks

Adequate break times provide candidates with both mental and physical rest that is needed in strenuous and mentally demanding programs. Failure to give adequate breaks may compromise the safety of candidates and instructors.

All First Aid programs running for longer than 5 hours in a day, must give candidates a minimum 30 minute meal break. This is the minimum requirement for an employee under the Employment Standards Act Part 4, section 32. Although Lifesaving programs are not governed by the BC Employment Standard Act, instructors fall under this Act. The practice of ensuring individuals get appropriate and adequate rest is important for well-being and safety of both instructors and candidates.

If the instructor and candidates mutually agree, the eating period can be split into two eating periods within every five consecutive hours (must total 30 minutes together). This is unstructured time free from course work, skill practice and dry/wet transitions.

### Equipment Requirements – Sanitation:

A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

- 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 at least 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70 Isopropyl or Ethyl Alcohol) for at least 30 seconds.

Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

### Combining Programs

Lifesaving First Aid and CPR programs can run in combination with each other (layered) to meet operational needs and increase program accessibility. To ensure program standards are met, parameters have been set on what courses can be run in combination with each other. An example for combining classes for a two day format is provided below.

The Candidate/Instructor Ratio must be maintained the entire duration of all courses when combining classes.

Day 1 Content	Day 2 Content
CPR A	Standard First Aid (Day 2)
CPR C	Standard First Aid Recertification
CPR C Recertification	Affiliates can program other course formats as long as Day 1 content (first 8 hours) is taught before Day 2 content to meet WorkSafeBC program requirements and the CSA Competency Levels.
Emergency First Aid (CPR A)	
Emergency First Aid (CPR C) which is the first 8 hours or Day 1 of a Standard First Aid course	
Emergency First Aid Child & Residential Care (CPR C)	

The Lifesaving BLS Responder and the Airway Management & Oxygen Administration courses cannot be combined with Day 1 or Day 2 content. They can, however, be run stand-alone or in combination with each other. When run in combination with each other, the overall course length can be reduced as indicated below:

Course	Full Course	Recertification
BLS Responder	5	3
Airway Management & Oxygen Administration	3	1.5-2
BLS Responder and Airway Management & Oxygen Administration	7	5

Airway Management & Oxygen Administration may also be combined with National Lifeguard Pool full course or recertification if the Instructor is both a current NLI and an FAI or AMOAI.

Course	Full Course	Recertification
NL Pool and AMOA (NL Pool full course). Reallocate 4 hours of the NL Pool time to teach AMOA content and skills. Candidates can not fail the A	44	N/A
NL Pool and AMOA (NL Pool Precert/Recert)	N/A	8*
*Reallocate 45 minutes from the Precertification time to evaluate AMOA if candidates have completed the AMOA Fast Track online. If not, reallocate 1.5-2 hours of the Precertification time to teach AMOA. This reallocation should be taken from precert material in which the candidates are confident. NL candidates <i>can not</i> fail an NL award examination if they can not demonstrate AMOA skills.		



## FIRST AID LEADERSHIP

### First Aid Instructor Course

The First Aid Instructor (FAI) course trains Instructors to certify candidates in the Lifesaving First Aid program continuum to include:

- CPR A with AED
- CPR C with AED
- Basic Life Support Responder (BLS) (formerly HCP)
- Airway Management & Oxygen Administration (AMOA)
- Emergency First Aid (EFA)
- Emergency First Aid Child & Residential Care (EFA-CRC)
- Standard First Aid (SFA)

Instructors are trained using a competency-based model that walks them through teaching and evaluation philosophy and the techniques/ approaches required to teach first aid skills.

Instructors also learn about long-range/short-term planning, class management, and safety supervision.

### First Aid Trainer

The Trainer course is a ‘Train the Trainer’ program that is Branch delivered. Trainers are responsible for preparing candidates to assume leadership roles as Lifesaving Society Instructors, Examiners, and Coaches. Trainers are responsible to teach, evaluate, and certify candidates for Lifesaving Society Instructor and Coach certifications in the topical streams in which they are appropriately qualified.



Trainers are appointed by the Branch upon successful completion and approval of their Trainer Training Package.

### National Trainer (NT)

National Trainers are representatives of the Branch and expert Trainers. They are current Trainers who actively teach in 2 or more streams, have a heart to mentor and are willing to commit to the National Trainer job description. For more information, please contact the Branch Office.

#### Process to Attain Certification

To attain certification as a leader in Lifesaving First Aid, Instructors must:

- Present the necessary prerequisites.
- Read the Canadian First Aid Manual, Canadian Oxygen Administration Manual, Canadian CPR Manual & the BLS Manual.
- Attend 100% of the Lifesaving First Aid Instructor course.
- Successfully meet all the Level 1 Competencies.
- Complete the required apprenticeship(s) within 3 years of the course end date.
- Instructors will receive a certification card upon successful completion and approval of their Instructor Training Package.

#### Class Size

The class size of Lifesaving Leadership programs will vary depending on programming.

Lifesaving First Aid Leadership	Maximum Number	Minimum Number	Notes
First Aid Instructor	12	4	The minimum of 4 is required to effectively teach and evaluate the peer teach sessions.
First Aid Instructor Tutorial	5	2	All peer teach sessions must be completed with EFA or SFA candidates. For more information on Tutorials, please call Member Services.

## Prerequisites

Lifesaving First Aid Leadership	Prerequisites
First Aid Instructor	<ul style="list-style-type: none"> <li>• 18 years old (by last day of the course)</li> <li>• Standard First Aid (current for at least a year)</li> <li>• Occupational Level 1 equivalent course (e.g. Lifesaving EFA or SFA)</li> <li>• Has been employed or volunteered to administer first aid at a Standard First Aid level or higher for at least 1 year (need not be current)</li> </ul>
First Aid Instructor Transfer	<ul style="list-style-type: none"> <li>• 18 years old (by last day of the course)</li> <li>• Current Lifesaving First Aid Instructor from any Lifesaving Society Branch <u>or</u> with a different agency: St. John Ambulance, Canadian Ski Patrol, Canadian Red Cross, Heart &amp; Stroke Foundation of Canada</li> </ul>
First Aid Instructor Recertification	<ul style="list-style-type: none"> <li>• Taught a minimum of two OFA 1 equivalent courses in the last 3 years</li> <li>• FAI (within 3 years of certification/recertification date)</li> </ul>
First Aid Trainer	<ul style="list-style-type: none"> <li>• FAI (current within 5 years of certification/recertification date)</li> <li>• In good standing with the Branch</li> <li>• 18 years old (by last day of the Trainer course)</li> <li>• Recommended experience (e.g. taught 6 SFA courses)</li> </ul>
First Aid Trainer Recertification	<ul style="list-style-type: none"> <li>• FAT (within 5 years of certification/recertification date)</li> </ul>
National Trainer	<ul style="list-style-type: none"> <li>• Identified by a National Trainer</li> <li>• In good standing with the Branch</li> <li>• Active Trainer in a minimum of 2 streams</li> <li>• Committed to the National Trainer job description</li> </ul>

## LIFESAVING FIRST AID INSTRUCTOR/TRAINER RECERTIFICATION POLICY

A Lifesaving First Aid Instructor (FAI) certification is valid for 3 years, and a Lifesaving First Aid Trainer (FAT) certification is valid for 2 years. After this the FAI/FAT will need to recertify to teach any of the Lifesaving First Aid programs or the First Aid Instructor courses. Certification extensions will not be granted.

**If an expired FAI/FAT evaluates candidates, the candidates will not be certified and they will need to be re-evaluated by a current FAI/FAT.**

The Lifesaving First Aid Recertification Policy states:

- Any First Aid Instructor who is within 3 years from the date of certification/recertification can recertify by attending a recertification if they have taught a minimum of 2 Lifesaving OFA Level 1 equivalent courses in the last 3 years.
- Any First Aid Instructor who is more than 3-5 years from the date of certification/recertification can recertify by:
  - Purchase a copy of the current Lifesaving First Aid program resources (if needed)
  - Successfully complete a First Aid Instructor Recertification
  - Submit a completed Training Record; which will include a successful co-teach on an Emergency First Aid (OFA Level 1) course or a Standard First Aid Full or Recertification (OFA Level 1) course.
- Any First Aid Trainer who is within 5 years from the date of certification/recertification and holds a current First Aid Instructor certification can recertify by attending a Trainer recertification.
- The National Leadership System recognizes that competencies can be developed through a variety of methods and that these methods are often based on the individual. To honour this, any First Aid Instructor or Trainer who is more than 5 years from the date of certification/recertification can contact the Branch office to determine an individual pathway for recertifying. The pathway may include any or all of the following:
  - Purchase a copy of the current First Aid program resources from the Branch
  - Successfully complete an Emergency First Aid (OFA Level 1) course
  - Successfully complete a Standard First Aid (OFA Level 1) course
  - Successfully complete a FAI Recertification
  - Successfully complete a Trainer Recertification
  - Apprentice on an Emergency First Aid (OFA Level 1) course or a Standard First Aid (OFA Level 1) course
  - Apprentice on a First Aid Instructor course
  - Work with a National Trainer on competency development

# National Lifeguard (NL) Programs

## PROGRAM SUMMARY

The National Lifeguard (NL) award builds on the skills, knowledge, and values that the Lifesaving Society teaches in its Pre-Bronze and Bronze Medal awards.

Recognized as the standard measure of lifeguard performance in Canada and in compliance with the International Life Saving Federation (ILS) standard for lifeguarding, NL education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude. The primary role of a lifeguard is the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. NL training develops basic lifeguarding skills and decision-making processes to prepare lifeguards to evaluate and adapt to different aquatic emergencies and be professional facilitators of safe, enjoyable aquatics.

The National Lifeguard program cannot, in theory or practice, prepare candidates for every situation that might occur. Employers must provide in-service training to familiarize their staff with the unique aspects of their aquatic facility.

Traditionally, many university students will pay their way through school by lifeguarding. Through lifeguarding, students gain valuable, transferable job experiences, along with leadership and critical thinking skills which improves their chances of securing employment in other sectors. The increase of year-round aquatic facilities throughout the country can provide permanent, full-time job opportunities in aquatics and recreation for those who choose aquatics as a career path.



The NL program is made up of 4 programs: NL Pool, NL Waterpark, NL Waterfront and NL Surf.

### National Lifeguard Pool

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

### National Lifeguard Waterpark

The National Lifeguard Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the NL Pool certification.

### National Lifeguard Waterfront

The National Lifeguard Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The NL Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterfront environments.

### National Lifeguard Surf

The National Lifeguard Surf certification is designed to develop the lifeguarding skills, principles and practices and the decision-making processes which will assist the lifeguard to provide effective safety supervision of surf beach environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the NL Waterfront certification.

### High School Credits

British Columbia and Yukon high school students can use the National Lifeguard Pool certification for credit toward high school graduation. Please see page 32 for more information.

### Process to Attain Certification

To attain certification as a lifeguard, candidates must:

1. Present the necessary prerequisites.
2. Attend 100% of the NL course or recertification.
3. Successfully complete all the evaluation criteria within course/recertification content.
4. Candidate will receive a certification card upon successful completion of the course and course administration.

## Prerequisites

NL Option	Prerequisites	Notes
NL Pool	15 years old (by last day of course) Bronze Cross (need not be current) Standard First Aid (need not be current) *AMOA is taught within the NL Pool full course	Candidates who do not have the required prerequisites and/or fail to meet all the performance criteria by the end of the course must retake the full NL Pool (or option) course/recertification.  It is strongly recommended that Standard First Aid be current to be successful in NL as first aid will not be re-taught within the course.  Examiners can not fail NL option candidates on In NL examinations if they can not demonstrate AMOA content or skills.
NL Waterpark	NL Pool (need not be current) AMOA (need not be current) Recommend a current CPR-C and NL Pool	
NL Waterfront	NL Pool (need not be current) AMOA (need not be current) Recommend a current CPR-C and NL Pool	
NL Surf	NL Waterfront (need not be current) AMOA (need not be current) Recommend a current CPR-C & NL Waterfront	
NL Precertification/ Recertification	Proof of NL Option to be recertified (need not be current) Proof of AMOA (need not be current) Recommend a current CPR-C and NL option	

In 2012 the Employment and Social Development Canada (ESDC) removed the requirement for Ministry of Labour approval of first aid programs. As such, the BC & Yukon Branch will only recognize Standard First Aid (SFA) certifications from providers who follow the International Liaison Committee on Resuscitation (ILCOR) standards. These organizations are: Lifesaving Society, St. John Ambulance, Canadian Heart & Stroke Foundation, Canadian Red Cross, and Canadian Ski Patrol.

Emergency First Aid (7-8 hours) and OFA Level 1 (7-8 hours) are NOT equivalent to a Standard First Aid (minimum 14 hours). The first aid education that students receive in High School is EFA.

## Program Literature

The Alert Manual is the national mandatory text for all National Lifeguard programs. In addition to this manual, the BC & Yukon Branch requires all NL Pool, Waterpark, Waterfront, and Surf candidates to receive the NL Candidate Workbook aimed to assist the candidate at being successful in the program.

## Please Note

*Until January 31, 2021, OFA Level 2 or 3 can be accepted in lieu of an SFA as CPR-C is part of the Bronze Cross certification. As of February 1, 2021, the new Bronze Cross will not include a CPR-C and thus OFA Level 2 or 3 cannot be accepted.*

### Currency

All NL certifications are valid for 2 years. After 2 years the NL holder will attend an NL Recertification in the option they wish to recertify to continue lifeguarding.

As an NL certification is valid for 2 years, candidates who choose to recertify early and fail an NL recertification remain current until the expiry of their certification.

Candidates with an expired NL can attend an NL Recertification at any time. It is recommended that a candidate who is more than 10 years expired take a full NL course again.

To ensure consistent instruction throughout the Branch, all participants are required to own the candidate resources by the completion of the course to provide them with an ongoing reference. We no longer permit the practice of a “classroom” copy of the Alert Manual to be used by the participant for the duration of the course and then returned to the Affiliate. Participants must receive their own copy.

### Program Equipment

Instructors must have access to the equipment as indicated in the NL Program Policies At-A-Glance (Appendix D) to achieve the candidate/instructor ratio and minimum time guidelines. The Affiliate and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

### Class Size

The class size of NL programs will vary depending on programming.

NL Option	Max #	Min #
NL Pool	16	6
NL Pool Precertification/Recertification	12	6
NL Waterpark	16	6
NL Waterpark Precertification/Recertification	12	6
NL Waterfront	16	6
NL Waterfront Precertification/Recertification	12	6
NL Surf	9	6
NL Surf Precertification/Recertification	9	6

If a program has more than the maximum candidates, a second fully-certified Instructor must be present for 100% of the course and both Instructors must be on the test sheet. For class sizes less than 6, an NL Program Policy Exception form must be submitted with the test sheet. The NL Program Policy Exception form is located in both Affiliate and Leadership Resources with the test sheets.

### Training Facility Requirements

The classroom used for instruction must be safe, illuminated, heated, ventilated and have access to a washroom as per Part 4 (General Conditions) of the Occupational Health and Safety Regulations (OHSR). The classroom must meet the standards for floor space per candidate for practical demonstration/class practice (25 square feet/candidate).

NL Instructors must have a method to determine depth and distance as per the Award Guide:

- A minimum depth of 1.5 metres
- A minimum length of 20 metres

### Course Lengths

NL Option	Total	Notes
NL Pool	44 hours	Times are instructional times only and do not include breaks or dry/wet transition. Candidates are required to attend 100% of the course to attain certification.
NL Waterpark	24 hours	
NL Pool + Waterpark Combo	60 hours	
NL Waterfront	24 hours	
NL Surf	24 hours	
NL Waterfront + Surf Combo	44 hours	
NL Precert/Recert	8 hours	

The total number of hours listed in the above chart is instructional time only. Breaks or dry/wet transitions are not included within this number. Adequate break times provide candidates with both mental and physical rest that is needed in strenuous and mentally demanding programs. Failure to give adequate breaks may compromise the safety of candidates and instructors.

In light of this, all National Lifeguard programs running for longer than 5 hours in a day, must give candidates a minimum 30 minute meal break. This is the minimum requirement for an employee under the Employment Standards Act Part 4, section 32. Although Lifesaving programs are not governed by the BC Employment Standard Act, instructors fall under this Act. The practice of ensuring individuals get appropriate and adequate rest is important for well-being and safety of both instructors and candidates.

If the instructor and candidates mutually agree, the eating period can be split into two eating periods within every five consecutive hours (must total 30 minutes together). This is unstructured time free from: course work, skill practice and dry/wet transitions.



## NATIONAL LIFEGUARD LEADERSHIP

### National Lifeguard Instructor (NLI)

The National Lifeguard Instructor course trains Instructors to teach and evaluate NL programs to include:

- NL Pool
- NL Waterpark
- NL Waterfront
- NL Surf

In addition to providing NL programming for the public, NL Instructors also act as mentors to new lifeguard staff and provide leadership in staff inservice training.

The NL Instructor course is a Branch run program

#### Process to Attain Certification

To attain certification as a National Lifeguard Instructor, Instructors must:

- Present the necessary prerequisites.
- Read the Alert Manual.
- Attend 100% of the NL Instructor course.
- Successfully meet all the Level 3 Competencies.
- Complete the required apprenticeships within (2) years of the course end date.
- Instructors will receive a certification card upon successful completion and approval of their Instructor Training Package.

### National Lifeguard Trainer (NLT)

The Trainer course is a 'Train the Trainer' program that is Branch delivered. Trainers are responsible

for preparing candidates to assume leadership roles as Lifesaving Society Instructors, Examiners, and Coaches. Trainers are responsible to teach, evaluate, and certify candidates for Lifesaving Society Instructor and Coach certifications in the topical streams in which they are appropriately qualified.

Trainers are appointed by the Branch upon successful completion and approval of their Trainer Training Package and may be appointed as a Mentor.

It is recommended that candidates register for the Trainer course at least two (2) weeks in advance as there may be pre-course assignments.

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## Prerequisites

National Lifeguard Leadership	Prerequisites
NL Instructor	<ul style="list-style-type: none"> <li>NL Pool and AMOA (current)</li> <li>Recertified NL Pool at least once</li> <li>LSI (need not be current)</li> <li>Recommended experience (e.g. taught a minimum of 2 Bronze courses)</li> </ul>
NL Trainer	<ul style="list-style-type: none"> <li>NLI (current within 5 years of certification/recertification date)</li> <li>In good standing with the Branch</li> <li>Recommended 18 years old (by last day of the Trainer course)</li> <li>Recommended experience (e.g. taught 4 NL courses and 2 NL Precertifications/Recertifications)</li> </ul>
NL Instructor/NL Trainer Recertification	<ul style="list-style-type: none"> <li>NLI or NLT (within 5 years of certification/recertification date)</li> </ul>
National Trainer	<ul style="list-style-type: none"> <li>Identified by a National Trainer</li> <li>In good standing with the Branch</li> <li>Active Trainer in a minimum of 2 streams</li> <li>Committed to the National Trainer job description</li> </ul>

## Class Size

The class size of Lifesaving Leadership programs will vary depending on programming.

Lifesaving National Lifeguard Leadership	Maximum Number	Minimum Number	Notes
National Lifeguard Instructor	12	6 (3 for Recertifications)	The minimum of 6 is required to effectively teach and evaluate the peer teach sessions.
National Lifeguard Instructor Tutorial	5	2	All peer teach sessions must be completed with NL candidates. For more information on Tutorials, please call Member Services.
Trainer	9	4	The minimum of 4 is required to effectively teach and evaluate the peer teach sessions. National Trainers can take up to 2 Trainer Apprentices for a class of 6-12 Instructors.

## NL INSTRUCTOR/TRAINER RECERTIFICATION POLICY

A National Lifeguard Instructor (NLI) and National Lifeguard Trainer (NLT) certification is valid for 2 years. After 2 years the NLI/NLT will need to recertify in order to teach any of the NL programs or the National Lifeguard Instructor courses. Certification extensions will not be granted.

**If an expired NLI/NLT evaluates candidates, the candidates will not be certified and will need to be re-evaluated by a current NLI/NLT.**

The National Lifeguard Instructor/National Lifeguard Trainer Recertification Policy states:

- Any National Lifeguard Instructor or National Lifeguard Trainer who is within 5 years from the date of certification/recertification can recertify by attending a recertification.
- The National Leadership System recognizes that competencies can be developed through a variety of methods and that these methods are often based on the individual. To honour this, any National Lifeguard Instructor or National Lifeguard Trainer who is more than 5 years from the date of certification/recertification can contact the Branch office to determine an individual pathway for recertifying.
- The pathway may include any or all of the following:
  - Purchase a copy of the current National Lifeguard resources from the Branch
  - Recertify National Lifeguard options
  - Successfully complete an NLI Recertification
  - Successfully complete a Trainer Recertification
  - Apprentice on a National Lifeguard course
  - Apprentice on a National Lifeguard Instructor course
  - Work with a National Trainer on competency development



# Lifesaving Sport

## ENGAGING AND INSPIRING YOUTH

The Lifesaving Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

We organize annual championships for age-group, senior and masters athletes and certification programs for coaches and officials.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

Lifesaving sport objectives are:

- To support the drowning prevention work of the Lifesaving Society and its humanitarian mission.
- To provide athletes, coaches, and officials with opportunities for participation in lifesaving sport at all levels from developmental to high performance.
- To position the Lifesaving Society internationally as a leader in lifesaving sport.

While lifesaving competition in Canada has changed significantly since the Society's first Canadian Lifeguard Championships in 1977, some things never change. Our humanitarian mission remains the foundation of all the Society's activities.

## BRANCH LIFESAVING SPORT AND LIFEGUARD COMPETITION OPPORTUNITIES

Annually the B.C. and Yukon Branch of the Lifesaving Society presents lifeguards and lifesavers with opportunities to test their lifeguarding and lifesaving skills in fair and challenging environments. Participants in these competitions can learn new techniques, share ideas, and learn more about lifeguarding and lifesaving. All competitors and athletes, whether first year or seasoned veterans, benefit from these competitions.

Not all lifesaving sport participants take part in competition, but for those who do, the Society offers annual provincial and national championships. In addition, many sanctioned local and regional competitions are organized in communities every year.

The B.C. and Yukon Branch Lifeguard and Lifesaving Championships consists of:

- Barnsley Lifeguard Championship (Emergency Response)
- DB Perks Cup Pool Lifesaving Championship (Lifesaving Sport)
- Brenda Cumming Junior Lifeguard Games (Lifesaving Sport)
- Junior Lifeguard Waterfront Festival (Lifesaving Sport)
- Schon Cup Waterfront Lifesaving Championship (Lifesaving Sport)
- Junior Lifeguard Telegames (Lifesaving Sport)

For a detailed description of each event, and more information on upcoming events, please visit [www.lifesaving.bc.ca/sport-programs](http://www.lifesaving.bc.ca/sport-programs).



## JUNIOR LIFEGUARD PROGRAM

The Junior Lifeguard Club (JLC) is a fun-filled aquatic program for kids 8 to 15 years who meet the Society's Swim to Survive® standard, i.e., roll into deep water, tread water for 1 minute, and swim at least 50 metres. The Jr. Lifeguard Club provides an action-packed challenge for kids who love the water and want more than "lessons". The Jr. Lifeguard Club is for those between levels or programs who thrive in an energetic learning environment.

### Personal Challenges For Personal Bests

The Junior Lifeguard Club is an alternative to traditional test-sheet-based aquatic programs. The Club stresses fun and aquatic skill development based on personal-best achievement. Building on skills they already have, Junior Lifeguard Club members work to develop and improve swimming and other aquatic skills with emphasis on swimming skills, lifesaving skills, lifesaving knowledge, leadership & teamwork, community education, competition, and personal fitness.

Leadership development - including teamwork and decision-making skills - is an important aspect of the Junior Lifeguard Club. Members apprentice with working instructors and lifeguards. As part of the Junior Lifeguard Club's service to the community, Club members will create and execute their own Water Smart® community education projects. The Junior Lifeguard Club is water-based. These activities may be supplemented with dry-land fun or community education projects, displays and demonstrations.

### Friends Can Join Together

The Junior Lifeguard Club is designed for members with differing abilities. Friends (and siblings) can join the Junior Lifeguard Club together even if they are of different ages and different abilities.

The Club welcomes members between 8 and 15 years of age as long as they can meet the Society's Swim to Survive® standard.

## Lots of Recognition

There is no “failure” in the Junior Lifeguard Club. Members enjoy high activity challenges in a learning environment where personal effort and success are recognized.

## Waterlog

Club members - and their parents - can track individual progress in aquatic skills, lifesaving knowledge and activities that promote both leadership and teamwork in their personal Waterlog using recognition seals.

You can earn 7 different kinds of Recognition Seals for:

1. Community Education
2. Lifesaving Knowledge
3. Swimming Skills
4. Competition
5. Leadership/Teamwork
6. Lifesaving Skills
7. Fitness

You can also earn Lifesaving Awards without leaving the Club:

8. Canadian Swim Patrol Awards: Rookie Patrol, Ranger Patrol, Star Patrol
9. Lifesaving Fitness: Bronze, Silver, or Gold levels

## LIFESAVING SPORT FUNDAMENTALS PROGRAM

Lifesaving Sport Fundamentals offers participants a recreational introduction to lifesaving sport skills. The program also teaches team building, fair play, ethics in sport and responsibility.

Lifesaving sport competition opportunities are available through TeleGames, as well as regional and provincial lifesaving sport events.

The Lifesaving Sport Fundamentals program targets 8-12-year-olds who have completed Swimmer 3.

## Features & Benefits

Complements other Lifesaving Society Programs: Lifesaving Sport Fundamentals keeps children involved in this unique lifesaving program. Content builds on learn to swim skills and enhances future participation in other Society programs.

### Keeps Kids Active:

Lifesaving Sport Fundamentals promotes a healthy lifestyle for children and gives them the opportunity to keep active in physical activity for their lifetime.

### Uses the True Sport Principles:

- Go for It
- Play Fair
- Respect Others
- Keep it Fun
- Stay Healthy
- Give Back

These principles are taught throughout all levels of this program. This program also utilizes the fundamentals of Long Term Athlete Development.

### Strong Leadership Training

The Lifesaving Society offers coaching certification for the Lifesaving Sport Fundamentals program. This certification provides the coach with the necessary tools and training to ensure participants a unique experience.

The pool module has five levels with content organized as follows:

1. Lifesaving Sport Principles
2. Starts and Turns
3. Transitions and Finishes
4. Swim Proficiencies
5. Lifesaving Sport Skills

## RESOURCES FOR CLUBS, COACHES, AND INSTRUCTORS:

- Swim Patrol Award Guide
- JLC Coaching Manual
- Coaching Lifesaving
- Lifesaving Sport Fundamentals Award Guide
- ILS Competition Manual (purchase or download in Rule Books)
- Download the build-it-yourself Obstacle Assembly Instructions
- Download TeleGames Handbook
- Lifesaving Sport Fundamentals Program, with: program descriptions, practice plans, worksheets, session (core) plans, certificates, support materials, and progress Reports

## EQUIPMENT

The following equipment is used in the pool levels:

- Fins
- Manikin
- Obstacle
- Rescue Tube
- Throw Rope
- Throw Target
- Weighted Object

Equipment should not be a barrier to offering Lifesaving Sport Fundamentals. A variety of standard commercial and homemade equipment is all that is required to run the program successfully. Equipment details are outlined in the Lifesaving Sport Fundamentals Award Guide. Manikins, rescue tubes, throw ropes and weighted objects may be purchased from the Lifesaving Society. Download instructions for building your own obstacles from our website.

## LIFESAVING SPORT FUNDAMENTALS POOL

Level	Class Length	Suggested Class Size (per coach)
1 & 2	45 min.	8-10
3, 4 & 5	60 min.	10-12

The above chart guides programmers who may adapt these suggestions to meet the needs of participants. When deciding length of program and class size, consider: pool spacing, pool depth, use of volunteers or assistant coaches, number of classes per session.

## Lifesaving Sport Fundamentals-Pool

Lifesaving Sport	
Level 1	<ol style="list-style-type: none"> <li>1. Develop and participate in a team cheer</li> <li>2. Demonstrate understanding of Play Fair</li> <li>3. Demonstrate an in-water start</li> <li>4. Demonstrate a jump into deep water</li> <li>5. Demonstrate an in-water relay transition</li> <li>6. Demonstrate an in-water finish on front and on back</li> <li>7. Demonstrate a touch &amp; go turn</li> <li>8. Swim front crawl and back crawl - 25 m each</li> <li>9. Scull head-first on back - 15 m</li> <li>10. Sprint - 25 m</li> <li>11. Complete a 100-m workout</li> <li>12. Demonstrate throwing accuracy: attempt to hit target with rope twice in a row</li> <li>13. Demonstrate movement with fins</li> <li>14. Whip kick in vertical position - 30 sec</li> <li>15. Demonstrate the ability to swim under an obstacle</li> <li>16. Secure a rescue tube to an empty manikin</li> <li>17. Tread water supporting an object - 30 sec</li> </ol>
Level 2	<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of Respect Others</li> <li>2. Demonstrate a start from the deck</li> <li>3. Demonstrate diving skills</li> <li>4. Demonstrate a deck start relay transition</li> <li>5. Demonstrate an in-water finish</li> <li>6. Demonstrate an open turn</li> <li>7. Demonstrate a somersault in the water</li> <li>8. Swim front crawl, back crawl (25 m each) and breaststroke - 15 m</li> <li>9. Scull head-first on back - 25 m</li> <li>10. Sprint - 2 x 25 m with 60 sec. rest</li> <li>11. Complete a 200-m workout</li> <li>12. Demonstrate accuracy: hit a target with a rope (3 of 6 throws)</li> <li>13. Kick with fins 25 m - assisted</li> <li>14. Whip kick on back - 15 m</li> <li>15. Head-first surface dive under an obstacle</li> <li>16. Deck start with a rescue tube; swim 25 m to secure an empty manikin; tow 10 m</li> <li>17. Tread water supporting an object - 60 sec</li> </ol>



## Lifesaving Sport Fundamentals-Pool

Lifesaving Sport	
Level 3	<ol style="list-style-type: none"> <li>1. Set a short-term goal</li> <li>2. Demonstrate a dive start from the deck</li> <li>3. Demonstrate a jump start from a starting block</li> <li>4. Demonstrate a dive start relay transition</li> <li>5. Demonstrate an in-water finish on front and on back</li> <li>6. Demonstrate a streamlined open turn</li> <li>7. Demonstrate a front crawl flip turn</li> <li>8. Swim front crawl, back crawl (50 m each) and breaststroke - 25 m</li> <li>9. Sprint - 4 x 25 m with 45 sec. rest</li> <li>10. Complete a 300-m workout</li> <li>11. Demonstrate accuracy: hit a target with a rope as many times as possible in 60 sec</li> <li>12. Swim with fins - 25 m</li> <li>13. Stationary eggbeater kick - 30 sec</li> <li>14. Swim 25 m passing under an obstacle located at the halfway point</li> <li>15. Dive start from deck with a rescue tube; swim 25 m to secure an empty manikin; tow 25 m</li> <li>16. Tread water supporting an object - 90 sec</li> </ol>
Level 4	<ol style="list-style-type: none"> <li>1. Set a long-term goal</li> <li>2. Demonstrate understanding of how to Stay Healthy</li> <li>3. Demonstrate a dive from a starting block</li> <li>4. Demonstrate a dive start relay transition from a starting block</li> <li>5. Demonstrate a streamlined finish on front and on back</li> <li>6. Demonstrate front crawl flip turn, back crawl flip turn, breaststroke turn</li> <li>7. Swim front crawl, back crawl, breaststroke - 50 m each</li> <li>8. Sprint - 1 x 50 m</li> <li>9. Complete a 400-m workout</li> <li>10. Demonstrate accuracy: hit a target at 4-5 m with a rope as many times as possible in 60 sec</li> <li>11. Throw rope two different ways</li> <li>12. Dive and swim with fins - 25 m</li> <li>13. Eggbeater kick on back - 25 m</li> <li>14. Scissor kick - 15 m</li> <li>15. Swim 2 x 25 m passing under an obstacle located at the halfway point</li> <li>16. Dive start from deck with rescue tube; swim 25 m to secure a partially filled manikin; tow 10 m</li> <li>17. Tread water supporting an object - 2 min</li> </ol>

Lifesaving Sport	
Level 5	<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of how to Give Back to Lifesaving Sport</li> <li>2. Demonstrate a racing dive start from a starting block</li> <li>3. Demonstrate a racing dive start relay transition from a starting block</li> <li>4. Demonstrate a racing finish on front and on back</li> <li>5. Demonstrate three racing turns - front crawl, back crawl, breaststroke</li> <li>6. Swim front crawl, back crawl, breaststroke - 50 m each</li> <li>7. Sprint - 2 x 50 m with 45 sec. rest</li> <li>8. Complete a 500-m workout</li> <li>9. Demonstrate accuracy: hit a target at 5-10 m with a rope 3 times within 60 sec</li> <li>10. Coil rope two different ways</li> <li>11. Swim 25 m, don fins and dolphin kick 25 m to starting point</li> <li>12. Dive from a starting block and swim with fins - 25 m</li> <li>13. Swim 50 m passing under an obstacle located at the halfway point</li> <li>14. Dive start from deck with rescue tube; swim 25 m to secure a partially filled manikin; tow 25 m</li> </ol>
Waterfront	<p>The Waterfront module has Six Levels (1-6) with content areas as follows:</p> <ul style="list-style-type: none"> <li>• Lifesaving Sport Principles</li> <li>• Running Proficiencies</li> <li>• Fitness Proficiencies</li> <li>• Craft Proficiencies</li> <li>• Swim Proficiencies</li> <li>• Knowledge &amp; Safety</li> </ul> <p><b>Equipment</b></p> <p>Additional Waterfront Sport equipment is required for some events:</p> <ul style="list-style-type: none"> <li>• Batons for beach relay</li> <li>• Beach flags</li> <li>• Paddle boards</li> <li>• Surf ski race (optional)</li> </ul>



## BC & YUKON JUNIOR LIFEGUARD TELEGAMES

TeleGames are inter-club level competitions held at aquatic facilities throughout the year. TeleGames provide competitors an opportunity to experience lifesaving sport events in a fun and supportive environment. It also offers them a chance to compare their performance with other lifesavers without traveling. Participating Affiliates may run one or all the TeleGames events at their own facilities. Event results are forwarded to the scoring centre where results from all participating Affiliates are compiled. Lifesaving Affiliates are encouraged to form a club and promote awareness of Lifesaving Sport. Throughout the development of Lifesaving Sport programs and clubs, youth have the opportunity to become active, increase their fitness, and learn about competing fairly and setting personal goals.

### TeleGames Results Submission Dates

Dec 31, 2020

Your suggestions and comments on the Junior Lifeguard TeleGames are welcome. If you're interested in participating or want more information, please contact the Lifesaving Society Branch office.

### Events

#### Individual Events

- Lifesaving Individual Medley
- Object Carry
- Obstacle Swim
- Throwing Accuracy
- Tow with Fins

#### Team Events

- Lifesaving Medley Relay
- Obstacle Relay

#### Register a Lifesaving Club

Only registered Clubs and their members can participate in Lifeguard & Lifesaving Sport Branch Competitions and enter the BC & Yukon Junior Lifeguard TeleGames. Register by submitting a TeleGames Entry Package. Registration is free of charge.

### Hosting Events

- Affiliates may host other clubs participating in the TeleGames at their site.
- Each competition site sends the results of each timed event to the scoring centre via mail or email.
- Each competitor can participate ONCE per TeleGames.
- Competitors can enter each event only once.
- Event results from all sites are compiled and ranked in order, by time.
- Individual results are based on time.
- Results and awards will be forwarded to each Affiliate/club.

### Entry Requirements

TeleGame competitors must:

- Be less than 16 years of age
- Hold a Lifesaving Society award, or be registered in a Lifesaving Society Course
- Be a member of a Junior Lifeguard Club/ Affiliate
- Meet the Canadian Swim to Survive Standard: roll into deep water; tread for 1 minute; swim 50 metres.

### Age groups

Competitors will compete in 1 of 4 age groups. Age is determined as of the “Results Due” date.

- 8 & 9 yr.
- 10 & 11 yr.
- 12 & 13 yr.
- 14 & 15 yr.

### Awards

Ribbons are awarded for first through sixth place for individual male and female events, and team relay events in each age group.

## HOSTTELEGAMES/JUNIORLIFEGUARD REGIONAL COMPETITION

Affiliates may host other clubs participating in the TeleGames at their site. Affiliates/clubs may run one or all of the individual events. Competitors can compete in a Club or as individuals based on the organizer’s goals. Additional fun events or lifesaving skill events such as First Aid could also be included. Contact the Lifesaving Society Branch Office for more information.

All COVID-19 precautions must be taken when conducting TeleGames, especially if hosting other clubs.

### Available Resources

Visit [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca) to download the following Junior Lifeguard Club resources.

- 2018 Junior Lifeguard TeleGames Handbook
- Managing TeleGames 2018-2019
- 2019 TeleGames Entry Package



## LIFESAVING CLUB ESSENTIALS

Lifesaving Club programming is flexible. Clubs can combine several aspects of Lifesaving programs as their curriculum; the Junior Lifeguard Program, the Canadian Swim Patrol, Lifesaving Sport Fundamentals program (Pool/Waterfront), the Bronze Family, Lifesaving First Aid programs, and National Lifeguard Training. Lifesaving Club programs are designed to accommodate community needs. Clubs can be focused solely on Lifesaving Sport Fundamentals and competitions. Clubs can be for specific age groups, or combine Seniors, Juniors and Masters into one club.

Lifesaving Sport has been shown to improve interest in completing aquatic leadership courses. Lifesaving Sport contributes to the success of participants in leadership programs and provides an exceptional opportunity for recruiting skilled swimmers and lifesavers as lifeguards and instructors.

## INTEGRATING LIFESAVING SPORT

### Opportunity #1: Lifesaving Sport Fundamentals (Pool & Open Water)

In this program, swimmers progress as they would through the learn to swim path.

Lifesaving Sport Fundamentals program targets 8-12 year-olds who can meet the Society's Swim to Survive standard® - roll into deep water, tread for 1 minute, and swim at least 50 metres.

Lifesaving Fundamentals offers participants a recreational introduction to lifesaving sport skills. The program also teaches team building, fair play, ethics in sport and responsibility. Lifesaving Sport competition opportunities are available through TeleGames, as well as regional and provincial lifesaving sport events.

Lifesaving Sport Fundamentals does not have a pass/fail system. Children are encouraged to register with their age group, and can advance with their age group, or on an individual basis, as skills development occurs at different rates among individual swimmers.

Consider pairing Lifesaving Sport Fundamentals with the Canadian Swim Patrol to prepare swimmers for future lifeguarding courses.

### Ages 8-12/11&12

Sport Fundamentals	Swim Patrol	Time (in water) 9-10 week sessions
Level 1	N/A	30 min, 1 x per week
Level 2	Rookie	30 min, 1 x per week
Level 3	Ranger	45 min, 1 x per week
Level 4	Star	45 min, 2 x per week
Level 5	Bronze Star	60 min, 2 x per week

### Ages 13 - 15

Sport Fundamentals	Swim Patrol	Time (in water) 9-10 week sessions
Level 1 & 2	Bronze Star	60 min, 2 x per week
Level 3 & 4	Bronze Medallion	90 min, 2 x per week
Level 5 & 6	Bronze Cross	90 min, 2 x per week

#### Opportunity #2: The Junior Lifeguard Club

Junior Lifeguard Club provides a challenge for swimmers, outside of swimming lessons. Junior Lifeguard Clubs are designed for kids age 8 to 15, who can swim at least 25 metres and tread water for 2 minutes.

### Ages 8-12

Group	Sport Fundamentals	Lifesaving Program	Sept-June - Time (in water)
Novice	Level 1 & 2	N/A	30 min, 2 x per week
Group A	Level 2 & 3	Rookie/Ranger	45 min, 2 x per week
Group B	Level 3-5	Star-Bronze Star	60 min, 2 x per week

### Ages 13 - 15

Group	Sport Fundamentals	Lifesaving Program	Sept-June - Time (in water)
Rookies	Level 1-3	Swim Patrol	30 min, 2 x per week
Group BB	Level 4-5	Bronze Star	60 min, 2 x per week
Group AA	Athletic Development	Bronze Medallion or Cross	90 min, 2 x per week

### Opportunity #3: The Lifesaving Sport Club

Lifesaving Clubs can be organized by a current Branch Affiliate which registers the members, programs the practices and hires the coaching staff.

As registered Affiliates, Lifesaving Sport Clubs are welcome to offer the full range of Lifesaving programs or focus solely on Lifesaving Sport programs; Sport Fundamentals (Pool & Waterfront), Junior Lifeguard, and the Lifesaving Athlete Development Program and Masters (+30).

#### Ages 8-12/11&12

Sport Fundamentals	Swim Patrol	Time (in water) 9-10 week sessions
Level 1	N/A	30 min, 1 x per week
Level 2	Rookie	30 min, 1 x per week
Level 3	Ranger	45 min, 1 x per week

Level 1 & 2	Bronze Star	60 min, 2 x per week
Level 3 & 4	Bronze Medallion	90 min, 2 x per week
Level 5 & 6	Bronze Cross	90 min, 2 x per week

## LIFEGUARD COMPETITIONS

All athletes can benefit from competition; for those interested, the Society offers regional, provincial, and national sanctioned competitions every year.

### Become A Registered Athlete

You must be a registered athlete in Canada to be eligible to compete in provincial or national competitions. To register, complete the Athlete Registration Form on the website and send it to the Branch office with the required documentation. When your registration is complete, you will be sent a registered athlete card with your registration number which you will need to enter provincial and national competitions. There is a one-time fee to become a Registered Athlete in British Columbia and Yukon.



## JUNIOR LIFEGUARD CLUB AND LIFESAVING SPORT LEADERSHIP

### Junior Lifeguard Club Coaches

A Junior Lifeguard Club Coach leads the Junior Lifeguard Club. Junior Lifeguard Club Coach must:

- Be a current Lifesaving Instructor
- Hold a current lifeguard certificate
- Have lifeguarding experience

#### Recommended Prerequisites:

- Have previous coaching or leadership experience such as Scouting, Guides, or other children or youth groups
- Have experience in a lifeguard team as an organizer, competitor or coach

### Lifesaving Sport Coach Level 1

Provides training for Lifesaving Instructors who wish to coach Lifesaving Sport at the community level. The course focuses on the fundamentals of coaching and Lifesaving Sport skills in the pool or in open water.

#### Prerequisites

Lifesaving Instructor certification and Emergency First Aid certification (or higher). Neither need be current.

Level 1 Coaches recertify every 2 years.

#### Evaluation & Certification

The Lifesaving Sport Coach Trainer evaluates and certifies candidates. Level 1 Coaches recertify every 2 years through professional development.

#### Candidate Recognition

Certification card

#### Candidate Reference Material

- Lifesaving Sport Coach Level 1 candidates must have the following for on-course reference:
- Coaching Lifesaving
- Lifesaving Sport
- Fundamentals Award Guide
- ILS Competition Manual

### Lifesaving Sport Coach Level 2

Provides training for lifesaving coaches who wish to coach lifesaving sport athletes at a provincial or territorial competition level.

Level 2 Coaches recertify every 2 years through professional development.

#### Candidate Recognition

No certification card is issued.

### Meet Manager & Referee Officials Certification

The Meet Manager & Referee course is designed to prepare experienced senior officials for the duties and responsibilities of planning and running fair and safe lifesaving sport competitions.

#### Prerequisites

Lifesaving Sport Pool, Open Water, and/or Emergency Response Officials certification, officiating experience at a minimum of three sanctioned lifesaving sport events in a minimum of three different roles.

#### Evaluation & Certification

The Lifesaving Sport Officials Instructor evaluates and certifies candidates. Officials recertify every two years through professional development.

#### Candidate Recognition

No certification card is issued.

## OFFICIALS CERTIFICATION PROGRAM

As the Canadian governing body for Lifesaving Sport, the Lifesaving Society offers a certification program for lifesaving sport officials. The Officials Certification program is designed to assist with the variety of lifesaving sport formats including Pool, Open Water, and Emergency Response competitions. Certification is earned after participation and completion of each course. Experience is required in order to advance to the next level of the Lifesaving Sport Officials Certification program.

### Pool, Open Water, Emergency Response Officials Certification

Pool, Open Water, Emergency Response Officials Certification courses provide training for lifesaving sport officials who wish to officiate in different roles at community, provincial and national lifesaving sport events.

The courses consist of core material together with environment-specific modules leading to certification in the following options:

- Pool Officials Certification
- Open Water Officials Certification
- Emergency Response Officials Certification

#### Prerequisites

Minimum 16 years old, min. 5 hr. experience at a sanctioned Lifesaving Sport event in an official's role.

#### Evaluation & Certification

The Lifesaving Sport Officials Instructor evaluates and certifies candidates. Officials must recertify every 2 years.



# Aquatic Safety Management

## IF IT IS FORESEEABLE IT IS PREVENTABLE

As Canada's lifeguarding expert, the Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, governments and the judiciary. The Society also serves as an expert witness in legal cases involving aquatic safety.

## AQUATIC SAFETY AUDIT PROGRAMS

The objective of the Aquatic Safety Audit Program is to maximize the safety of aquatic facilities thereby reducing the likelihood of aquatic-related injury and drowning.

Owner/operators are encouraged to have an aquatic safety audit once every three (3) to five (5) years. The request for an audit must be initiated by the facility with full agreement and cooperation from all levels of staff and management.

The Audit fee will be based on the extent of the audit and the complexity of the facility. This can only be determined upon review of the application.

Clients requesting a safety audit service enter into a contract with the Society. The contract stipulates the scope of the review and the type of report desired. Fees vary depending on these and other variables. For a free estimate, contact the Branch Office at: 604.299.5450.

## COMPREHENSIVE AUDITS

### Swimming Pool Comprehensive Audit

This service is a full scope evaluation of the facility including; all documentation concerning pool operations and safety supervision, lifeguarding practices review, a comprehensive natatorium inspection, as well as mechanical/chemical operations. Comprehensive Audits are offered for all swimming pools and water parks.

### Waterfront Comprehensive Audit

The Waterfront Comprehensive Audit is a full scope evaluation of all aspects of the operation and is available for all categories of waterfront operations, (supervised and unsupervised) as well as recreational camps. For those operations which include staff supervision, the audit will in all documentation concerning staff, specialized equipment, waterfront sports, safety supervision practices and a comprehensive site inspection.

## TOPICAL AUDITS

### Architectural & Plan Review

This service includes an evaluation of construction plans for new facilities or renovations to existing facilities. Conducting this review prior to construction can help to identify potential hazards, areas of concern and compliance issues (with legislation, regulations and standards). This review is available for swimming pools and water parks.

## Lifeguard Practices Review

This service is a thorough evaluation of current lifeguard surveillance systems which includes a Supervision Evaluation and Enhancement (SEE) Audit including a review of all Aquatic Staff documents. This audit identifies what is working well and areas for improvement so as to provide work a system of optimal safety supervision. The review is available for all aquatic facilities, swimming pools, waterfront operations, recreational camps, and water parks.

## Pool Safety Plan Review

This service is an evaluation of the Pool Safety Plans and related document providing recommendations to ensure that facilities are compliant with the Regulation, Guidelines, and best practices in aquatic safety management. The Review is available for all aquatic facilities, swimming pools, waterfront operations, recreational camps, and water parks.

## Post-Incident Review

This service is requested by government, coroners and owner/operators to identify and review the series of events that occurred when a major incident takes place. The client is provided with a confidential report with findings and recommendations to improve safety in the future. The review is available for all aquatic facilities, swimming pools, waterfront operations, recreational camps, and water parks.

## SEE Audit (Supervision Evaluation and Enhancement)

This service is a review of the safety supervision of aquatic staff while they are on the job. This program provides a report that you can use as a coaching tool to assist in your planning of inservice training and ensure your staff is providing the best in safety supervision in your facilities. Available for all aquatic facilities, swimming pools, waterfront operations, recreational camps, and water parks.

## Specialized Recreation Equipment Review

An evaluation of new or existing equipment or features to maintain the best industry practices in your facility. This audit includes recommendations to ensure that the facility is compliant with current regulations and corresponding guidelines and best practices. The review is available for all aquatic facilities, swimming pools, waterfront operations (for supervised and unsupervised settings), recreational camps and water parks.

## Waterfront Comprehensive Audit

This service is a full scope evaluation of waterfront operations. For those operations which include supervision this would include all documentation concerning operations, specialized equipment and waterfront sports, lifeguarding practices review, with a comprehensive site inspection. The Waterfront Comprehensive Audit is available for all waterfront operations, (supervised and unsupervised) and recreational camps.

## WATERFRONT SITE REVIEW

This service is an evaluation of site plans and the potential locations for organizations considering new waterfront operations or enhancements to existing waterfronts. Conducting this review prior to completion of a project can help to identify potential hazards, areas of concern, and compliance issues with legislation, regulations, and standards.

### Expert Witness Services

As the recognized national authority on aquatic safety, the Society provides expertise for inquests and court cases. The Society responds to requests for an expert opinion in a strictly unbiased, non-partisan manner to further its humanitarian goal of reducing drowning and aquatic-related injury. Examples of issues within the scope of Society expertise include:

- Aquatic safety standards/procedures
- Aquatic lifesaving standards/procedures
- Aquatic lifeguarding standards/procedures
- Aquatic rescue standards/procedures
- Aquatic safety instructional standards/procedures

The role of an expert witness in a civil lawsuit or coroner's inquest is to assist the court in its deliberation on a matter which is outside the scope or knowledge of the ordinary person.

## AQUATIC SAFETY COMPREHENSIVE AND TOPICAL AUDIT PROCESS

### Affiliate Responsibilities

- Contact the Lifesaving Society BC & Yukon Branch and complete an Aquatic Safety Audit Program Request Form.
- Identify the scope of the Aquatic Safety Audit to be undertaken.
- Meet with the Lifesaving Society Safety Services Manager to establish date(s) for the Aquatic Safety Audit and to discuss any specific areas of concern or focus for the Audit.
- Complete the Audit Service Contract.
- Submit all documents identified by the Chief Auditor at least one month prior to the Audit.
- Assign a facility liaison for the Aquatic Safety Inspector to access for the duration of the Audit.
- Assign staff for interviews.
- Review Aquatic Safety Audit Program Audit Day Schedule.
- Review the completed Draft Report within 30 days of receipt.

## Aquatic Safety Chief Auditor Responsibilities

- The Chief Auditor is assigned by the Aquatic Safety Management Safety Services Manager.
- The Chief Auditor selects their Audit team members.
- Reviews all documents submitted by the client in advance of the on-site Audit.
- Meets with the facility liaison for a tour of the facility prior to the on-site visit.
- Works with the facility liaison to establish an Audit Day Schedule.
- Conducts the audit; the facility liaison will accompany the team and provide access to specific areas such as the mechanical and chemical storage rooms.
- Provides a completed draft report by the agreed upon date to the Lifesaving Safety Services Manager.
- Meets with the Lifesaving Services Safety Manager and the owner or owner's agent to share the results of the draft Audit Report.

## COMPREHENSIVE AND TOPICAL AUDIT RESULTS & RECOMMENDATIONS

Following a comprehensive or topical Aquatic Safety Audit, the Lifesaving Society produces a confidential report which reports on the conditions of the facility at the time of the inspection and identifies facility operation concerns. Allow at least eight (8) weeks for completion of the audit report from the time of the completion of the on-site visit.

The report includes recommendations for implementation of solutions to concerns identified in the audit. After the audit, Lifesaving Society support is available to assist with developing solutions and implementing recommendations from the Audit.

Once completed, it is the responsibility of facility management to implement recommendations based on internal factors such as budget and perceived priority. The Lifesaving Society and the audit team members take no responsibility for facility management's action on the recommendations. A six-month follow-up visit by the audit team can be performed upon request.

Comprehensive and Topical Audit Cost: An audit fee will be based on the extent of the audit requested and the complexity of the facility. This can only be determined upon review of the request form.

## AQUATIC SAFETY INSPECTIONS

Aquatic Safety Inspections are carried out to standards as defined by the Society. Facility owners hire Lifesaving Society Certified Inspectors to conduct safety inspections of their facility. A list of certified Inspectors is available from the Branch office.

### Inspection Process

Facility owners/operators are encouraged to complete an annual aquatic safety inspection. Aquatic safety inspections use a standardized method of assessing safety, identifying risks and regulation compliance in aquatic facilities with the objective of making facilities safer for both public and staff.

### Affiliate Responsibilities

- Identify a current certified Aquatic Safety Inspector to complete the aquatic safety inspection.
- Establish date for the aquatic safety inspection with the Inspector.
- Register the aquatic safety inspection with the Lifesaving Society and order the Aquatic Safety Inspection Report from the Lifesaving Society.
- Assign a facility liaison for the Aquatic Safety Inspector to provide access to the facility for the duration of the inspection.
- Meet with the Aquatic Safety Inspector following completion of the inspection report to review findings.
- On completion of the report, keep the original signed document on file.

### Aquatic Safety Inspector Responsibilities

- Work with the facility liaison to establish the dates of the aquatic safety inspection.
- Confirm that the facility has ordered the aquatic safety inspection report.
- Meet with the facility liaison and take a tour of the facility.
- Conduct the audit (the facility liaison will accompany the Inspector and provide access to specific areas such as the mechanical and chemical storage rooms).
- Meet with the owner or owner's agent to share the results of the inspection and provide them with the original completed copy of the inspection report.
- Submit a copy of the Aquatic Safety Inspection Report to the Lifesaving Society where a copy of the report will be kept on file.



## **AQUATIC SAFETY INSPECTION RESULTS & RECOMMENDATIONS**

Following an Aquatic Safety Inspection, the Affiliate will be debriefed by the Aquatic Safety Inspector and provided with the completed Aquatic Safety Inspection Package. Once completed, it is the responsibility of facility management to implement recommendations based on internal factors such as budget and perceived priority. The Lifesaving Society and the Aquatic Safety Inspector take no responsibility for facility management's action on the recommendations.

## **AQUATIC SAFETY QUALITY ASSURANCE PROGRAM**

### **Facility Accreditation Program**

The Lifesaving Society's Aquatic Safety Accreditation program provides an objective, formal validation from the experts in Aquatic Safety Management, of your ongoing commitment to the best practices in safety.

The Lifesaving Society recommends a Comprehensive Safety Audit once every five years. The Facility Accreditation Program involves proactive efforts focusing on improving aquatic safety policies, procedures and practices. The Lifesaving Society Quality Assurance Facility Accreditation Program ensures participating Affiliates have confidence that their facilities are operating at or above the best industry standards. The Facility Accreditation Program promotes public awareness of the facility's commitment to the health and well-being of the community.

Our program consists of an accreditation process which begins with an initial Comprehensive Audit and customized report; identifying all the activities and requirements that need to be in place for the organization to meet its goals in providing best industry practices in aquatic safety. Where necessary, the Lifesaving Society will work with the Affiliate to develop a Quality Improvement Plan.

The initial audit is followed by a 6-month Aquatic Safety Inspection and review of the initial Audit report and the client's progress with the audit's recommendations. Following this inspection, the facility can apply for an annual (12 month) accreditation.

For a facility to maintain Accreditation, the Affiliate would conduct an annual Aquatic Safety Inspection. Inspections used for Facility Accreditation must be carried out by a third party; a certified and current Lifesaving Inspector or Auditor who is not currently employed by the Affiliate, nor has been employed by the Affiliate within the last 5 years. Facility Accreditation Program fee, will be based on the requested extent of the initial audit required and the complexity of the facility and the extent of the first Aquatic Safety Inspection. This program can be pre-paid in prearranged installments or following the completion of each service.

## SEE AUDIT (SUPERVISION EVALUATION AND ENHANCEMENT)

This service is a review of the safety supervision of your lifeguarding and/or instructional staff while they are on the job. This program provides a report that you can use as coaching tool to assist in planning inservice training and ensure your staff are providing the best in safety supervision in your facilities. Available for all aquatic facilities, swimming pools, waterfront operations, recreational camps, and water parks.

### Affiliate Responsibilities

- Identify a current certified SEE Auditor to complete the SEE Audit.
- Establish date for the SEE Audit with the Auditor and book a pre-audit meeting to complete the Visitation Information (the Society can provide a list of SEE Auditors in your area on request).
- Register and order the SEE Audit Report from the Lifesaving Society.
- Assign a facility liaison for the SEE Auditor to access for the duration of the audit.
- Meet with the SEE Auditor following completion of the audit report.
- On completion of the report, keep the original signed document on file.

### SEE Auditor Responsibilities

- Work with the facility liaison to establish the dates of the SEE Audit.
- Confirm that the facility has ordered the SEE Audit report.
- Review relevant documentation prior to conducting the audit (i.e. Safety and Supervision Plan and pre-audit Visitation Report).
- Conduct the audit.
- Meet with the facility liaison to share the results of the audit and provide them with the original completed copy of the audit report.
- Submit the SEE Audit summary results to the Lifesaving Society where a copy of the report will be kept on file.

## PUBLIC ACCESS LIFERING PROJECT

As one more strategy to prevent drownings in BC & Yukon, the Lifesaving Society offers communities the opportunity to participate in the Public Access Lifering (PAL) Project. Lifering installations on unsupervised publicly accessible waterfronts, docks, and beaches, have the potential to save many lives.

After researching several models of Lifering housings, the Lifesaving Society has determined that the best value for money is found using the Guardian, manufactured in the UK by Glasdon. These units provide durability, ease of use, simple installation, and minimal maintenance.

In addition to the Lifering Housing unit, the PAL Project offers customized SIGNAGE for each location, highlighting Lifering usage and unique cautionary warnings. Customized signage will allow the public to quickly identify hazards in the area and avoid getting into trouble. The graphics used are in keeping with Parks Canada and ISO symbol signage recommendations therefore assuring that the signage will be readily understood by all visitors.



## AQUATIC SAFETY MANAGEMENT TRAINING

Training courses are designed to enhance safety in aquatic facilities and enhance professional development for aquatic staff. Only Qualified SEE Auditors and current Aquatic Safety Inspectors and Aquatic Safety Auditors may conduct Lifesaving Aquatic Safety Inspections and Audits. Consult Find a Course or contact the Branch Office for more information.

Course	Instructor	Prerequisites	Course Length	Apprenticeship	Certification
Supervision Evaluation and Enhancement (SEE) Auditor*	SEE Auditor Instructor	National Lifeguard (need not be current) 100 hr. lifeguard experience	4-6 hrs (3-4 hrs in class, 1 on deck) Max. 20 participants	Min. of 1 SEE Audit audit	Successful completion of the course and National Lifeguard Trainer
Aquatic Supervisor Training	AST Instructor	SEE, Lifesaving Instructor (need not be current)	8-10 hrs Max 16 participants	N/A	Successful completion of the course No recertification needed
Aquatic Management Training	National Trainer	None	8-10 hrs Max 16 participants	N/A	Successful completion of the course No recertification needed
Aquatic Safety Inspector*	National Trainer	SEE Auditor Course	8-10 hrs (6 in class and 2 on deck) Max. 16 participants	N/A	Successful completion of the course Valid for 24 months
Aquatic Safety Auditor*	National Trainer	Aquatic Safety Inspector (need not be current). Pool Operator 1&2 (need not be current)	6-8 hrs 2 in class and 2 on deck Max. 12 participants	Min. of 1 comprehensive audit	Successful completion of the course Society Appointment Valid for 24 months
Aquatic Safety Chief Auditor*		Invitation, previous experience as an auditor	N/A	N/A	Society Appointment

\*To be certified, participants must obtain a current criminal record check (within one year).

The total number of hours listed in the chart below is instructional time only. Breaks or dry/wet transitions are not included within this number. Adequate break times provide candidates with both mental and physical rest that is needed in strenuous and mentally demanding programs. Failure to give adequate breaks may compromise the safety of candidates and instructors. All Lifesaving programs running for longer than 5 hours in a day, must give candidates a minimum 30 minute meal break. This is the minimum requirement for an employee under the Employment Standards Act Part 4, section 32. Although Lifesaving programs are not governed by the BC Employment Standard Act, instructors fall under this Act. The practices of ensuring individuals get appropriate and adequate rest is important for well-being and safety of both instructors and candidates. If the instructor and the candidates mutually agree, the eating period can be split into two eating periods within every five consecutive hours (must total 30 minutes together). This is unstructured time free from: course work, skill practice and dry/wet transitions.

## Supervision Evaluation and Enhancement (SEE) Auditor Course

This is the first step on the path to becoming an Aquatic Safety Auditor! The SEE Auditor course is designed to give participants the knowledge, training and tools required to evaluate the effectiveness of lifeguard and instructor supervision using Lifesaving Society SEE checklists. SEE evaluations assist in developing consistent on-the-job aquatic safety supervision skills by providing real time observation and evaluation.

### Recommended Time Guidelines

4-6 hrs (3-4 hrs in class and 1-2 hrs on deck)

### Maximum Participants

16

### Prerequisites

National Lifeguard certification (need not be current) and a minimum of 100 hr. experience as a lifeguard or National Lifeguard Instructor (need not be current)

### Required Resources

SEE BC & Yukon Workbook

### Recommended Resources

Aquatic Safety Management Course Resources

### Currency

No recertification required.

Reappointment requirements:

- SEE Auditor Appointment
- National Lifeguard
- SEE Auditor Apprenticeship
- Branch Appointment.

## Aquatic Supervisor Training (AST)

Introduces lifeguards and lifesaving instructors to the basic responsibilities, knowledge, attitudes and skills required of an Aquatic Supervisor in a variety of supervised aquatic settings: swimming pool, wading pool, waterfront or at a waterfront operation. The program consists of Five Modules:

- Leadership
- Staff Supervisions
- Programming
- Facility Management
- Major Incident Management

On-course assignments and a clear evaluation criterion will ensure that candidates get the most out of their course learning.

### Recommended Time Guidelines

10-12 hrs (8-10 hrs in class and 2-4 hrs on deck)

### Prerequisites

SEE Auditor, Lifesaving Instructor (need not be current)

### Required Resources

Aquatic Supervisor Training BC & Yukon Aquatic candidate workbook "On-Deck" for Safety Supervision (included in this course).

### Currency

No recertification required.

## Aquatic Management Training (AMT)

This course is for recreation professionals responsible for overseeing the operation of aquatic facilities. It provides knowledge required to ensure a safe aquatic environment.

During the course, the Trainer will introduce candidates to the basic responsibilities, knowledge and skills required by an Aquatic Manager.

This course will focus on four areas of the Aquatic Manager's job is understanding and managing the aquatic risk environment, managing the aquatic facility, managing aquatic programs, managing the aquatic staff, and managing major incidents when they occur in your facility.

### Recommended Time Guidelines:

8-10 hours

### Prerequisites

None

### Evaluation and Certification

Aquatic Supervisor Instructors evaluate and certify candidates.

### Candidate Recognition

Certification card

### Required References

Aquatic Management Training does not require recertification.

### Required References

- BC Pool Design Guidelines and Operation Guidelines
- Basic Swimming Pool Safety Plan
- Aquatic Management Training Candidate Workbook
- Alert

## Aquatic Safety Inspector Course

For those interested in evaluating operational aquatic safety standards for aquatic facilities, the Aquatic Safety Inspector course provides a solid understanding of the regulations, protocols and guidelines that apply to the operation of aquatic facilities. Participants apply knowledge learned in the class through hands-on inspections using the Society's inspection checklists. Inspectors can then use their skills to evaluate their own facilities as part of their own risk management program, and participate in the Lifesaving Branch Audit Program while working towards completing their certification as a Lifesaving Society Aquatic Safety Auditor.

### Recommended Time Guidelines

8-10 hrs (6-8 hrs in class and 2 hrs on deck)

### Prerequisites

SEE Auditor, AST recommended.

### Required Resources

Aquatic Safety Inspector BC & Yukon Workbook

### Currency

Safety Inspector remains current for 24 months from date of appointment. Only current Safety Inspectors may conduct Lifesaving Aquatic Safety Inspections.

### Recertification

Safety Inspectors are required to attend a Safety Auditor recertification course to recertify or complete their Auditor certification.

## Aquatic Safety Auditor Clinic

This clinic is for aquatic professionals who want the knowledge and practical experience that will enable them to conduct safety audits of aquatic operations within a community. It is the first step in a two-step process to be appointed as a Lifesaving Society Safety Auditor. (Safety Auditor Lifesaving BC & Yukon Workbook included in this clinic).

### Safety Auditor Appointment

Safety Auditors are experienced Safety Inspectors who undergo specific training to conduct Lifesaving Society Comprehensive Audit. Following the clinic, candidates apprentice on at least one full aquatic safety audit with a Chief Auditor. With a positive recommendation from an Aquatic Safety Chief Auditor, auditor candidates submit a completed training record to the Society's office. The Society may subsequently appoint candidates as Aquatic Safety Auditors.

### Recommended Time Guidelines

4 hrs + apprenticeship (4 hrs in class)

### Prerequisites

Aquatic Safety Inspector certification (need not be current) and Pool Operator 1 & 2 (need not be current)

### Required Resources

Safety Auditor Workbook (included in this clinic), Safety Audit checklists.

### Who Appoints

The Society's Safety Services Manager.

### Recertification

Aquatic Safety Auditors remain current for 24 months from date of appointment.

Only current Safety Auditors may conduct Lifesaving Comprehensive Aquatic Safety Audits. Safety Auditors are required to attend a Safety Auditor recertification course to recertify.

## Aquatic Safety Chief Auditor

The Society may appoint Chief Auditors who are current Aquatic Safety Auditors to lead a team in a comprehensive aquatic safety audit or topical audit. The team is selected based on their experience in conducting Aquatic Safety Audits.

### Prerequisite

Current Aquatic Safety Auditor certification and experience.

### Who Appoints

The Society's Safety Services Manager.

## Available Resources

Visit [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca) to download the following resources.

- British Columbia & Yukon Waterfront Standards
- Aquatic Inflatable Standard for Waterparks and Swimming Pools







# Appendices

Lifesaving Program Policies At-A-Glance	A
Lifesaving Leadership Program Policies At-A-Glance	B
Lifesaving First Aid Program Policies At-A-Glance	C
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National Lifeguard Leadership Program Policies At-A-Glance	F

## Appendix A: Lifesaving Program Policies At-A-Glance



	Lifesaving For Lay Rescuers	Lifesaving For Backyard Pool Owners	Safeguard	Swim Patrol (Rookie, Ranger, Star)	Bronze Star	Bronze Medallion (CPR-A)	Bronze Cross (CPR-C)
<b>PROGRAM POLICIES</b>							
Prerequisites	Ability to swim				13 years or Bronze Star	Bronze Medallion	
Instructed By (Current)	Lifesaving Instructor (LSI)			Swim or Lifesaving Instructor	Lifesaving Instructor (LSI)		
Currency	Life-time award						2 years
Full Course Length in hours (no breaks)	3-4	4	3.5-4	10	10*	20*	20*
Recertification Course Length in hours (no breaks)	N/A						4
Required Breaks	30 minute unstructured break every 5 consecutive hours						
Candidate/Instructor Ratio (maximum/minimum)	12:1 3:1	12:1 3:1	20:1 N/A	12:1** 3:1		12:1** 6:1	
<b>PROGRAM ENVIRONMENT</b>							
Aquatic Environment	1.5m deep/20m long						
Class Environment (if used)	An illuminated, heated and ventilated room with 25 square feet of floor space						
<b>PROGRAM LITERATURE</b>							
Canadian Lifesaving Manual & Candidate Supplement	Optional	N/A		Optional		1:1***	
Candidate Resources	N/A	Workbook	N/A	Activity Sheets		Candidate Workbooks	
Instructor Resources	Award Guide		CD	Award Guide	Award Guide & Instructor Guide		
<b>PROGRAM RECOGNITION</b>							
Certification Card	N/A			Instructor-issued	Branch-Issued		
Progress Card	N/A			Instructor-issued			
Crest, Badges and/or Medals	N/A			Instructor-issued	Affiliate-issued		

\*Combination courses are no longer permitted due to the purposes of the individual Bronze Medals (2021)

\*\* Lifesaving programs with more than 12 candidates (excluding Safeguard) will require a second fully-certified instructor to be present 100% of the course. Both Instructors must put their name on the test sheet. If a program has more than 12 candidates and a second Instructor is not available, 1 Instructor can have a maximum of 16 candidates provided that:

- A Program Exception Form is filled in and submitted with the test sheet.
- 1 extra hour per additional candidate is added to the Bronze Medallion or Cross course (30 minutes for each additional CSP or Bronze Star candidate).
- Pool/classroom space and additional equipment meets Program Environment requirements

\*\*\*All Candidates are required their own Canadian Lifesaving Manual and Candidate Supplement (as of 2021) by the completion of the course to provide them with an ongoing reference. The practice of a "classroom" copy of the Canadian Lifesaving Manual to be used by candidate for the duration of the course and then returned to the Affiliate is no longer permitted.



	Lifesaving For Lay Rescuers	Lifesaving For Backyard Pool Owners	Safeguard	Swim Patrol (Rookie, Ranger, Star)	Bronze Star	Bronze Medallion (CPR-A)	Bronze Cross (CPR-C)
<b>PROGRAM EQUIPMENT</b>							
Resuscitation Manikins	N/A		1:2				
AED Trainers	N/A		1:2 (1 mechanical per class)				
Barrier Devices (gloves & pocket mask)	N/A		1:1				
Timing Device	N/A		1				
Rescue Aids (without a line)	Sufficient variety for effective simulation						
Rescue Aids (with a line)	Sufficient variety for effective simulation (must include a throw bag)						
Rescue Aids (loop & line)	N/A		1:4				
Clothing	N/A		Required		Optional		
Weights	N/A		2.3kg (5lbs) & 4.5 kg (10 lbs)		N/A		4.5 kg (10 lbs)
Spineboard	N/A					1:4	
Blankets	N/A		1:3				
First Aid Kit	N/A		1 per class		N/A		

### **Equipment Requirement**

Equipment must be clean and in safe working condition (e.g. without cracks, working velcro, etc.).

### **Equipment Sanitation**

A training Facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class

- 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.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70 Isopropyl or Ethyl Alcohol) for at least 30 seconds.
- Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

## Appendix B: Swim & Lifesaving Leadership Program Policies At-A-Glance



	Swim Instructor (SI)	Lifesaving Instructor (LSI)	Lifesaving Instructor Recertification	Trainer - Lifesaving (LST)	Trainer Recertification
<b>PROGRAM POLICIES</b>					
Prerequisites	15 years old, Bronze Cross (need not be current)	15 years old, Bronze Cross (need not be current)	LSI (current within 5 years of certification)	LSI (current within 5 years) In good standing with the Branch Recommended 18 yrs. Recommended experience	ST or LST (current within 5 years)
Instructed by (current)	ST	LST		National Trainer	
Currency (years)	2 years				
Required Instructional Time	32	32	4	24	4
Required Breaks	30-minute unstructured break every 5 consecutive hours				
Combination Courses	Swim + Lifesaving Instructor Course = 40 hours		N/A		
Instructor Transition Clinics	Swim Instructor to LSI = 8 hours LSI to Swim Instructor = 6 hours		N/A		
Instructor/Trainer Ratio (maximum/minimum)	12:1 4:1*	12:1 4:1*	12:1 6:1	9:1 4:1	12:1 3:1
<b>PROGRAM ENVIRONMENT</b>					
Aquatic Environment	1.5m deep/20m long				
Class Environment	25 square feet floor space/candidate in an illuminated, heated and ventilated room				
<b>PROGRAM LITERATURE**</b>					
Leadership Reference Manual	1:1				
Swim & Lifesaving Instructor Award Guide	1:1		N/A		
Lifesaving Instructor Recertification Award Guide	N/A	N/A	1:1	N/A	

\* Lifesaving Instructor Tutorials are available if the Instructor to Trainer ratio is between 2 to 3 Instructors to 1 Trainer. All peer-teach sessions must be completed with Canadian Swim Patrol or Bronze classes. There are no exceptions for maximum numbers.

\*\* All candidates are required to own the program literature by the completion of the course to provide program quality assurance and ongoing reference. The practice of a "classroom" copy of the program literature to be used for the duration of the course and then returned to the Affiliate is no longer permitted.

Swim & Lifesaving Instructor Manual	1:1			N/A
Bronze Medals Instructor Guide	N/A	1:1		N/A
Bronze Medals Award Guide	N/A	1:1		N/A
Canadian Swim Patrol Award Guide	1:1	1:1	N/A	1:1

### **Equipment Requirements – Sanitation**

A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

- 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 at least 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70 Isopropyl or Ethyl Alcohol) for at least 30 seconds.
- Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

## Appendix C: Lifesaving First Aid Program Policies At-A-Glance



	CPR-A	CPR-C	Emergency First Aid (CPR-A)	Emergency First Aid (CPR-C)	Emergency First Aid Child & Residential Care (CPR-C)	Standard First Aid (CPR-C)	BLS Responder (CPR HCP)	Airway Management & Oxygen Administration
Program Acronym	CPR-A	CPR-C	EFA	EFAC	EFACRC	SFA	BLS	AMOA
Recertification Acronym	N/A	CPR-CR	TBD	TBD	TBD	SFAR	BLSR	AMOAR
PROGRAM POLICIES								
Prerequisites (need not be current)	None							Min. CPR
Instructed By (current)	First Aid Instructor (recertified after April 1, 2019)							*
Currency (years)	3 years						1 year	2 years
Required Instructional Time (full course/recertification)	4 N/A	5 4	7 TBD	8 TBD	9.5 TBD	14-16 8	5 3	3 2
Required Breaks	30-minute unstructured break every 5 consecutive hours							
Candidate/Instructor Ratio (maximum/minimum)	18:1 3:1						16:1 3:1	
Written Examination	N/A		Minimum 70% passing grade				N/A	
Course Combination Options	Refer to page 4 of Policies At-A-Glance							
Course Notification	Post to Lifesaving Society website a minimum of 7 days (168 hours) in advance and delete a minimum of 1 day (24 hours) in advance							
PROGRAM ENVIRONMENT								
Class Environment	Illuminated, heated and ventilated room that permits an unobstructed view of candidates during training/evaluation.							
Room Size (clear working space)	Classes with <10 candidates require 44 sq feet per candidate. Classes with 10-18 candidates require 500 sq. feet total.							
Media Presentation System	Optional		Required					
PROGRAM LITERATURE								
Canadian First Aid Manual	N/A		1:1				N/A	
Candidate Supplement Guide	N/A		1:1 (available online)				N/A	
Canadian CPR Manual	1:1		N/A					
Canadian BLS Responder (HCP) Manual	N/A						1:1	N/A
Canadian Oxygen Administration Manual & Airway Management Handouts	N/A						1:1	

\*Airway Management & Oxygen Administration can be taught by a current First Aid Instructor (recertified after April 1, 2019) or an AMOA Instructor.

<b>MATERIALS FOR SUBMISSION</b>	
Evaluation Checklists	Required, upload to database
Candidate Info/Feedback Form	Keep for 3 years and 1 day following course completion
Candidate Exam Answer Sheet	Keep for 3 years and 1 day following course completion
<b>PROGRAM RECOGNITION</b>	
Temporary Cards	Instructor-issued
Certifications	Electronically-issued

<b>REQUIRED PROGRAM EQUIPMENT (EFA, EFACRC, SFA, SFAR)</b>	
<b>Program Equipment</b>	<b>Equipment:Candidate Ratio</b>
Pocket mask with one-way valve & viral filter	1:1
Gloves (non-latex)	Sufficient amount and sizes (S-M-L) for ongoing class use
Resuscitation manikins (adult/child and infant)	1:2
AED trainers (with cloth and training razor)	1:2 (minimum 1 mechanical per 9 candidates)
Cleaning wipes/solution	5:1
First Aid kit (or container) for course supplies	1:2
Wound cleansing towelettes (14 cm x 19 cm)	3:1
Assorted adhesive dressings: Skin closures and 2.6 cm x 7.5 cm adhesive dressings	Sufficient amount and variety for each candidate
Sterile gauze squares (10 cm x 10 cm)	4:1
Sterile non-adherent gauze squares	4:1
Gauze roller bandage (7.5 cm x 1.8m)	1:1
Gauze sponges (7.5 cm x 7.5 cm)	1 package (100/pkg.) per class
Abdominal pad/dressing (20 cm x 25 cm)	2:1
Triangular bandage (cloth - 1.25m base)	3:2
Crepe bandage (7.5 cm x 4.5 cm)	1:1
Adhesive tape (2.5 cm x 4.5m)	1:2
Stainless steel scissors (14 cm)	1:2
Epinephrine auto-injector trainers	1:4
Placebo asthma inhalers	1:4
Mock ASA and Nitro bottles	1:4
Pressure bandage (10 cm x 16.5 cm) with elastic crepe ties	1:2
Cold packs	1:2
Quick strap (AKA fracture straps)	2:1
Tourniquet (windlass style)	1:2
Blankets (152.4 cm W x 213.4L cm L)	1:1
First Aid records	Sufficient amount for ongoing class use



REQUIRED PROGRAM EQUIPMENT (CPR, BLS, AMOA)	
Program Equipment	Equipment:Candidate Ratio
Pocket mask with one-way valve	1:1
Gloves (non-latex)	Sufficient amount & sizes (S-M-L) for ongoing class use
Resuscitation manikins (adult/child and infant)	1:2
AED trainers (with cloth and training razor)	1:2 (minimum 1 mechanical per 9 candidates)
Cleaning wipes/solution	5:1
Stainless steel scissors (14 cm)	1:2
Mock ASA and Nitro bottles	1:4
Blankets (152.4W cm x 213.4L cm)	1:2
First Aid records	Sufficient amount for ongoing class use
Bag valve mask	1:3 (BLS & AMOA only)

ADDITIONAL SPECIALTY EQUIPMENT (AMOA)	
Program Equipment	Equipment:Candidate Ratio
Oxygen unit and airway kit	1:8
Pulse oximeters	1:8
Manual suction	1:4

### **Equipment Requirements – Sanitization**

A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

- 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 at least 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70% Isopropyl or Ethyl Alcohol) for at least of 30 seconds.

Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

### **First Aid Prerequisite Policy**

Acceptable proof of first aid certification must be issued from one of the following recognized agencies:



Lifesaving Society



St. John Ambulance



Heart & Stroke  
Foundation of Canada



Canadian Ski Patrol



Canadian Red Cross

## Combining Programs

Lifesaving First Aid and CPR programs can run in combination with each other to meet operational needs and increase program accessibility. To ensure program standards are met, parameters have been set on what courses can be run in combination with each other. An example for combining classes for a two day format is provided below.

The Candidate/Instructor Ratio must be maintained when combining classes (Max 18:1/Min 3:1).

Day 1 Content	Day 2 Content
CPR A	Standard First Aid (Day 2)
CPR C	Standard First Aid Recertification
CPR C Recertification	Affiliates can program other course formats as long as Day 1 content (first 8 hours) is taught before Day 2 content to meet WorkSafeBC program requirements and the CSA Competency Levels.
Emergency First Aid (CPR A)	
Emergency First Aid (CPR C) which is the first 8 hours or Day 1 of a Standard First Aid course	
Emergency First Aid Child & Residential Care (CPR C)	

The Lifesaving BLS Responder and the Airway Management & Oxygen Administration courses cannot be combined with Day 1 or Day 2 content. They can, however, be run stand-alone or in combination with each other. When run in combination with each other, the overall course length can be reduced as indicated below:

Course	Full Course	Recertification
BLS Responder	5	3
Airway Management & Oxygen Administration	3	2
BLS Responder and Airway Management & Oxygen Administration	7	5

Airway Management & Oxygen Administration may also be combined with National Lifeguard Pool full course or recertification if the Instructor is both a current NLI and an FAI or AMOAI.

Course	Full Course	Recertification
National Lifeguard (Pool)	44	8 (4 Precertification 4 Recertification)
Airway Management & Oxygen Administration	3	2
NL Pool and AMOA (full course)	44	N/A
NL Options and AMOA if candidates completed NL AMOA Fast Track	N/A	8*
*Reallocate 45 minutes from the Precertification time to evaluate AMOA. This reallocation should be taken from precert material in which the candidates are confident.		

## Appendix D: Lifesaving First Aid Leadership Program Policies At-A-Glance



	First Aid Instructor Full Course	Trainer	First Aid Instructor Recertification	Trainer Recertification
<b>PROGRAM POLICIES</b>				
Prerequisites	18 years (by last day of course) Standard First Aid (current) For a minimum 1 yr.	In good standing with the Branch FAI (current)	Standard First Aid (current) FAI (within 3 years of certification date)	FAI (current)
FAI Apprenticeship (post course):	1-year experience as a first aid responder or designated OFA attendant 2 Apprenticeships	Recommended teaching experience Apprenticeship (FAI)	Taught minimum of 2 OFA Level 1 eq. courses in the last 3 years	FA Trainer (within 5 years of certification date)
Instructed by (current)	FAT	NT	FAT	NT
Currency (years)	3 years	2 years	3 years	2 years
Required Instructional Time	32	24	8	8
Required Breaks	30-minute unstructured break every 5 consecutive hours			
Candidate/Instructor Ratio (maximum/minimum)	12:1 4:1	9:1 4:1	12:1 4:1	12:1 3:1
<b>PROGRAM ENVIRONMENT</b>				
Class Environment	Classes with >10 candidates require 500 sq. feet. Classes with <10 candidates require 44 sq feet per candidate.			
Media Presentation System	Required			
<b>PROGRAM LITERATURE</b>				
Canadian First Aid Manual	1:1		N/A	
Candidate Supplement Guide	1:1		N/A	
Canadian CPR Manual	1:1		N/A	
Canadian BLS Responder (HCP) Manual	1:1		N/A	
First Aid Instructor Manual	1:1		N/A	
FAI/FAT Recertification Guide	N/A		1:1	
<b>PROGRAM RECOGNITION</b>				
Wallet Card	Branch-issued			
<b>PROGRAM EQUIPMENT</b>				
Equipment	As per Standard First Aid and BLS Responder equipment requirements (only 1 oxygen unit required)			

## Appendix E: National Lifeguard Program Policies At-A-Glance



	NL Pool	NL Pool Precert/Recert	NL Waterpark (WP)	NL Waterpark (WP)Precert/ Recert	NL Waterfront (WF)	NL Waterfront (WF) Precert/Recert	NL Surf	NL Surf Precert/Recert
<b>PREREQUISITES</b>								
15 years old (by last day of course)	Yes	N/A						
Bronze Cross (need not be current)	Yes	N/A						
Standard First Aid (need not be current)	Yes	N/A						
NL Option (need not be current)	N/A	Pool		WP	Pool	Waterfront		Surf
Airway Management & Oxygen Administration (need not be current)	Combo*	No	Yes	No	Yes	No	Yes	No
<b>PROGRAM POLICIES</b>								
Instructed by (current)	NLI* w/Pool		NLI w/ WP		NLI w/ WF*		NLI w/ Surf	
Currency (years)	2 years							
Required Instructional Time	44	4 & 4	24	4 & 4	24	4 & 4	24	4 & 4
Combination Courses	NL Pool+Waterpark = 60 hours				NL Waterfront+Surf = 44 hours			
Required Breaks	30 minute unstructured break every 5 consecutive hours							
Candidate/Instructor Ratio (maximum/minimum)	16:1 6:1	12:1 6:1	16:1 6:1	12:1 6:1	16:1 6:1	12:1 6:1	9:1 6:1	9:1 6:1
Candidate Attendance	100% attendance required							
<b>PROGRAM ENVIRONMENT</b>								
Aquatic Environment	1.5m deep 20m long		NL Pool & moving water		Beach with waves less than 1m		Beach with waves greater than 1m	
Class Environment (if used)	25 square ft. floor space/candidate in an illuminated, heated & ventilated room							
Endurance Challenge Ratio (candidate/25m lane)	6:1		N/A		6:1		6:1	
<b>PROGRAM LITERATURE**</b>								
Alert	1:1							
NL Candidate Workbook	1:1	N/A	1:1	N/A	1:1	N/A	1:1	N/A
Canadian Lifesaving Manual	Optional							

\*NL Instructors must also be certified as AMOA Instructors

\*\* Additional Program Resources must be approved by Branch for instructional use

PROGRAM RECOGNITION		
Temporary Cards	Instructor-issued	
Wallet Card	Branch-issued	
Crest	Branch-issued	N/A

POOL/WATERPARK EQUIPMENT	
Program Equipment	Equipment: Candidate Ratio
Barrier Devices	1:1
Gloves (non-latex)	Sufficient amount and sizes (S-M-L) for ongoing class use
Resuscitation Manikins (adult/child and infant)	1:4
AED Trainer	1:4 (1 mechanical per class)
Oxygen Unit and Airway Kit	1:12
Pulse Oximeter	1:12
First Aid Kit	1 per focal point
Blankets/towels	1:2
Epinephrine auto-injector (trainers)	1:4
Medication placebos	Minimum of 1 asthma inhaler & spacer per class Minimum of 1 ASA & nitroglycerin per class
Spineboard	1:4
Submersible Training Manikin	Optional
9 kg. (20 lbs) weight	1:12
Rescue Tubes/Aids	1:3

WATERFRONT/SURF EQUIPMENT	
Program Equipment	Equipment: Candidate Ratio
Barrier Devices	1:1
Gloves (non-latex)	Sufficient amount and sizes (S-M-L) for ongoing class use
Resuscitation Manikins (adult/child and infant)	1:4
AED Trainer	1:4 (1 mechanical per class)
Oxygen Unit and Airway Kit	1 per class
Pulse Oximeter	1 per class
First Aid Kit (inc. pair of pliers & simulated vinegar)	1 per class
Blankets/towels	1:2
Epinephrine auto-injector (trainers)	1:4
Medication placebos	Minimum of 1 asthma inhaler & spacer per class Minimum of 1 ASA & nitroglycerin per class
Spineboard	1:6
Rescue Cans/Tubes/Aids	1:3
Rescue Craft/Paddleboard	1:3

WATERFRONT/SURF EQUIPMENT (CON'T.)	
Program Equipment	Equipment: Candidate Ratio
Mask and Snorkel	1:1
Fins	1:3
Measuring Device (50m or 100m)	1 per class
Timing Device	1 per class

### **Equipment Requirements – Sanitization**

A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

- 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 at least 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70 Isopropyl or Ethyl Alcohol) for at least 30 seconds.

Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

### **NL First Aid Prerequisite Policy**

Acceptable proof of Standard First Aid certification must be issued from one of the following recognized agencies:



Lifesaving Society



St. John Ambulance  
SAVING LIVES  
at work, home and play

St. John Ambulance



Heart & Stroke  
Foundation of Canada



CANADIAN SKI PATROL  
PATROUILLE CANADIENNE DE SKI

Canadian Ski Patrol



Canadian Red Cross

### **Airway Management and Oxygen Administration (AMOA)**

As of **July 1, 2020**, AMOA is a prerequisite for **all** NL streams (Pool, Waterfront, Waterpark and Surf). Candidates can complete AMOA through one of the following ways:

1. Blended version (online AMOA Fast Track + in-person practical)
2. Full AMOA course in person

Airway Management & Oxygen Administration may also be combined with National Lifeguard Pool full course or recertification if the Instructor is both a current NLI and an FAI or AMOAI.

Course	Full Course	Recertification
National Lifeguard (Pool)	44	8 (4 Precertification)
Airway Management & Oxygen Administration	3	2
NL Pool and AMOA (full course)	44	N/A
NL Options and AMOA if candidates completed NL AMOA Fast Track	N/A	8*

\*Reallocate 45 minutes from the Precertification time to evaluate AMOA. This reallocation should be taken from precertification material in which the candidates are confident.

## Appendix F: National Lifeguard Leadership Program Policies At-A-Glance



	National Lifeguard Instructor	National Lifeguard Instructor Recert	Trainer	Trainer Recert
<b>PROGRAM POLICIES</b>				
Prerequisites	NL Pool (current) NL Pool recertified at least once LSI (need not be current) AMOA (not current) Recommended experience	NLI (within 5 years of certification date)	In good standing with the Branch Recommended 18 yrs. Recommend experience	NLT (within 5 years of certification date)
Instructed by (current)	NL Trainer		National Trainer	
Currency (years)	2 years			
Required Instructional Time	28	Online	24	4
Required Breaks	30-minute unstructured break every 5 consecutive hours			
Candidate/Instructor Ratio (maximum/minimum)	12:1 6:1			
Apprenticeship	1 NL Pool 1 NL Precert/Recert	N/A	1 NLI	N/A
<b>PROGRAM ENVIRONMENT</b>				
Aquatic Environment	1.5m deep/20m long		N/A	
Class Environment	25 square feet floor space/candidate in an illuminated, heated and ventilated room			
Media Presentation System	Required			
<b>PROGRAM LITERATURE</b>				
Alert	1:1	N/A		1:1
NL Candidate Workbook	1:1	N/A		1:1
NL Precert/Recert Guide	1:1	N/A		1:1
NL Instructor Manual	1:1	N/A		1:1
NLI Recertification Guide	N/A	1:1	N/A	1:1
SEE Candidate Workbook	N/A	1:1	N/A	N/A
<b>PROGRAM RECOGNITION</b>				
Certification Card	Branch-issued			
<b>PROGRAM EQUIPMENT</b>				
Equipment	As per National Lifeguard Pool Option equipment requirements			