


Lifesaving Program Policies At-A-Glance (2018)

Legend						
LSI – Lifesaving Instructor LSIT – LSI Trainer	Rookie Patrol	Ranger Patrol	Star Patrol	Bronze Star	Bronze Medallion (CPR-A)	Bronze Cross (CPR-C)
✓ Required ◇ Optional						
Program Policies						
Prerequisites	Ability to swim				13 years or Bronze Star	Bronze Medallion
Instructed By (current)	Lifesaving Instructor					
Currency	Life-time award				2 years	
Full Course Length (no breaks)	10 hours				20 hours	
Recertification Course Length (no breaks)	Life-time award				4 hours	
Required breaks	30 minute unstructured break every 5 consecutive hours					
Candidate/Instructor Ratio (maximum/minimum)	12:1 3:1					
Program Environment						
Aquatic Environment	1.5 m deep/20m long					
Class Environment (if used)	25 square feet floor space/candidate in an illuminated, heated and ventilated room					
Program Literature						
Canadian Lifesaving Manual	◇				1:1	
Worksheets	Activity Sheets			Candidate Workbooks		
Program Recognition						
Wallet Card	Instructor-issued (stickers)			Branch-issued		
Progress Card	Instructor-issued (optional)					
Crest	Instructor-issued			Branch-issued		
Medallion	N/A			Branch-issued		
Program Equipment						
Resuscitation Manikins	N/A			1:2		
AED Trainers	N/A			1:2 (1 mechanical per class)		
Barrier Devices	N/A			1:1		
Timing Device	1					
Rescue Aids	Sufficient variety for effective simulation					
Throw Bags	◇			1:3		
Weights	2.3kg/5lb		4.5kg/10lb		N/A	
Clothing	✓	◇		✓	◇	
Blankets/towels	◇			1:2		
Epinephrine Auto-injector (trainer)	N/A		1:4		N/A	
First Aid Kit	1					

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 up to 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use.
- 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.