

National Lifeguard Leadership Program Policies At-A-Glance (2019)



	National Lifeguard Instructor	National Lifeguard Instructor Recert	Trainer	Trainer Recert
PROGRAM POLICIES				
Prerequisites	NL (need not be current) LSI (need not be current) Taught 2 Bronze courses (Med or Cross) Recommend experience	NLI (within 5 years of certification date)	In good standing with the Branch Successful Application 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	32	8	24	8
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 Recert	N/A	1 NLI	N/A
PROGRAM ENVIRONMENT				
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			
PROGRAM LITERATURE				
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
Notes for NLTs	N/A			1:1
NLI/NLT Recert Guide	1:1	N/A	1:1	1:1
PROGRAM RECOGNITION				
Wallet Card	Branch-issued			
PROGRAM EQUIPMENT				
Equipment	As per National Lifeguard Pool Option equipment requirements			