

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



	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>									
16 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			
<b>PROGRAM POLICIES</b>									
Instructed by (current)	NLI		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	
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	12:1 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 feet floor space/candidate in an illuminated, heated and ventilated room								
Endurance Challenge Ratio (candidate/lane)	6:1		N/A						
<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	
NL Candidate Precert/Recert Guide	N/A	1:1	N/A	1:1	N/A	1:1	N/A	1:1	
Canadian Lifesaving Manual	Optional								
Additional Program Resources	Must be approved by Branch for instructional use								
<b>PROGRAM RECOGNITION</b>									
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
Mask and Snorkel	1:1
Fins	1:3
Measuring Device (50m or 100m)	1 per class
Timing Device	1 per class

## **NL First Aid Prerequisite Policy**

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

- Lifesaving Society
- Canadian Red Cross
- St. John Ambulance
- Canadian Ski Patrol
- Heart & Stroke Foundation of Canada



## **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.