



2026 Program Guide

Lifesaving Society BC & Yukon Branch





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

Annually, over 1.5 million Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is 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 Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

WaterSmart®, Swim for Life®, Swim to Survive®, National Lifeguard Service® and Lifesaving Society® are registered trademarks of the Royal Life Saving Society Canada. All other trademarks are property of their respective owners.

hay ce:p qə | Thank You

The Lifesaving Society BC & Yukon is honoured to work on the ancestral and unceded homelands of the **hə́h̓qə́m̓iḥə́m̓** and **S̓k̓w̓x̓w̓ú7mesh sníchim** speaking peoples.

Our office is physically located on the unceded territories of the **x̓w̓m̓əθk̓w̓əy̓əm** (Musqueam), **səlilwətał** (Tsleil-Waututh), and the **S̓k̓w̓x̓w̓ú7mesh** Úxwumixw (Squamish Nation).

We are grateful to pursue our mission of drowning prevention on these extraordinary lands. We pay our respects to the local Indigenous Peoples' cultural and spiritual connections to water, and acknowledge the lands where we work and live will always be Indigenous land.

We invite our members and Affiliates to consider our shared history and the lands on which we live and work, as we look towards our vision of Canada free from drowning and water-related injury.

There are over 200 distinct First Nations, Métis, and Inuit communities in British Columbia and the Yukon. A land acknowledgement (based on where you are located within BC & Yukon) is recommended at the start of Lifesaving Society courses and events.

Pronunciation

hə́h̓qə́m̓iḥə́m̓ (hun-kah-meen-um; meaning 'Down River')

S̓k̓w̓x̓w̓ú7mesh sníchim (skwoh-mish snayt-chym; meaning 'Squamish Language')

x̓w̓m̓əθk̓w̓əy̓əm (Musqueam (mus-kwee-um); relates back to the flowering plant **m̓əθk̓w̓əy̓** which once grew abundantly throughout Musqueam territory)

səlilwətał (Tsleil-Waututh (slay-wa-tuth); meaning 'People of the Inlet')

S̓k̓w̓x̓w̓ú7mesh Úxwumixw (Squamish Nation).

"Together, Canadians must do more than just talk about reconciliation; we must learn how to practice reconciliation in our everyday lives - within

ourselves and our families, and in our communities, governments, places of worship, schools, and workplaces. Reconciliation will take many heads, hands, and hearts, working together, at all levels of society to maintain momentum in the years ahead."

The Truth and Reconciliation Commission of Canada

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The Lifesaving Society

Canada's Lifeguarding Experts

The Lifesaving Society is a national, independent, charitable organization that works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management services, drowning research, and lifesaving sport.

Annually, over 1.2 million Canadians participate in our swimming, lifesaving, lifeguarding, and leadership training programs. As Canada's lifeguarding expert, the Lifesaving Society sets the standard for aquatic safety and certifies Canada's National Lifeguards.

Lifesaving Society Canada represents Canada internationally in the Royal Life Saving Society Commonwealth and we are Canada's Full Member in the International Life Saving Federation. We are the governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

Royal Life Saving Society Motto

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

*"Quemcunque miserum videris hominem
scias."*

Our Vision

Our vision is to see Canada free from drowning and water-related injury.

Our Values

- 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.

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.

Each province and territory of Canada is administered by a Branch. The Branch represents Lifesaving Society Canada and serves as the liaison with the provincial/territorial governments and agencies. The National Office provides administrative and technical support for the Society's programs and services.

Find Lifesaving Society Branch contact information at lifesaving.ca.





Our History

The Lifesaving Society has a long and proud history of teaching lifesaving to Canadians. We trace our roots to the late 19th century in London, England, where we began as The Swimmer's Life Saving Society. In 1894, Arthur Lewis Cochrane brought the lifesaving skills that he learned in his homeland to Canada.

In June 1896, he taught the first ever Bronze Medallion award in Canada at the Upper Canada College in Toronto, Ontario. Eighteen of his students were the first recipients of our distinguished Bronze Medal.

Under the patronage of King Edward VII, we became the Royal Life Saving Society in 1904.

- 1892** — Bronze Medallion award is created in London
- 1911** — British Columbia Branch is formed
- 1930** — First recorded use of our motto
- 1945** — Bronze Cross award is introduced
- 1958** — Society publishes the first Canadian Examiner's Handbook
- 1959** — RLSSC adopts mouth-to-mouth method of rescue breathing
- 1963** — Society publishes Canadian Lifeguard Manual
- 1964** — National Lifeguard Service® (NLS) is launched
- 1965** — Society publishes first edition of the Canadian Life Saving Manual in five volumes
- 1973** — Society assumes responsibility for the NLS program
- 1996** — British Columbia Branch becomes the BC & Yukon Branch
- 2011** — British Columbia & Yukon Branch celebrates its 100th anniversary
- 2017** — Lifesaving Society Canada hosts the World Conference on Drowning Prevention in Vancouver, BC
- 2022** — Swim for Life® Transition from the Canadian Red Cross Water Safety Program

Lifeline

Stay Connected!

The Lifesaving Society is committed to providing our members with the most up-to-date information regarding programs and updates. [Subscribe](#) to our newsletter - the Lifeline!

The Society values communication as a means for promoting public awareness of aquatic safety and Water Smart® education. Follow us on social media! @LifesavingBCYK



Logo Use Guidelines

Please follow these rules when you use the Lifesaving Society's logo for program marketing:

On a white or light-coloured background

First choice:

2 colours; print the logo in PMS Blue 300 and black.



Second choice:

1 colour; print everything in black.



On a dark background

Print the logo in white.



Never alter or change the Lifesaving Society's logo or program logos.

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.



Name Guidelines

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. Only Affiliates in good standing may use the Lifesaving Society's identity.

Use the Society's full name in program descriptions (e.g., Lifesaving Society Bronze Medallion).

Logo Usage

Always use all the elements of the corporate identity including the symbol and name. Alterations of the Lifesaving Society's logo in any form is **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 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 guidelines.

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.

Our Symbol

The mark of a powerful symbol is its ability to impart relevant messages to the beholder. Our chosen symbol is designed with the characteristics that personify the Lifesaving Society.

First, one can read the letter “S” which represents our devotion to Safety, Service, and Saving lives. The curved shape of the symbol brings to mind movement and waves. The symbol also represents our lifeguarding expertise in the form of a stylized rescuer whose arm is holding a rescued victim.

The symbol may be used alone (without the name of the organization) only in exceptional circumstances, for example with it appears on a flag or pin.



Our Official Colours

The principle colour is blue, equivalent to the blue 300 of the Pantone Matching System (PMS). This colour is used to reproduce the symbol and the statement. The blue is usually reproduced on a white background.

The second colour is black. The name of the Society and the pre-printed text on stationery is black.



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." On Affiliate Member stationery, 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 Lifesaving Society.



Program Policies

The Lifesaving Society has many policies which protect our reputation and the integrity of our programs. For more information on policies, please contact the Branch Office.

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 and staff.

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 successes and place of pride it enjoys in the aquatic community and in society at large. Individuals and organizations who interact with the Society can expect a high level of integrity and respect.

[Guidelines for Ethical & Professional Standards of Conduct](#)

This code is meant to be a guide for staff, volunteers, and all others who work, volunteer, or represent the Society nationally. As such, this code is a general

statement of the rules and regulations to be followed and referred to as needed. By conforming to these rules and regulations, the members of the Society will maintain and promote the excellent reputation of the Lifesaving Society and be able to best fulfill their roles within the organization and support it in the various work that it does.

All staff, volunteers, and members of the Society are expected to:

- Uphold the mission, vision, and values of the Society.
- Protect the interests of the Society and avoid allowing themselves or the Society to be placed in a conflict of interest.
- Adhere to policy and procedural standards as outlined in award guides, standard updates, and policy and procedure manuals.
- Maintain a professional attitude towards the Society's programs, volunteers, staff, affiliates, and the general public.

The Code of Conduct statement in this Program Guide does not reflect the entire policy. For more information, see our Code of Conduct & Harassment Policy on our website at lifesaving.bc.ca/members/policies.

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.

Privacy - 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, sex, 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 certifications and appointments including Instructors, Examiners, Coaches, and Trainers.

This 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 BC & Yukon Branch Executive Director. For more information, see our National Certification Review Policy on our website at lifesaving.bc.ca/members/policies.

Inclusion Policy

Lifesaving Society training programs are designed to maximize the participation and success of all individuals regardless of age, background, and ability. Society affiliates and leadership volunteers are encouraged to use their discretion in the placement and advancement of individuals with special needs.

The Society recognizes that some individuals may be unable to achieve all the performance criteria "Must Sees" for some awards. In non-vocational awards, if an individual is able to complete the items with modifications, or otherwise achieve the purpose statements, the participant should advance to the next level as long as this does not compromise the safety of the individual or others.

Non-vocational awards include: Swim to Survive®, Swim for Life®, Junior Lifeguard Club, Canadian Swim Patrol, Bronze Star, Bronze Medallion, and Lifesaving Sport Fundamentals.

While the Society welcomes the participation of all in its vocational training awards, certification is based solely on the individual's ability to meet the performance criteria "Must Sees" without modification.

Vocational awards include: Bronze Cross, National Lifeguard, First Aid & CPR programs, Coaching awards, and all Leadership awards.

Award Prerequisites

Many of the Society's award programs have award prerequisites or age requirements to obtain certification. The Lifesaving Society will not issue certifications to candidates who do not have the required prerequisites. It is the candidate's responsibility to ensure they have the correct prerequisites before participating in a Lifesaving Society award program.

Award Prerequisites: Prerequisite awards must be earned prior to the start of the course to which they apply. Prerequisite awards need not be current.

Prerequisite awards must be checked on the first day of the course. If a candidate cannot provide proof of prerequisites e.g., forgot their certification at home, they must show proof of prerequisites by the second day of the course if applicable.

Candidates who cannot present proof of prerequisites by the second day of a course are not permitted to continue in the course.

Acceptable verification of prerequisite awards are:

- A Lifesaving Society temporary card current within 60 days.
- A Lifesaving Society issued certification card.
- A Lifesaving Society Find-a-Member print-out with a verification code. Instructors must enter the verification or member code on the Lifesaving Society's website to confirm proof of awards.
- Lifesaving Society awards verified on the Lifesaving Society's website using Find-a-Member.
- First Aid certification card issued from one of the five approved agencies: **St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol.**

Age Prerequisites: Minimum age requirements must be attained by the day of certification. There are no exceptions. Age prerequisites can be confirmed by government-issued identification (e.g., birth certificate, passport, BC Services Card, driver's license, or other legal government-issued identification).

Other Lifesaving Society branches: Prerequisites from other Lifesaving Society Branches in Canada are recognized. Awards must be transferred from the home Branch before certification can be issued in BC & Yukon.

First Aid Prerequisites: First Aid awards from other approved agencies (**Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, Heart & Stroke Foundation of Canada**) used as course prerequisites must be scanned and submitted with the Lifesaving Society test sheet or course roster. Examples of First Aid organizations **not** accepted: St. Mark James, WorkSafeBC. The Society will not issue National Lifeguard or First Aid/CPR awards if the proof of prerequisite is missing. Affiliates are requested to notify candidates of this requirement in their promotional materials and at registration.

Leadership Transfers: Candidates for a Leadership transfer (e.g., First Aid Instructor Transfer or Swim Instructor Transfer) must present proof of their instructor award from an approved agency. The prerequisite award must be scanned and submitted with the Lifesaving Society course roster.

Currency

Lifesaving Society certifications are held for life, but they are "current" for only 24 months from the date of certification, unless otherwise specified. Award holders may recertify at any time. However, to maintain a current certification, award holders must recertify within 24 months of certification or last recertification unless otherwise specified. Employers may require staff to recertify more frequently.

Lifesaving Society Instructors, Examiners and Trainers must remain current by attending stream-specific leadership recertifications and completing mandatory update clinics.

Certification & Recertification

The Society certifies successful candidates as having attained a specific level of competencies at the time of the examination. The competencies are defined in the Society's Award Guides and the examination or certification date appears on the candidates' certification cards.

Recertification of Awards: Award holders are encouraged to maintain up-to-date skills and abilities through recertification. Award holders may recertify at any time regardless of the certification date of the original award. This does not include Instructor certification as these are on a cycle and not available at anytime.

Bronze Medal Recertification: The revised (2021) Bronze Medals Award Guide program defines the mandatory items which must be evaluated in Bronze Medallion or Bronze Cross recertifications.

National Lifeguard Recertification: The revised (2022) National Lifeguard Award Guide defines the mandatory items which must be evaluated in National Lifeguard recertifications.

Recertification of Leadership Awards: To teach or evaluate candidates, Instructors, Examiners, and Trainers must be current. The Society requires its leadership award holders to remain current by recertifying their teaching and/or examining credentials. Leadership award holders must recertify within 5 years from original date of certification or recertification.

- First Aid Instructors must teach at least 2 Intermediate First Aid Equivalent courses within a 3-year certification cycle to be eligible for recertification, effective after 2025 recertification. To re-certify in 2025 an Instructor must instruct 2 Basic (formally OFA 1) or Intermediate (formally OFA 2) equivalent First Aid courses.
- Trainers must teach at least two (2) Instructor Recert courses or one (1) Instructor course (any stream) within a 2-year cycle to be eligible for recertification. Exceptions may be granted to those who actively contribute to a Program Advisory Group or Committee.
- Please note, First Aid Instructors must attend a Continuing Education Credits (CEC) hosted by the Lifesaving Society BC & Yukon in 2026 and 2027.

Course and Exam Challenges

Candidates may challenge the Bronze Medal awards (Bronze Star, Bronze Medallion, or Bronze Cross by taking an exam where they demonstrate all items in that award without taking a full course. First Aid and CPR (all levels, National Lifeguard (all options, and Leadership awards (all levels are not eligible for course/exam challenges).

More Than One Award Per Day

Candidates may be evaluated for any number of awards in one day, provided they hold the prerequisites. When two or more Lifesaving Society awards are evaluated together, the Society deems the prerequisite award to have been earned in the correct order.

Candidates for an award must complete all items required for that award to become certified. Please ensure the lower certification is submitted to the Branch first. For example, submit Bronze Medallion before submitting Bronze Cross.

Unsuccessful Candidates

Candidates for an award must successfully complete all items required for that award. One failed item constitutes a "Fail." The candidate who is unsuccessful at one award level is not automatically certified at a lower award level.

The failure of a candidate who is recertifying while still holding a current award does not affect the status of their current certification (e.g., a National Lifeguard whose certification remains current until June, but who fails a recertification in March, is still current until June).

A First Aid, National Lifeguard, Instructor, or Trainer candidate who fails an original course must retake the original course. They may not become certified by attending an original exam or recertification.

Teaching and Certifying

Who teaches or certifies candidates varies from Branch to Branch. In some Branches, awards are taught by an Instructor, but require an Examiner to certify candidates. In the BC & Yukon Branch, Instructors are also recognized as Examiners and therefore can teach, evaluate, and certify candidates.

Instructor, Examiner, and Trainer awards must be "current" to teach, evaluate, and certify candidates.

Transfer of Awards

Many Lifesaving Society awards transfer directly from the BC & Yukon Branch to another provincial/territorial Branch. Individuals must transfer their awards to the respective Lifesaving Society Branch prior to working or taking a course in that province or territory. Request a transfer to or from the BC & Yukon Branch at lifesaving.bc.ca/transfer-your-awards. If you are transferring to BC & Yukon, please ask your home Branch to submit a transfer.

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 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 to 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

[Swim](#)

Current Swim Trainers (ST) may teach once they have:

- Confirmed the transfer process with a Program Manager
- Completed the Adapted Swim Instructor session (online)
- Signed and submitted a Transfer Letter of Agreement
- Purchased Branch resources

[Lifesaving](#)

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

- Confirmed the transfer process with a Program Manager
- Completed the 2021 Bronze Medals Update
- Signed and submitted a Transfer Letter of Agreement
- Purchased Branch resources
- *Must be an Examiner in their home Branch to direct transfer, otherwise an apprenticeship on a Bronze Cross is required

Current Lifesaving Trainers (LST) may teach once they have:

- Confirmed the transfer process with a Program Manager
- Signed and submitted the Transfer Letter of Agreement
- Purchased Branch resources

[First Aid](#)

Current Lifesaving First Aid Instructors (FAI) may teach once they have:

- Confirmed the transfer process with a Program Manager
- Completed a First Aid Instructor Transfer clinic (cost includes all training materials)
- Completed a Lifesaving Society BC/Yukon SFA recertification
- Completed a co-teach on a Lifesaving Society BC/Yukon SFA course
- Submitted a completed First Aid Instructor-Training Package, which will include a successful co-teach on a Lifesaving Standard First Aid (Intermediate equivalent) Recertification. This is a WorkSafeBC requirement and cannot be waived.
- Sign and submit the Transfer Letter of Agreement

[National Lifeguard](#)

Current National Lifeguard Instructors may teach once they have:

- Confirmed the transfer process with a Program Manager
- Completed the online Airway Management & Oxygen Administration Fast Track and Airway Management & Oxygen Administration Instructor Module
- Signed a Transfer Letter of Agreement
- Purchased Branch resources
- *Must be an Examiner in their home Branch to direct transfer, otherwise an apprenticeship on a precert/recert is required

Current National Lifeguard Trainers (NLT): All Trainers are appointed by the Branch. Please meet with a Program Manager.



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 (Basic and OFA) course or a Lifesaving Standard First Aid (Intermediate) Recertification. This is a WorkSafeBC requirement and cannot be waived.
- Signing a Transfer Letter of Agreement

Training Program Equivalency

The Lifesaving Society will not:

- Waive prerequisites to its certifications or Lifesaving Sport eligibility requirements; or
- Grant equivalency status to any other national or international agency's lifeguard or assistant lifeguard award.

Bronze Cross Prerequisite Policy Update

Transfer of Awards: Bronze Prerequisites Policy

In alignment with the revised National Program Policy Guide, certain regions in Canada have implemented new legislative requirement for Bronze Cross certification. This policy applies specifically to candidate training in Alberta/ NWT, Ontario, and New Brunswick. This policy does NOT apply to British Columbia/ Yukon or any other region outside Alberta/NWT, Ontario, and New Brunswick.

Alberta/NWT, Ontario, and New Brunswick

Candidates pursuing Bronze Cross certification in Alberta/ NWT, Ontario, and New Brunswick must complete Emergency First Aid (or an equivalent CSA-certified course) as a prerequisite. Candidates from outside Alberta/ NWT, Ontario or New Brunswick who wish to take Bronze Cross in these regions will also be required to provide proof of EFA certification or complete EFA training as part of their program - without exception.

British Columbia and Yukon

Emergency First Aid (EFA) Certification is not required as a Bronze Cross prerequisite in British Columbia or Yukon. To take Bronze Cross in British Columbia and Yukon, you must have Bronze Medallion.

Inter-Branch Recognition

Regions with EFA requirements will honor Bronze Cross certifications obtained in Branches that do not mandate EFA (e.g., British Columbia). There will be no retroactive EFA requirements applied to Bronze Cross awards issued by other Branches.

Candidate Responsibility

It is the candidate's responsibility to ensure they have met the necessary prerequisites for any course they are taking. Candidates should verify all prerequisite requirements with their respective Branch before enrollment to avoid any delays or eligibility issues.

We are committed to ensuring that all candidates meet regional safety standards and are prepared for emergency situations. This policy will help maintain consistent standards while respecting the unique requirements of each Branch.

Foreign Certifications

Individuals with foreign awards may request a review of their certifications to determine what training should be undertaken to acquire the appropriate Canadian certification(s). Contact the Branch at for more information at info@lifesaving.bc.ca.

Course Programming

The Lifesaving Society trusts its Affiliates to deliver high-quality courses. The Society has outlined policies to follow when programming our courses to promote the health and safety of candidates and instructors, and to ensure the integrity of the programs.

Minimum Hours: All courses must meet the minimum number of hours required for instructional time. Break time and/or transition from dry to wet time is not included in the minimum number of hours for a course.

Affiliates must program in extra time for breaks and transitions.

Breaks: Affiliates must schedule adequate break time by adding extra time to a course's minimum hours. Courses between 3-5 hours in duration must have a 15-minute break added/scheduled. Any course which is longer than 5 hours in duration must have a minimum of a 30-minute break added/scheduled. Candidates and Instructors must not use their break time to complete course work.

Maximum Hours: For the health and safety of candidates and instructors, courses must not be scheduled for more than 8-hours of instructional time per day. Break and/or transition time is additional and does not count towards the 8-hour limit.

Number of Candidates: Courses with less than the minimum number of candidates must have a program exception form submitted with the course roster. Each program stream has different procedures - check the program exception form prior to starting the course. Courses with more than the maximum number of candidates must have two certified Instructors, Examiners or Trainers for 100% of the course. Courses that do not meet the minimum candidate numbers will not be accepted.

Small Class Sizes: Instructors/Affiliates are required to comply with the teaching hours associated with each course. There are times when below maximum enrollment occurs. Smaller class sizes do not justify a reduction in course hours. Small class sizes allow the

instructor to provide additional scenario-based learning to develop proficiency and judgment if the teaching time is finished prior to the required hours.

Minimum Pool Space

- Any vocational courses requiring pool space must have access to a minimum of 135m² of water surface area (equivalent to two 25 metre lanes), including access to both shallow and deep water areas as needed. Courses with more than 12 candidates require additional pool space to be available. This minimum pool space requirement does not apply to swimming lessons.
- Only 6 candidates are permitted in a 25 metre lane during endurance swim practice or evaluation.
- National Lifeguard courses should have access to most basins and areas in an aquatic facility to perform and evaluate Lifeguarding Situations while minimizing facility disruption.



Equipment Condition Requirements

Many of the Society's courses require equipment which makes direct contact with class participants (e.g., pocket masks). Affiliates and Instructors must ensure that the required equipment and supplies are disinfected between use and are sanitary for each class.

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

Equipment that makes direct contact with class participants (e.g., pocket mask with one-way valve) must be washed with detergent and water, then soaked in a bleach solution (1 part bleach/10 parts water) for a minimum of 10 minutes.

Regular hand washing is to be encouraged throughout courses to reduce the risk of infection and disease transmission.

In Lifesaving Society courses, candidates are never permitted to perform mouth-to-mouth contact or insert OPAs into another person.

Affiliates should be aware of WorkSafeBC's requirement to implement a communicable disease prevention plan within their facilities.

Program Environment Requirements

Follow these requirements to ensure the health and safety of candidates and Instructors, and to ensure program quality.

- Pools used for Lifesaving Society courses must be at least 1.5 m deep (3.0 m preferred) and 12.5 m long (25 m preferred). Examiners must "do the math" for pool test items when working within a challenging pool design to ensure the standards are met.
- A classroom environment must be sufficiently illuminated, heated, and ventilated. The Instructor must have an unobstructed view of candidates at all times.
- Indoor classrooms must follow the acceptable ranges for temperature and relative humidity for comfort provided by WorkSafeBC:

Season	Relative Humidity	Temperature
Summer	Between 30-60%	Between 23-27°C
Winter	Between 30-60%	Between 20-24°C

- Courses with less than 12 candidates require a classroom size of at least 44 sq. feet per candidate of clear, working space.
- Courses with 12-18 candidates require a classroom size of at least 500 sq. feet of total clear, working space.
- Course participants must have access to potable drinking water and toilet facilities.
- Pools used for Lifesaving Society courses must follow all disinfection, temperature, and water quality requirements as listed in the BC Public Health Act: Pool Regulations and the BC Guidelines for Pool Operations.
- Outdoor environmental conditions must not affect candidate safety. Instructors must demonstrate and encourage environmental safety (including UV protection) throughout the course. Monitor candidate safety for potential heat-and-cold-related illness or injury.
- Candidates may wear wetsuits in open water. Candidates should wear wetsuits when water temperature is 13°C or less (measured 30 cm below the surface), or when wind chill is deemed dangerous.
- Instructor(s) and candidates must be familiar with emergency and standard operating procedures of the facility in which they are teaching/participating in a Lifesaving Society course.
- Where diving from deck-level is required in a course, the pool depth must be at least 2.5 m. Diving is not permitted in Lifesaving Society courses in depths less than 2.5 m. If a vocational award requires diving, a pool with sufficient depth must be used to host the course. In a shallow-water pool hosting swimming lessons, diving items may be omitted if a safe water depth isn't available.

WorkSafeBC First Aid Equivalent Policies

Follow these requirements related to First Aid Attendants and Lifesaving Society First Aid Equivalent Training to ensure you are complying with WorkSafeBC requirements:

WorkSafeBC first aid equivalent certificates are issued to first aid attendants by the Lifesaving Society BC & Yukon Branch on behalf of WorkSafeBC. WorkSafeBC has the authority to suspend or cancel these first aid certificates.

Where a WorkSafeBC certification or prevention officer learns of circumstances that may indicate a lack of competence or misconduct on the part of a first aid attendant, the officer may consider suspending their certificate.

For WorkSafeBC First Aid Equivalent courses, the class size must not exceed 18 candidates. Additional time must be added to a WorkSafeBC First Aid Equivalent course minimum time to compensate for all breaks.

Candidate Information & Identification

- Each candidate must sign a Candidate Information Form that contains the following information:
 - a. A statement whereby the candidate agrees to share their personal information contained on the Lifesaving Society's Candidate Information Form with WorkSafeBC;
 - b. The candidate's legal name, permanent mailing address, current phone number, date of birth, and date of application;
 - c. A statement whereby the candidate agrees to perform their duties as an Attendant according to the principles of first aid outlined in the course of instruction and adhere to the Terms and Conditions of the certification, the OSHR, and associated Guidelines.
- All First Aid Equivalent course candidates must produce one piece of acceptable photographic identification (ID) before certification may be granted. No personal information on the ID produced may be recorded. Do not record ID numbers or make photocopies or take photos of the ID.
 - a. Acceptable photographic identification is listed in the First Aid Supplement.
 - b. If a candidate cannot produce valid photographic ID as listed above, they must present one primary and one secondary pieces of identification. Acceptable forms of primary and secondary identification are listed in the First Aid Supplement.
- Candidates have the right to refuse to show identification, disclose personal information, agree to the Terms and Conditions of the First Aid Attendant Certification or accept the Terms and Conditions on the First Aid Attendant Candidate Information Form. The Instructor must inform the candidate and the Lifesaving Society if a candidate refuses or fails to agree to the above conditions. They may participate in the applicable course, but they will not be issued a first aid certificate.



Evaluation and Certification

- Affiliates and First Aid Instructors/Examiners must ensure the evaluation materials (e.g., written evaluation) is kept secure and not shared with anyone not authorized by the Lifesaving Society.
- The course's assigned First Aid Instructor/Examiner must be present in the classroom to invigilate the written evaluation. Any candidate who is discovered or suspected of cheating in any portion of the written evaluation will not be certified.
- Course feedback must be collected in a manner that is safe and anonymous for the candidates. Course feedback forms must be submitted to the Lifesaving Society along with every course roster submission. Candidates may also forward comments about the course content to certification@worksafebc.com.
- Course feedback will be analyzed by the Lifesaving Society and shared with the Affiliate/Instructor as a part of ongoing development.

- The First Aid Instructor/Examiner must document summative evaluation results and collect candidate course feedback surveys. These documents are retained by the Affiliate for the duration of the certification.
- To qualify for a WorkSafeBC First Aid Equivalent certificate, a candidate must:
 - a. Successfully complete the full course of instruction,
 - b. Successfully demonstrate all required evaluation competencies,
 - c. Achieve a passing grade (70%) on the written evaluation as evaluated by the First Aid Instructor/Examiner.
- A candidate who fails to successfully demonstrate all required practical skill competencies required for a WorkSafeBC First Aid Equivalent certification, or who fails to complete the course, will fail the course. Candidates who fail the course must complete it in its entirety again to be eligible for certification.
- Candidates who demonstrate the required practical skill competencies for WorkSafeBC First Aid Equivalent courses, but fail to achieve a passing grade (70%) on the written evaluation, may attempt a second written evaluation no sooner than 24 hours after the first failed evaluation.
 - a. If a candidate fails the second written evaluation, they must complete the course again in its entirety, including all evaluations, to be eligible for certification.
 - b. Candidates who choose not to attempt a second written evaluation within 60 days of the first written evaluation will be required to repeat the entire course prior to being eligible for certification.
 - c. Candidates who cannot demonstrate acceptable practical skills and competencies (required by the respective course in the First Aid & CPR Award Guide) by the end of the course must complete the course again in its entirety to be eligible for certification.
- First Aid Instructors/Examiners must maintain adequate documentation to support a certification decision or to defend an appeal of a certification decision.
- If volunteers are required during practical evaluations, Instructors/Examiners must not permit unnecessary or unreasonable distractions. The Instructor/Examiner themselves may not act as a victim or a bystander in their own courses when evaluating candidates.

- First Aid Instructors/Examiners must ensure evaluations are conducted in accordance with the standards listed in the Lifesaving Society's First Aid & CPR Award Guide. Following the conclusion of a WorkSafeBC First Aid Equivalent course, and the event of a "Fail," the Examiner must confidentially communicate the evaluation result to each failed candidate individually.
- Evaluations must have minimum of 3 candidates per session.
- A summary of the candidate's practical skill evaluation results and the written evaluation score must be provided in writing to the candidate upon completion of the course.

First Aid Record Keeping

- Records kept must contain the following information:
 - a. A complete and signed Candidate Information Form;
 - b. A record of all candidates in attendance in all courses/lessons;
 - c. A record of candidate achievement (evaluations), including a record of any remedial training provided or recommended.
 - d. Documentation includes the original summative practical skill evaluation marking sheets produced by the First Aid Instructor/Examiner and all records produced by the candidates during the evaluation.
 - e. The original written evaluation answer sheets, dated with the candidate's full printed name and signature.
 - f. Candidate course feedback survey forms.
 - g. Training facility maintenance and equipment cleaning and disinfection history.
 - h. Appeals, complaints, and other investigation records.
- Affiliates must secure all records in Canada and store for a minimum of three (3) years plus one day (the duration of the certificates issued). All records must be available for inspection when requested by an officer of WorkSafeBC or the Lifesaving Society. Affiliates may choose to store for longer as per their internal policy.
 - a. If records are stored physically, Affiliates must protect stored records from physical harm, loss, and unauthorized access, and must organize and index the records so they are easily retrievable for audit and investigation purposes.

- b. If records are stored electronically, Affiliates must have and comply with policies and procedures meeting applicable law(s) and industry standards. Records stored electronically must follow compliance risk procedures regarding long-term document accuracy and quality, accessibility of documents and security (including internet security), and overall document legibility and long-term viability of stored documents.
- c. Affiliates' record-keeping policies and procedures must also include specifics regarding the storage system, record confidentiality, storage location, filing and retrieval methods, and how the quality of documents will be ensured.



Scheduling

- All WorkSafeBC First Aid Equivalent courses must be posted on the Lifesaving Society BC & Yukon's website at least seven (7) days prior to the course, which notifies WorkSafeBC. Course cancellations require at least one (1) business day in advance to WorkSafeBC.
- Lifesaving Society First Aid Instructor/Examiner original or recertification courses must be scheduled and posted to the website at least 14 days prior to the course, which notifies WorkSafeBC.

Supervision of First Aid Course

- The Lifesaving Society or WorkSafeBC may audit any First Aid course at any time, without notice.
- The Affiliate must have a classroom supervision policy and written procedures designed to prevent the development of unsafe conditions and inappropriate conduct, and to ensure the Terms and Conditions of the Instructor Certification are upheld. The Affiliate must conduct routine Instructor performance assessments to ensure:
 - a. Instructors are using the appropriate version of the course instructor guide, approved supplementary training material, and evaluation materials/methods.
 - b. Instructors adhere to the approved course content, recommended course outline, and candidate evaluation protocol(s).
 - c. Training environment conduct is appropriate and respectful.
 - d. Instructors are accurately and correctly completing required course documentation.
 - e. Candidates have met the evaluation requirements for certification eligibility.
 - f. Candidates have achieved all required competencies before issuing certification. The course skills checklist must indicate that the candidate was successful before issuing certification.

First Aid Instructors & Examiners

- The Lifesaving Society keeps up-to-date and accurate WorkSafeBC First Aid Equivalent Instructor qualification records:
 - a. Instructor/Examiner qualifications, experience, and certification history.
 - b. Instructor/Examiner competency evaluation analysis.
 - c. Instructor/Examiner competency assessments and recertification records.
 - d. Courses conducted by an Instructor/Examiner, including candidate performance standards in each course (pass/fail ratios).
 - e. Appeals, complaints, and other investigations, and remediation records.
- To ensure a high standard of instructor conduct, First Aid Instructors/Examiners must sign and abide by a Letter of Agreement with the Lifesaving Society BC & Yukon Branch.

Instructor Candidate Competency Assessment

- First Aid Instructors/Examiner Candidates may not conduct courses until they have been assessed for competency twice and approved to conduct the respective courses by the Society and received communication from Branch staff they are approved.
 - a. Instructor Candidate competency assessments must be conducted by an approved First Aid Apprenticeship Supervisor.
 - b. All Instructor Candidates must successfully complete a competency assessment on a full Standard First Aid (SFA) where they instruct 50% of the SFA before independently instructing any course (other than the course in which the competency assessment is being completed).
 - c. The course selected to conduct Instructor Competency Assessments or apprenticeships must have a Lead Instructor/Examiner on record who is not the Instructor candidate being assessed.
 - d. The course selected to conduct competency assessments or Instructor Candidate apprenticeships ideally will have 12 candidates participating in the course, but must have no fewer than 5.
 - e. All instructors who do not initially demonstrate competency (within the first 3.5 hours of a Basic or Intermediate Equivalent course) must be replaced with a qualified instructor for the remainder of the course. If a qualified instructor is not immediately available, the course must be discontinued and certificates must not be issued to any course candidates.
 - f. Instructor competency assessments must be completed in-person over not less than 7 hours during a WorkSafeBC Intermediate equivalent course.

Competency Assessments - Apprenticeships

All new First Aid Instructor/Examiner Candidates who successfully pass a First Aid Instructor/Examiner course complete two apprenticeships/competency assessments.

Standard First Aid (Intermediate) Apprenticeship

- The FAI/E apprentice teaches 50% of a Standard First Aid original course, alongside a First Aid Apprenticeship Supervisor as the Lead Instructor. Then, the FAI/E apprentice teaches a Standard First Aid original course independently for a minimum of 16 hours, observed by an Apprenticeship Supervisor.
- Instructor Candidates who do not meet standards will be assigned a development plan which may include additional competency assessments as well as other strategic development strategies.

Instructor Recertification

- To recertify a Lifesaving Society First Aid Instructor/Examiner certificate, candidates must:
 - a. Hold a Lifesaving Society BC & Yukon First Aid Instructor/Examiner award within 5 years.
 - b. Hold a valid and recognized Standard First Aid/CPR-C & AED certificate.
 - c. Complete any required instructor updates before attending the recertification course.
 - d. Provide proof of attendance of two (2) successful Continuing Education Credits (CEC) workshops hosted by the Lifesaving Branch. Attend one in 2026 and 2027.
 - e. Have taught a minimum of two (2) Standard First Aid Intermediate Equivalent courses within the last instructor certification cycle.

Instructor Reinstatement

- Instructors who have let their certificate lapse and have not met the minimum teaching requirement must follow the reinstatement process:
 - a. Confirm eligibility with Program Manager
 - b. Hold a Lifesaving Society BC & Yukon First Aid Instructor/Examiner award within 5 years, and a valid and recognized Standard First Aid certificate.
 - c. Pay the First Aid Instructor/Examiner reinstatement fee, including the purchase of any updated materials and complete any required instructor updates.
 - d. Prior to independent instruction, instructors must undergo two (2) separate competency assessments conducted by an Apprenticeship Supervisor in an Intermediate First Aid equivalent course, each assessment lasting a minimum of seven (7) hours.



Member Services

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

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

At the Lifesaving Society BC & Yukon, we are proud to provide exceptional service to all members. You make valuable contributions towards reducing the global drowning situation.

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. Affiliate members of the Lifesaving Society BC & Yukon Branch include municipal

recreation departments, YMCA/YWCAs, summer camps, colleges, school boards, universities, private companies, and individual instructors.

Lifesaving Society Affiliates play an essential role in lifesaving training by offering the Society's training awards and certifications to the public or to their members. Affiliates also provide direction to the Society concerning community needs and suggestions concerning program revisions.

Affiliate Benefits

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

- Permission to offer the Lifesaving Society's training programs.
- Access to online program support material for all Lifesaving Society programs.
- Access to staff 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.
- Marketing opportunities through the Society's website.
- Access to promote employment opportunities through the Lifesaving Society's website.
- Access to purchase program materials and merchandise through the Shop.
- A voting delegate at the BC & Yukon's Annual General Meeting of the Society.
- Opportunity to provide input and direction with Branch operation.
- Access to National Drowning Research and an annual Canadian and Provincial Drowning Report.
- Affiliate membership entitles your organization to participate in Lifesaving Sport championships.
- An opportunity to be recognized for outstanding contributions in support of the Society's mission.
- Affiliate Members receive preferred Affiliate Member rates for some aquatic management services.

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 or seasonal*).

**Seasonal is defined as any four-month period.*

Individual: A single instructor can offer all programs within their scope (yearly or seasonal).

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.

Affiliate 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 out the Affiliate Registration Form and the Affiliate Agreement found online.
3. Send the completed Affiliate Registration Form and Affiliate Agreement to accounts@lifesaving.bc.ca.
4. A Branch staff member will reach out to you to schedule a short interview, to verify you meet the requirements, answer any questions you may have, to ensure your success as a new affiliate.
5. Affiliation is complete once you receive a welcome email with receipt of payment.
6. Within your few active months, a Branch staff member may perform a site visit.



View Your Records

'View Your Records' is an online database that allows the user to check their Lifesaving Society certifications and their current status of each. Members can view and download a transcript of their records using their 6-digit member code, which can be found at the bottom right-hand corner of their permanent certificates.

- Members can download proof of certifications, despite lost or missing cards.
- Employers can obtain confirmation of the certification of staff members. 'View your Records' is valid proof of certification for job applications.
- Instructors can confirm the credentials of candidates who cannot present an original card, or in cases when the authenticity of a card is in question. Please notify the Lifesaving Society immediately if you suspect a fraudulent card.

Online Shop

Our online 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 online. Note the following when accessing the shop:

- Merchandise and equipment are accessible for customers to purchase.
- Mandatory course program materials are only available for purchase by Affiliates (requires a log-in).
- Program materials must be ordered a minimum of two (2) weeks in advance to receive them in a timely fashion. Preparation and delivery can take anywhere from 2-7 business days.
- Orders cannot be received by phone or email.
- Affiliates have the option of ordering on their account and paying by invoice at a later date. If you are an Affiliate not seeing this option a checkout, please email shipping@lifesaving.bc.ca.
- Refunds for obsolete literature will be processed up to one year from the new manual release date. Literature must be unused and in good condition.
- For further shipping questions, please email shipping@lifesaving.bc.ca.

Test Sheets & Rosters

Test sheets and course rosters must indicate both passed and failed candidates. Candidate fees are invoiced to the Affiliate once the course has been processed by our Member Services team.

Test sheets, course rosters, and evaluation checklists are legal documents. They must be filled in digitally by the Affiliate and/or Instructor(s) and may be called upon in the event of an injury or program audit. Test sheets and evaluation checklists should be kept by the Instructor/ Examiner/Trainer for the duration of the award currency. Affiliates must retain the documentation of courses for the duration of certification plus 1 day. Affiliates may choose to store for longer as per their internal policy.

Member Database

Certifications processed through the online member database will be emailed to the candidate. These certifications will also show up on the candidate's View your Record once the course is processed. The certification date and expiry date are both listed on the emailed certification.

Online certifications are emailed as a link to a PDF certificate. The link expires after 60 days. Candidates must download the PDF certificate to their computer (or other device), or print the certificate prior to the 60 day expiry. Candidates can also view and download any awards received after April 3, 2025, by logging in to their account through the Member Login, located on our website. If unsure of your password or logging in for the first time, please use the "forgot my password" function to receive an email password reset link.

Award Processing

As of January 1, 2026, all program test sheets, including National Lifeguard, rosters, and evaluations must be submitted via the online database. Candidates will receive an emailed certificate. All course submission documents must be sent to the Branch within 60 days of course completion.

Forms to Upload to Database

Some courses require additional forms, which must be uploaded to the online database prior to course submission. Program Exception Forms must also be submitted with courses when required.

The chart below will indicate what forms to upload and which to retain.

	Course	Full Course Evaluation File	Recertification Evaluation File	Candidate Files	Instructor/Affiliate retain
First Aid	Airway Management & Oxygen Administration	Test Sheet	Test Sheet	NA	Evaluation notes, Candidate information & course feedback forms
	Aquatic Emergency Care	Test Sheet	Test Sheet	NA	Evaluation notes, Candidate information & course feedback forms
	Basic Life Support Responder	Evaluation Checklist	Evaluation Checklist	NA	Evaluation notes, Candidate information & course feedback forms
	CPR-A/C/ C & AED	Test Sheet	Test Sheet	NA	Evaluation notes, Candidate information & course feedback forms
	EFA Child & Community Care with CPR B/C & AED	Test Sheet	Test Sheet	Candidate information and course feedback form	Evaluation notes, knowledge and skills checklists
	Emergency First Aid with CPR A/C & AED	Test Sheet	Test Sheet	Candidate information and course feedback form	Evaluation notes, knowledge and skills checklists
	Standard First Aid with CPR C & AED	Test Sheet	Test Sheet	Candidate information and course feedback form	Evaluation notes, knowledge and skills checklists
Lifesaving	Bronze Cross	Evaluation Checklist	Evaluation Checklist	NA	Evaluation Tools and notes, Candidate information, and course feedback forms
	Bronze Medallion	Evaluation Checklist	NA	NA	Evaluation Tools and notes, Candidate information, and course feedback forms
	Bronze Star	Evaluation Checklist	NA	NA	Evaluation Tools and notes, Candidate information, and course feedback forms
	Lifesaving for lay rescuer/ backyard pool	Evaluation Checklist	NA	NA	Candidate information & course feedback forms
	Safeguard	Evaluation Checklist	NA	NA	Candidate information & course feedback forms
Instructor	Lifesaving Instructor/ Examiner	Skills Checklist	Skills Checklist	LOA	Evaluation notes, peer teach evaluation forms, skills checklist, Candidate information & course feedback forms
	Lifesaving Instructor/ Examiner (short course)	Skills Checklist	Skills Checklist	LOA	Evaluation notes, peer teach evaluation forms, Skills checklist, Candidate information & course feedback forms
	Swim Instructor	Skills Checklist	Skills checklist	NA	LOA, Evaluation notes, peer teach evaluation forms, skills checklist, Candidate information & course feedback forms
	Swim and Lifesaving Instructor/Examiner	Skills Checklist	Skills checklist	LOA	Evaluation notes, peer teach evaluation forms, skills checklist, Candidate information & course feedback forms
	Swim Instructor Transfer	NA	NA	Prerequisite award	LOA, Evaluation notes, peer teach evaluation forms, skills checklist, Candidate information & course feedback forms
National Lifeguard	National Lifeguard (all streams)	Test Sheet	Test sheet	Prerequisite award (non LS Award)	Evaluation notes, Candidate information & course feedback forms
Safety	SEE	Test Sheet	NA	NA	Candidate information & course feedback forms
	AST	Test Sheet	NA	NA	Candidate information & course feedback forms
Leadership	Sport Coach 1	Test Sheet	Test Sheet	NA	Test Sheet
	National Lifeguard Instructor	Course Roster LOA	Course Roster LOA		Evaluation notes, peer teach evaluation forms, candidate and course feedback forms
	Trainer	Course Roster LOA	Course Roster LOA		Evaluation notes, peer teach evaluation forms, candidate and course feedback forms
	First Aid Instructor, Includes SFA recert	Course Roster - FAI Test sheet - SFA-R LOA			Evaluation notes, knowledge and skills checklists, peer teach evaluation forms, candidate information and course feedback forms



Award Invoicing

Candidate fee invoices are sent once awards are processed in our Member Management system. Affiliates are invoiced using a payment method saved on file. Affiliate representatives are sent a receipt. Affiliates who do not have a saved payment method on file are required to pay their amount owing within two (2) weeks of invoice.

Awards & Certification Cards

Upon successful completion of a course, the Instructor will issue the candidate a temporary 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. If used for employment, the employer must verify the award after the 60-day period.
- Provides time for the Affiliate to send program administration documents to the Branch office for processing.
- Can be ordered by Affiliates from the online shop and must be issued to every candidate that has successfully completed the course performance criteria and shown all prerequisites.

- Must not be altered in any way (e.g., photocopied or laminated). Alterations will void the temporary card.
- Some awards require the Affiliate/Instructor to give additional recognition materials:
 - » **Swim Patrol** requires a crest and stickers.
 - » **Bronze Medal** candidates receive a temporary card and medal.
- Some awards have optional recognition materials:
 - » Swim for Life: report cards, badges, and stickers
 - » Swim Patrol: wall chart
 - » Bronze Star: crest
 - » Lifesaving Instructor crest
 - » National Lifeguard crest

Once the administration is complete, the Branch will send either a permanent award/certification card to each candidate in accordance with the mailing or email address provided.

Permanent Cards & Certificates

- Must be kept safe and brought to all successive Lifesaving Society training courses.
- Must not be laminated or altered. Alterations will void the certification card.
- Have the Lifesaving Member ID that allows 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.
- The Branch office does not grant extensions on any Lifesaving Society certifications.

High School Credits

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

- **Bronze Cross** is worth two (2) credits for Grade 11.
- **Bronze Cross & Lifesaving Instructor** are worth three (3) credits for Grade 11.
- **National Lifeguard Pool** is worth two (2) credits for Grade 12.

Students may only use these high-school credits for the assigned grades (e.g., 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 two (2) credits and then completes the Lifesaving Instructor course at a later date, they can replace the two (2) credits from Bronze Cross with three (3) credits for Lifesaving Instructor 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 BC Ministry of Education’s Handbook of Procedures for the Graduation Program or the list of Organizations Offering External Credentials.

Our Website

Visit lifesaving.bc.ca to look up courses, access Member and Affiliate information, find out more about our drowning prevention efforts, and much more!

Courses

This is where members can find information on upcoming Lifesaving Society courses offered by the Branch and Affiliates.

The Lifesaving Society uses online learning management software to deliver online courses to participants at home. Check out our online course menu regularly for new releases.

The Lifesaving Society’s Branch-delivered courses are available for registration by clicking the “Leadership courses” button on our website’s home page.

The Lifeline

Want to receive our seasonal newsletter? This is where we share research, program updates, instructor update info, events and courses. Please visit the Lifeline page on our website to sign up!

Drowning Board, Drowning Map and Drowning Research

Check our “Drowning Board and Map” page to see details on current drowning statistics in BC & Yukon.

Resources

We have many resources available to the public! Whether you’re looking for lifeguarding, lifesaving, or water safety resources, our website has what you need! If you cannot find it, ask us about it. We are here to help.

Post on our Job Board

Post your employment or volunteer opportunities on our job board for free! Just email your job posting PDF or application link to support@lifesaving.bc.ca.

Leadership Accounts

All Lifesaving Society BC & Yukon Leadership award holders have access to the Leadership Account area on our website. Your resources will populate automatically based on which leadership awards you currently hold. Resources are updated regularly, check these resources before planning and instructing each course. These menus hold access to many instructional resources for the stream. Under this account is where Instructors and Trainers submit their course rosters for electronically submitted courses by the Affiliate to the Branch.

Affiliate Accounts

Lifesaving Society Affiliates have access to an Affiliate Account on our website. This area is where Affiliates can access program-specific resources and policies, and create and submit courses.



Honour & Rescue Awards

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, plus the lasting friendships developed, will last a lifetime.

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 level of volunteer contribution. The awards are presented annually at the Branch's prestigious Honour and Rescue Award Ceremony, typically held in March.

Certificate of Appreciation

The Certificate of Appreciation is awarded to an organization, club or business that has made a significant contribution to the Lifesaving Society at the provincial/territorial level and deserves recognition.

Certificate of Thanks

The Certificate of Thanks is awarded to an instructor, examiner, volunteer, committee or Branch member who has two years (or fewer) of service and who has made a significant contribution to the Lifesaving Society.

Service Commendation

The Service Commendation is awarded to individuals who have performed outstanding service to the Lifesaving Society as an active volunteer for a minimum of 2 years.

Service Medal

The Service Medal is awarded to an instructor, examiner, field representative, volunteer, Branch officer, or committee member who has four years (or more) of service and has performed noteworthy services for the Lifesaving Society.

Bar to Service Medal

The Bar to Service Medal is awarded to an instructor, examiner, field representative, volunteer, Branch officer, or committee member who has an additional four years of noteworthy services as per the Service Medal criteria.

Service Cross

The Service Cross is awarded to an instructor, examiner, field representative, volunteer, Branch officer, or committee member who has twelve years (or more) of service and who has performed meritorious service in any of these capacities for the Lifesaving Society.

Bar to Service Cross

The Bar to Service Cross is awarded to a volunteer who has at least an additional four years of service from the Service Cross.

President's Plaque

Awarded yearly, the President's Plaque is a BC & Yukon Branch specific-award. Chosen by the Branch President, the President's Plaque is awarded to a volunteer who has given invaluable voluntary service to the Society.

Honorary Life Member Award

The Honorary Life Member Award is reserved for senior members of a National Council or members of the Commonwealth Council who have given outstanding service to the Society as a whole for the last 20 years. A Branch may nominate an individual, but the award can be conferred only by the Commonwealth Council, on the recommendation of a National Council. The medal, pin, and certificate are presented at a Branch or National Investiture Ceremony.

Honorary Life Governor Award

The Honorary Life Governor Award is reserved for senior members of a National Council or members of the Commonwealth Council who have given an additional four years of outstanding service to the Society as a whole. A Branch may nominate an individual, but the award can be conferred only by the Commonwealth Council, on the recommendation of a National Council. The medal, pin, and certificate are presented at a Branch or National Investiture Ceremony.

HRH Prince Michael of Kent Certificate of Merit

The HRH Prince Michael of Kent Certificate of Merit was launched in March 2003 to commemorate 25 years that His Royal Highness Prince Michael of Kent has served as the Society's Commonwealth President. These awards are presented to suitable candidates from around the Commonwealth in appreciation of their long-time involvement with the Royal Life Saving Society. Candidates are recognized for their continued support in advancing the Society's humanitarian work and for their valuable services to water safety. Only 2-3 certificates are awarded annually throughout the Commonwealth.

Nominations for this certificate of merit are made through the Lifesaving Society National Office, which forwards them to the Commonwealth Secretary-General and Commonwealth Council who make the final selection.



Rescue Awards

Lifesaving Society Rescue Awards recognize acts of bravery made by the general public in an aquatic rescue.

Silver Medal of Merit

Acknowledges meritorious service in saving a life during a water rescue.

Silver Medal for Bravery

Acknowledges water rescues involving significant acts of bravery.

M.G. Griffiths Award

Given to a Lifesaving Society proficiency award holder who applied skill and knowledge gained through the Society's programs to aid a victim of an aquatic emergency.

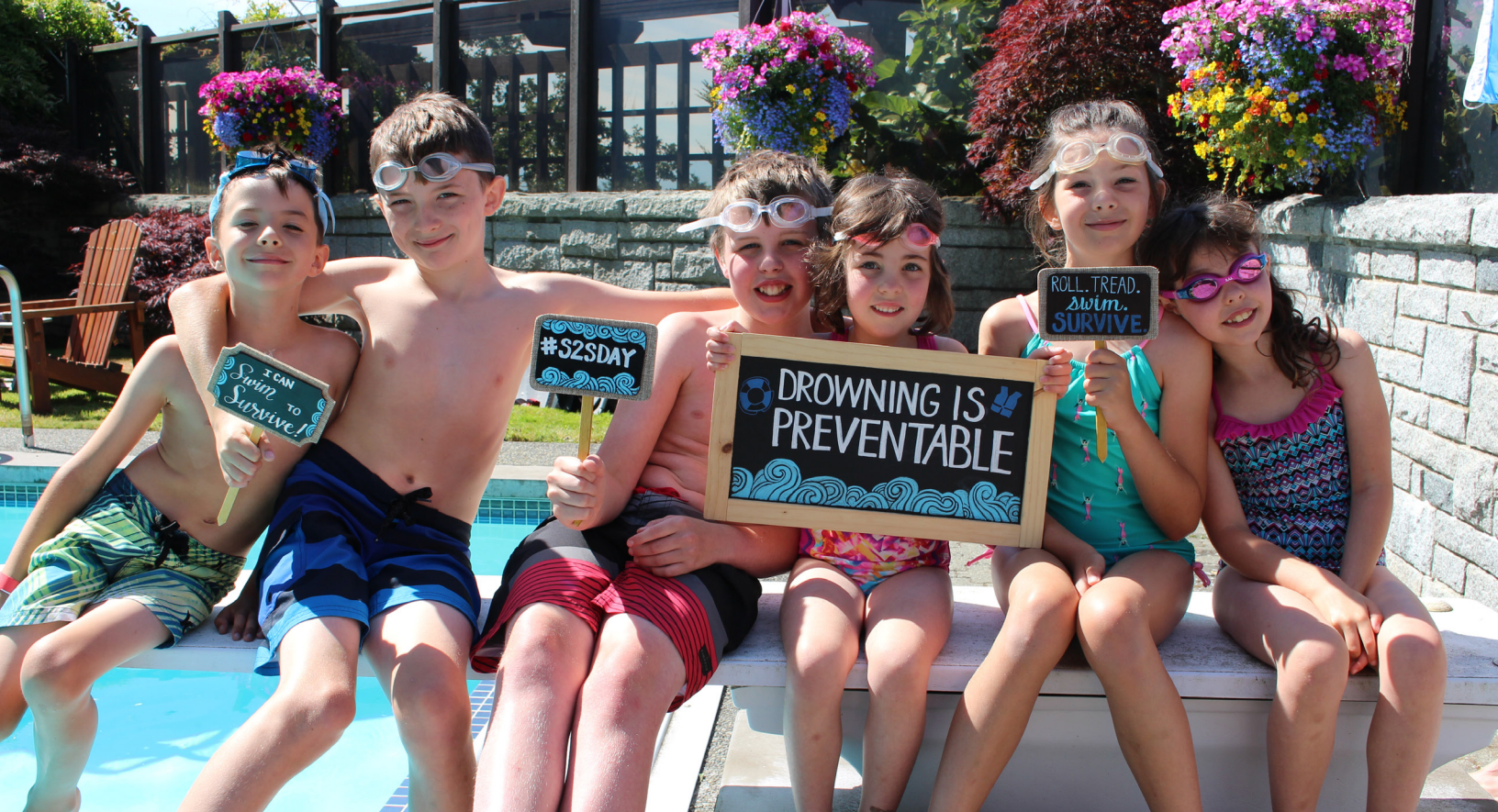
George A. Brown Memorial Gold Medal & Scholarship

Presented annually to a pre-teen performing the most courageous aquatic rescue of the year. The young hero's medal, bearing the Brown family arms and motto "Courage and Determination," is accompanied by a \$500 scholarship award. George Brown was a former Branch Governor committed to youth involvement in lifesaving.

Governor's Gold Medal for Bravery

Chosen by the Governor of the BC & Yukon Branch and presented for the most heroic rescue of the year.





WaterSmart® Public Education

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

Drowning is Preventable

We deliver WaterSmart® 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.

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

How Can You Help?

A key factor in the success of our WaterSmart® education efforts is support from community leaders like you to deliver WaterSmart® messages in the community. You can help promote WaterSmart® behaviour in a variety of ways. For example:

- Run a WaterSmart® event
- Participate in National Drowning Prevention Week
- Distribute Water Smart® resources
- Teach the Safeguard program
- Offer Swim to Survive® training
- Offer training to Backyard Pool Owners in your Community

Be WaterSmart®

The Lifesaving Society's public education campaign aims to make Canadians "Water Smart." The WaterSmart® campaign encourages Canadians to practice safe and responsible behaviour in and around water to prevent water-related injuries and death. We deliver WaterSmart® public education messages through our Swim for Life® program, through the media, community events, and training courses.

Be WaterSmart®

Wear a lifejacket!

Are you wearing one on the boat? Are your family members? Wear it - it's the law!

Boat and ride sober!

Don't drink and drive your boat. It's against the law!

Know before you go!

Check the weather forecast and let someone know where you're going.

Drive responsibly!

Check your surroundings, drive at moderate speeds and be aware of changing conditions.

Supervise young children!

If you're not "within arms' reach," you've gone too far!

Swim with a buddy!

Never swim alone - play and swim in public areas supervised by a lifeguard.

Protect your neck!

Go feet first, first time. Never dive into shallow or unknown water.

Learn to swim!

Go further, take a Lifesaving Society program!



Be Ice Smart

Check the weather!

Avoid ice-related activities on warm or stormy days. Ice integrity can change quickly!

Check the ice!

We recommend a minimum ice thickness of 10 cm (4 in for a single person to walk, fish, or cross-country ski. This is for new clear ice, under ideal conditions.

Avoid vehicles!

If you must drive on the ice, roll your windows down, unfasten your seatbelt, and turn on your lights. These precautions will allow for a quicker escape if you fall through the ice.

Never go alone!

A buddy may be able to rescue you or go for help. Avoid travel at night.

Wear a thermal protection buoyant suit!

Your chances of survival increase if you wear one. If you don't have one, wear a PFD over an ordinary snowmobile suit or layered clothing.

Carry equipment!

Carry ice picks, an ice staff, a rope, and a cell phone.

Watch your children!

If children play on the ice, they must be under constant, direct adult supervision. They should wear a lifejacket or PFD at all times.

Minimum Ice Thickness

Walking, skiing, ice fishing	10 cm (4")
Snowmobile or ATV	12 cm (5")
Car of small pick-up	20-30 cm (8-12")
Medium truck	30-38 cm (12-15")



Be Backyard Pool Smart

Stay “Within Arms’ Reach!”

Never leave your child unattended in the water. Drowning can happen in as little as 10 seconds.

Watch me, not your phone!

Put the phone down! Never leave your child unsupervised in the water. Drowning is silent!

Restrict access!

Children drown when they gain access to unlocked backyard pools without an adult’s knowledge. Build a lockable fence around your pool.

Supervise inflatables!

Inflatables can be dangerous. They can overturn and flip children underwater. Children can get stuck under inflatables! Limit the number of toys in the pool. Remember, an inflatable does not replace a lifejacket.

Wear a lifejacket!

If children can’t swim in water that is past their chest-depth, they must wear a lifejacket or PFD. Adults cannot take non-swimmers out into deep water without them wearing a lifejacket - panicked children can drown an adult. We never recommend the use of water wings.

Don’t drink and swim!

Alcohol dulls the senses and affects your judgment.

Never swim alone and don’t dive in pools less than 2.5 m deep!



Be Boating Smart

Wear a lifejacket!

Wear one - it’s the law! Most Canadian boating victims died because they were not wearing a lifejacket or PFD. It’s the same as wearing a seatbelt in a car.

Don’t drink and drive!

Alcohol consumption caused 38% of all boating deaths, 44% of recreational powerboating deaths, and 43% of canoeing deaths. Alcohol intensifies the sun, heat, fatigue, and boat motion which negatively affects balance and judgment.

Get a license!

You must be at least 16 years old with a Pleasure Craft Operator license to operate a PWC.

Check the weather!

Check the forecast and create a safety checklist. Tell someone where you’re going and when to expect you back. Don’t go boating alone.

Bring the right gear!

Wear good sunglasses, sunscreen, and appropriate clothing. Paddles, whistles, and flares should be included too.

Drive responsibly!

Stay low and drive at moderate speeds. Drive with extreme caution around other water users and turn on the lights after dark.

National Drowning Prevention Week

The Lifesaving Society designates the third full week in July as National Drowning Prevention Week (NDPW) to focus community and media attention on the drowning problem and drowning prevention.

NDPW provides a focus in which community WaterSmart® educators can plan news releases, do television and radio interviews, run public demonstrations, deliver public training events, and otherwise promote drowning prevention messages and events. Many successful community events are launched with a Mayor's Proclamation of Drowning Prevention Week.

Each year, the Lifesaving Society chooses key messages based on drowning report trends which are used on social media. The Lifesaving Society also gives guidelines to member Affiliates on how to include the messages into their programming with fun activities.



World Drowning Prevention Day

Drowning has caused over 2.5 million deaths in the last decade. The overwhelming majority (90%) of these happen in low-middle-income countries. Globally, the highest drowning rates occur among children aged 1-4 years, followed by children aged 5-9 years.

The World Health Organization's (WHO) World Drowning Prevention Day is held annually on July 25. This global advocacy event serves as an opportunity to highlight the tragic and profound impact of drowning on families and communities, and offers lifesaving solutions to prevent it.

Want to run an event in your community?

Contact us for support!





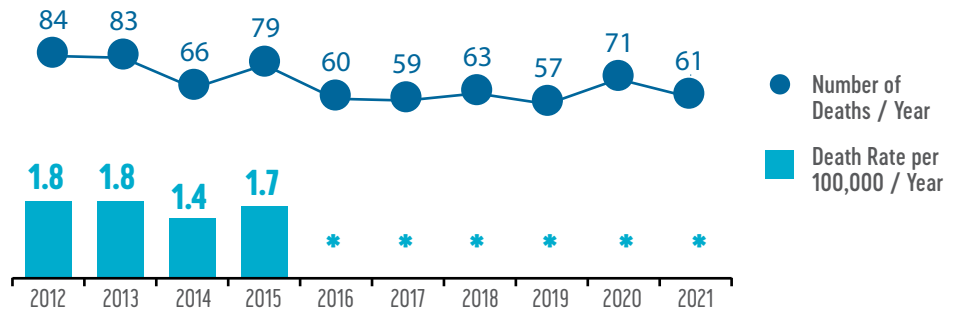
LIFESAVING SOCIETY®
The Lifeguarding Experts

DROWNING Report

Prepared for the Lifesaving Society by the Drowning Prevention Research Centre Canada

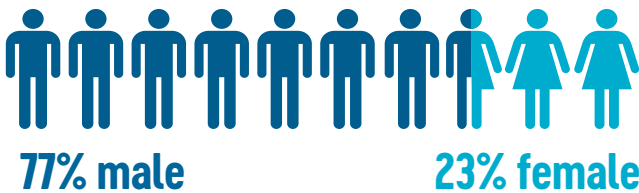
This infographic summarizes the most recent data on water-related fatalities available from the Offices of the Chief Coroner for British Columbia. With the exception of the first chart, all data refers to the most current five-year period, 2017-2021. The 2016-2021 data sets for British Columbia are based on partial data. Not all data were available at the time of data collection.

BRITISH COLUMBIA WATER-RELATED FATALITIES AND DEATH RATES, 2012-2021



* Death rate cannot be calculated due to incomplete data

WHO IS DROWNING?



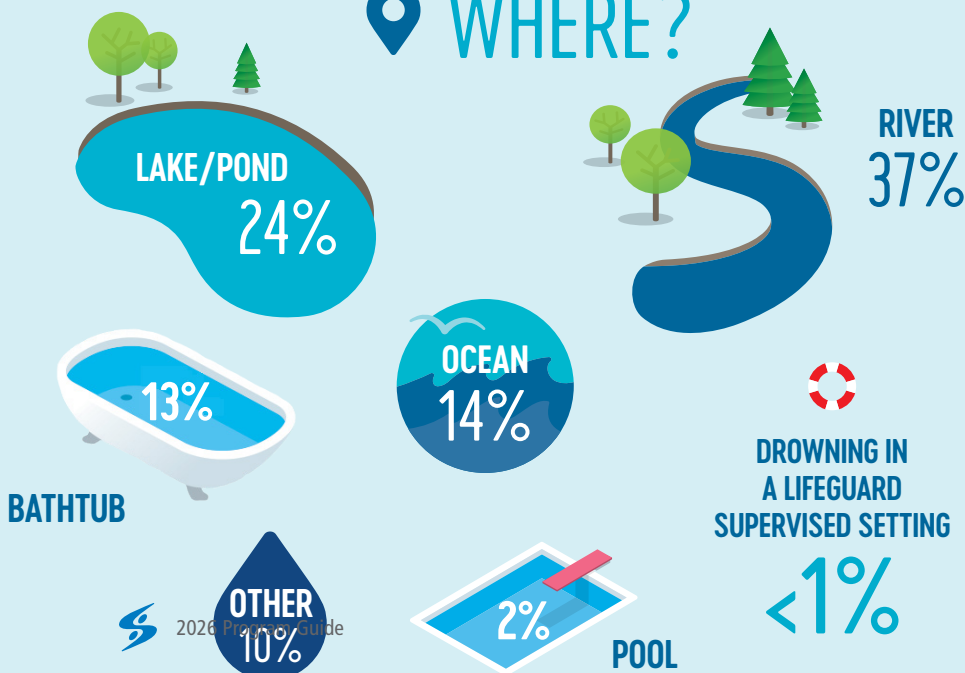
Age: 20-34
28%
[1.6*]

Age: 35-49
23%
[1.4*]

Age: 50-64
24%
[1.4*]

* Death Rate per 100,000 / Year

WHERE?



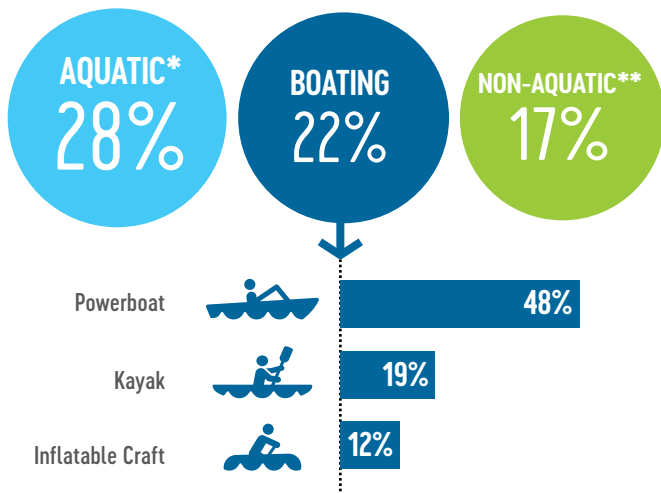
WHEN?

61%

OF DROWNINGS
OCCURRED FROM

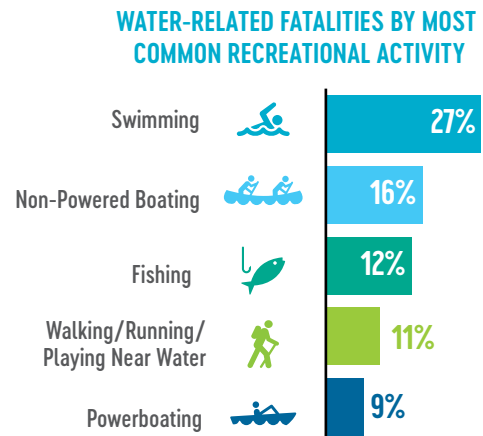


? WHAT WERE THEY DOING?



* The person intended to be in the water (e.g. swimming/wading)

** Unintentional fall into water (e.g. walking/biking/working near water and fell in)



! WHY? RISK FACTORS

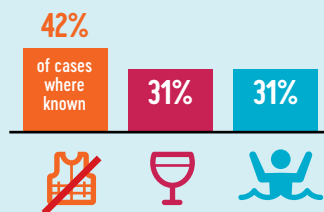
CHILDREN AGE: <5



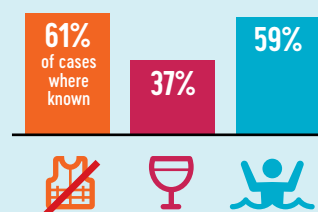
67%

Supervision Absent or Distracted

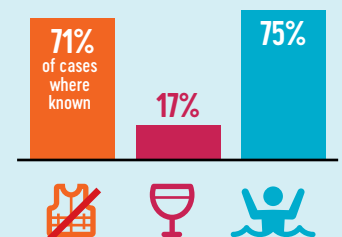
YOUNG ADULTS AGE: 15-34



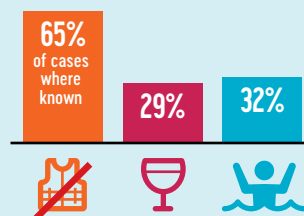
MIDDLE-AGED ADULTS AGE: 35-64



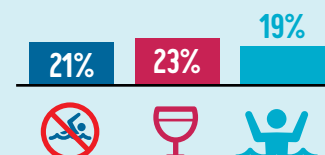
OLDER ADULTS AGE: 65+



BOATING



SWIMMING



METHODS:

Water-related death data is extracted from the office of the Chief Coroner or Medical Examiner for each province and territory. Data is collected for all deaths resulting from incidents "in, on or near" water. "Near water" incidents were included if the intent was closely related to water-based recreational, vocational or daily living activity. The data includes only unintentional deaths, not deaths due to natural causes, suicide, or homicide.

ACKNOWLEDGEMENTS:

We gratefully acknowledge the support, co-operation and efforts of:

- The Chief Coroner's and Medical Examiner's Offices in each province/territory, who permitted and facilitated confidential access to coroner's reports on unintentional water-related deaths.
- The volunteers who contributed their time and energy to extract data from the files.

CONTACT US:

The Drowning Prevention Research Centre is the lead agency for drowning and water-related research in Canada.
Tel: 416-490-8844, Email: info@dprc-crpn.ca
www.dprc-crpn.ca

Lifesaving Society British Columbia & Yukon
Tel: 604-299-5450, Email: info@lifesaving.bc.ca
www.lifesaving.bc.ca

Prepare It! Wear It! Share It!

Are you WaterWise? Our WaterWise team spreads awareness of drowning prevention throughout the province. Check out their website at waterwiseteam.ca.

WaterWise Wisdom Program

The WaterWise team provides water and boating safety presentations to youth at schools across the Lower Mainland, the Interior, and the Vancouver Island regions at the end of the school year. They cover topics such as the risks of cliff jumping, the importance of wearing a lifejacket, the dangers of boating while intoxicated, and how to be an advocate for their own safety around the water.

LIFESAVING SOCIETY
WATERWISE
Drowning is Preventable **TEAM**

The WaterWise team is pleased to visit both small and large groups of students, provided adequate space is available to accommodate the group size. Due to the high volume of requests, the team is only able to provide one presentation per school.

To request a school presentation, contact the Branch Office.



New Canadians Program

Supporting Water Safety for All

Canada's growing population of newcomers enriches communities-but many arrive with limited experience around water. Research shows that new Canadians are at 4x higher risk of drowning, as swimming and water safety are often not part of their background. With immigration projected to account for the majority of Canada's population growth, the program addresses a critical need for accessible, culturally relevant water safety education.

Bridging the Gap

The New Canadians Program provides families who are new to Canada with the knowledge and skills needed to stay safe in, on, and around the water. The program combines seminars, translated resources, and practical in-water training to build confidence and teach lifesaving skills. Resources are currently available in more than 10 languages, with additional translations in development, ensuring accessibility across diverse communities.

Program Highlights

Seminars & Webinars: The program delivers short, engaging sessions that introduce essential water and boating safety practices.

- **Water Smart Resources:** The program distributes tip cards, posters, and rack cards in multiple languages to reach parents, caregivers, and community groups.
- **Swim to Survive Training:** The program promotes the Canadian standard for survival swimming:
 - » Roll into deep water
 - » Tread water for 1 minute
 - » Swim 50 metres
- **Family Swim to Survive sessions** extend this training to adults and children together, creating a supportive environment for whole families.



Getting Started

The program offers a comprehensive Resource Toolkit, including presentations, videos, speaking notes, infographics, Water Smart tip cards, START boating cards, and Swim to Survive promotional materials. Affiliates and community organizations can access the toolkit to host seminars and Swim to Survive sessions.

Building a Safer Future Together

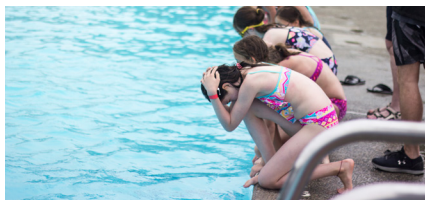
The New Canadians Program supports the Lifesaving Society's mission to prevent drowning and reduce water-related injury by making water safety education inclusive and accessible.

For more information or to access resources, contact info@lifesaving.bc.ca.

Swim to Survive®

The Society defines the minimum skills needed 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 skills.



Roll into Deep Water

Simulate a fall into the water. Orientate yourself at the surface after an unexpected entry.



Tread Water for 1 Minute

Support yourself at the surface to locate the nearest point of safety.



Swim 50 Metres

Swim to the closest point of safety.

Why Swim to Survive®?

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning. We believe swimming is a life skill that all children need to learn.

The Society estimates half of Canadian children never take swimming lessons. Swim skills are not innate, they need to be taught. Swim to Survive® is targeted towards children in Grade 3.

Isn't it just swimming lessons? No! Swim to Survive® is different and not a replacement for swimming lessons. Swim to Survive® teaches essential self-rescue skills to survive an unexpected fall into deep water.

Swim to Survive+®

Swim to Survive+® is geared toward presenting more realistic situations for children in Grade 7. The + (plus) means that students are taught how to **ROLL, TREAD, SWIM with CLOTHES ON.**

In addition, Swim to Survive+® trains kids how to assist a friend who has fallen into deep water - **TALK, THROW, REACH.** A fitness swim is also included to build stamina.





Family Swim to Survive®

The Lifesaving Society's Family Swim to Survive® is designed to create a comfortable learning environment for families, some of whom might be newcomers to Canada or may have no experience with survival swimming and water safety.

Everyone in Canada should learn to swim - learn as a family! Contact your local pool for Family Swim to Survive® training!

Bring Swim to Survive® to Your Community!

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

- **Swim to Survive Day:** Challenge the public to attempt the standard!
- **National Drowning Prevention Week:** Offer Swim to Survive® activities 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 and access to deep water.
- **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 and 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 for Life®

Never Too Young to Learn, Never Too Old to Start!

The Swim for Life® program has been shaped by the Lifesaving Society's drowning research, consumer and affiliate research across Canada's diverse communities, and principles of physical literacy.

Swim for Life® is designed to ensure success at every level. It's designed to develop and sustain the swimmer's interest at every level with new skills, logical progressions, and age-appropriate challenges. It flows seamlessly into the Society's Bronze Medal programs.

Skills and strokes were selected by observing what children actually do in real life – enjoying the water in backyard pools, at the cottage, and during recreational swims. This is why Swim for Life® includes fun skills like handstands, somersaults, and cannonballs. Children are having fun learning, the instructors are having fun teaching, and the parents are happy.

All Swim for Life® levels are taught by a current Lifesaving Society Swim Instructor. Canadian Swim Patrol (Swimmer 7-9) levels are taught by a current Lifesaving Society Swim Instructor or Lifesaving Instructor.



Swim for Life Streams®

Swim for Life® is split into seven streams of skill categories:

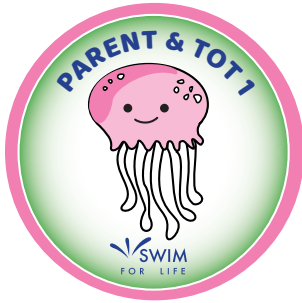
- Entries and Exits
- Surface Support
- Underwater Skills
- Swim to Survive® Skills
- Swimming Skills
- Fitness
- Water Smart® Messages

Program Modules

The Swim for Life® program is separated into five (5) program modules which build progressively into each other. Contact your local pool to get an assessment for your child to determine where they should start.

Parent & Tot Program

Taught by a current Swim Instructor, the Lifesaving Society's Parent & Tot program structures in-water interaction between parent/guardian and child to stress the importance of play in developing water-positive attitudes and skills. WaterSmart® education is included in all Parent & Tot levels.



Jellyfish

Recommended age: 4-12 months. Jellyfish provides an orientation to water for infants and their parent/caregiver(s). You will learn how to swim safely with your infant in the pool through instruction of supports and holds. Infants will be introduced to getting their face wet, blowing bubbles, and floating with the help of a caregiver. Infants progress into Goldfish once they are 12 months old.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 10-12 (accompanied by a caregiver) per one (1) instructor

Recognition: Parent & Tot report card; Jellyfish sticker



Goldfish

Recommended age: 12-24 months. Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver(s), and will play games to encourage getting their face wet and blowing bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their caregiver and buoyant objects. Toddlers progress into Seahorse once they are 24 months old.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 10-12 (accompanied by a caregiver) per one (1) instructor

Recognition: Parent & Tot report card; Goldfish sticker



Seahorse

Recommended age: 2-3 years. Seahorse teaches toddlers to become more independent in the water with their parent/caregiver(s) close by to help. They'll learn how to safely enter the water while wearing a PFD and will develop underwater skills such as submersion and opening their eyes underwater. "Starfish" floats, "pencil" floats, and kicking skills are taught using songs and games. Toddlers progress into Preschool 1/Octopus once they are 3 years old.

Course time: 4-5 hours; 30-minute lesson blocks

Number of participants: 10-12 (accompanied by a caregiver) per one (1) instructor

Recognition: Parent & Tot report card; Seahorse sticker

Preschool Program

Give your child a head start on learning to swim! Taught by a current Swim Instructor, our Preschool program teaches kids to have a healthy respect for water safety. With our progression-based approach, we work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of swimming skills. WaterSmart® education is included in all Preschool levels.



Octopus

Recommended age: 3-5 years. Octopus is a transitional level which transfers the preschooler from the parent/caregiver to the care of the instructor. Preschoolers will have fun learning to get in and out of the water safely and learn how to put their face in the water. They'll blow bubbles, and learn how to float and glide with assistance. Lots of games and songs will make them excited to go swimming!

Course time: 4-5 hours; 30-minute lesson blocks

Number of participants: 4-6 per one (1) instructor

Recognition: Preschool report card; Octopus sticker



Crab

Recommended age: Completed Octopus. Crab teaches preschoolers how to safely jump into chest-deep water and how to float and glide while wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects. Songs and games are used to teach concepts and skills. Independence in the water is encouraged.

Course time: 4-5 hours; 30-minute lesson blocks

Number of participants: 4-6 per one (1) instructor

Recognition: Preschool report card; Crab sticker



Orca

Recommended age: Completed Crab. Orca teaches preschoolers how to enter deep water safely while wearing a PFD. They will build on their submersion skills from Crab, how to retrieve objects underwater in waist-deep water, and will continue to develop their floating, gliding, and kicking skills unassisted. Songs and games are used to teach concepts and skills. Independence in the water is developed.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 4-6 per one (1) instructor

Recognition: Preschool report card; Orca sticker



Sea Lion

Recommended age: Completed Orca. Sea Lion teaches preschoolers how to perform deep water entries independently and treading water while wearing a PFD. They will become skilled at retrieving objects from the bottom of the pool (in chest-deep water) and performing front, back and side glides with flutter kick. Front crawl wearing a PFD is introduced. Games are used to teach concepts and skills.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 4-6 per one (1) instructor

Recognition: Preschool report card; Sea Lion sticker



Narwhal

Recommended age: Completed Sea Lion. Narwhal (the unicorn of the sea) teaches Swim to Survive® skills while wearing a PFD. Front crawl and back crawl are introduced, as well as interval fitness training. Preschoolers will learn how to tread water independently and perform vertical whip kick with a buoyant aid. Once complete and child turns 5 years of age; swimmers may register into Swimmer 2.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 4-6 per one (1) instructor

Recognition: Preschool report card; Narwhal sticker



Swimmer Program

Taught by a current Swim Instructor (or Lifesaving Instructor for Swimmer levels 7-9), the Lifesaving Society's Swimmer program teaches school-aged children how to be safe in, on, and around the water. Each level challenges swimmers to develop safe entries, deep water support, underwater skills, and swimming strokes. Swim to Survive® skills are fundamental in these levels—wearing clothing in the water for these lessons is encouraged. Swimmers will learn healthy habits by getting wet and staying fit in the water. Swimmer levels include fun, hands-on activities for developing skills and attitudes that last a lifetime!



[Swimmer 1](#)

Recommended age: 5-12 years. These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale, and hold their breath underwater. Floats, glides, and kicking skills with and without buoyant objects are introduced.

Course time: 4-5 hours; 30-minute lesson blocks

Number of participants: 6-8 per one (1) instructor

Recognition: Swimmer report card; Swimmer 1 badge



[Swimmer 2](#)

Recommended: Completed Swimmer 1 or Narwhal. These swimmers will jump into deep water without a PFD and learn to be comfortable performing a sideways entry into the water while wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl as well as whip kick in a vertical position.

Course time: 4-5 hours; 30 minute lesson blocks

Number of participants: 6-8 per one (1) instructor

Recognition: Swimmer report card; Swimmer 2 badge



[Swimmer 3](#)

Recommended: Completed Swimmer 2. These swimmers will learn how to perform a kneeling dive and how to do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back, and will further develop their front and back crawl.

Course time: 6-7.5 hours; 45 minute lesson blocks

Number of participants: 6-8 per one (1) instructor

Recognition: Swimmer report card; Swimmer 3 badge



Swimmer 4

Recommended: Completed Swimmer 3. In this level, swimmers will be introduced to a standing dive, become more proficient at treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are developed, and distances increased to 25m each.

Course time: 6-7.5 hours; 45 minute lesson blocks

Number of participants: 6-8 per one (1) instructor

Recognition: Swimmer report card; Swimmer 4 badge



Swimmer 5

Recommended: Completed Swimmer 4. These swimmers will master dives and swimming in deep water. They'll further develop their Swim to Survive® skills and start to develop the eggbeater kick. Breaststroke, front crawl, and back crawl are further developed and distances continue to increase. Interval training and sprinting drills develop fitness.

Course time: 6-7.5 hours; 45 minute lesson blocks

Number of participants: 8-10 per one (1) instructor

Recognition: Swimmer report card; Swimmer 5 badge



Swimmer 6

Recommended: Completed Swimmer 5. These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training, and a 300 m workout challenges swimmers.

Course time: 6-7.5 hours; 45 minute lesson blocks

Number of participants: 8-10 per one (1) instructor

Recognition: Swimmer report card; Swimmer 6 badge



Swimmer 7 (Rookie Patrol)

Recommended: Completed Swimmer 6. Swimmers in Rookie Patrol develop water proficiency, first aid, and recognition & rescue skills. They'll develop individual fitness to meet a timed 100 m swim and a 350 m workout. Water proficiency skills include strokes, swimming with clothes, ready position, and feet/head-first surface dives. Demonstrating the ability to conduct a primary assessment on a conscious person, treatment for bleeding, and calling EMS are included as first aid skills.

Course time: 8-10 hours; 60 minute lesson blocks

Number of participants: 10-12 per one (1) instructor

Recognition: Swim Patrol wall chart; Swim Patrol report card, Rookie Patrol badge/stickers



Swimmer 8 (Ranger Patrol)

Recommended: Completed Swimmer 7 (Rookie Patrol). Rangers enhance their capability in the water, including perfecting their stride entries and underwater forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving sport medley, timed object support, and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness development are included. First aid in this level focuses on unresponsive victims and obstructed airway procedures.

Course time: 8-10 hours; 60 minute lesson blocks

Number of participants: 10-12 per one (1) instructor

Recognition: Swim Patrol wall chart; Swim Patrol report card, Ranger Patrol badge/stickers



Swimmer 9 (Star Patrol)

Recommended: Completed Swimmer 8 (Ranger Patrol). Star Patrol challenges swimmers with a 300 m timed swim, 600 m workout, and a 25 m object recovery. Lifesaving skills include use of rescue aids, defence methods, victim removals, and supporting a victim in shallow water. First aid topics in this level include treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

Course time: 8-10 hours; 60 minute lesson blocks

Number of participants: 10-12 per one (1) instructor

Recognition: Swim Patrol wall chart; Swim Patrol report card, Star Patrol badge/stickers



Teens and Adults Program

Whether you're just starting out or want help with your strokes, our Teens and Adults program is for you! Work with a certified Swim for Life® Instructor to learn to swim or improve your current swimming abilities and fitness. You'll develop confidence in the water as you set your own goals in consultation with your instructor.

[Teens & Adults 1](#)

Recommended: 15+ years, beginner swimmer. This is an introductory program developed to support new swimmers who are 15+ years of age. You'll work towards swimming 10-15 m on your front and back. You'll learn safe entries into shallow and deep water (when you're ready), develop skills wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick, and vertical whip kick are introduced. You'll develop your fitness through interval training and learn how to perform front crawl and back crawl.

Course time: 8-10 hours; 45-60 minute lesson blocks

Number of participants: 8-10 per one (1) instructor

Recognition: Teens & Adults progress booklet

[Teens & Adults 2](#)

Recommended: 15+ years, intermediate swimmer. Develop your fitness by working on two interval training workouts, sprints, and further developing your front and back crawl. You'll learn Swim to Survive® skills and further develop deep water entries/skills with and without a PFD. Whip kick is further developed, along with an introduction to breaststroke.

Course time: 8-10 hours; 45-60 minute lesson blocks

Number of participants: 8-10 per one (1) instructor

Recognition: Teens & Adults progress booklet

[Teens & Adults 3](#)

Recommended: 15+ years, advanced swimmer. In this level, you'll perfect your front crawl, back crawl, and breaststroke. Continue your fitness training with a 300 m workout, sprint challenges, and interval training. You'll learn eggbeater, diving, and compact jumps, along with developing your legs only surface support and underwater skills.

Course time: 8-10 hours; 45-60 minute lesson blocks

Number of participants: 8-10 per one (1) instructor

Recognition: Teens & Adults progress booklet

Fitness Swimmer Program

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water and be active for life. Our Fitness Swimmer program uses a structured approach based on training principles such as stretching, interval training, sprints, and endurance swims.

Course time: 8-10 hours; 60 minute lesson blocks

Number of participants: 10-12 per one (1) instructor





Lifesaving

Save Yourself, Save a Life!

Developing proficiency in lifesaving, drowning resuscitation, and water rescue skills, these awards provide swimmers with skills that will last a lifetime and can be used as “building blocks” toward further first aid and lifeguard training!

Lay Rescuer Programs

The Lifesaving Society BC & Yukon has programs designed to train the “lay-rescuer” about lifesaving techniques and safety tips. These programs are for camp leaders, teachers, and parents/guardians.

Safeguard



The Safeguard program teaches about the responsibility undertaken by group leaders for safeguarding young people in their care at a waterfront or pool, even when under lifeguard supervision. Safeguard focuses on water safety awareness, accident prevention, and principles of aquatic safety supervision and risk prevention. Safeguard teaches participants how to identify hazards and at-risk behaviors, how to recognize potential victims, and how to respond safely in an aquatic emergency.

Safeguard is now available in two streams- one directed at the Youth Learner (ages 12-17 years) or the Adult Learner.

Prerequisite(s): Recommend candidates are a least 12 years of age, able to swim, and have lifesaving training experience

Taught by: A current Lifesaving Instructor

Course time: 5 hours plus 1 hour optional water time

Reference Material: Safeguard Delivery Guide, Candidate Workbook

Number of participants: Minimum 3; maximum 12 per one (1) instructor

Recognition required: Certificate of completion



[Lifesaving for Lay Rescuers](#)

Lifesaving for Lay Rescuers is designed for anyone who wants basic knowledge of lifesaving principles and the ability to perform low-risk water rescues. Lifesaving for Lay Rescuers is a non-certification course.

Prerequisite(s): Ability to swim recommended

Taught by: A current Lifesaving Instructor/Examiner

Course time: 4 hours (includes pool time)

Number of participants: Minimum 3; maximum 12 per one (1) instructor

Reference Material: Lifesaving for Lay Rescuers Award Guide, Lifesaving for Lay Rescuers Candidate Workbook

Number of participants: Minimum of 3: maximum of 12 per one (1) instructor

Equipment: Ring buoy with line, variety of buoyant and non-buoyant rescue aids, CPR manikins



[Lifesaving for Backyard Pool Owners](#)

Lifesaving for Backyard Pool Owners provides training of basic lifesaving principles and low-risk water rescue for those supervising children at backyard swimming pools. Lifesaving for Backyard Pool Owners is a non-certification course.

Prerequisite(s): Ability to swim recommended

Taught by: A current Lifesaving Instructor/Examiner

Course time: 4-6 hours (includes pool time)

Number of participants: Minimum 3; maximum 12 per one (1) instructor

Reference material: Lifesaving for Backyard Pool Owners Award Guide, Lifesaving for Backyard Pool Owners Candidate Workbook

Equipment: Variety of rescue aids common to a backyard swimming pool, CPR manikins, pocket masks



Bronze Medal Programs

[Bronze Star](#)



Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Swimmers who have completed Swimmer 9 (Star Patrol) will refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for lifesaving training in Bronze Medallion and provides a fun introduction to Lifesaving Sport.

Prerequisite(s): None

Taught by: A current Lifesaving Instructor/Examiner

Course time: 10 hours minimum

Number of participants: Minimum 3; maximum 12 per one (1) instructor

Reference material: Canadian Lifesaving Manual (optional: Bronze Medals Supplement, Candidate Workbook)

Recognition required: Bronze Star medal and Bronze Star crest given by Affiliate

[Bronze Medallion](#)



Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness (the four components of water rescue education) form the foundation of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

Prerequisite(s): 13 years of age (by last day of course) or Bronze Star

Taught by: A current Lifesaving Instructor/Examiner

Course time: 20 hours (minimum); 3-4 hours for recertification

Number of candidates: Minimum 3; maximum 12 per one (1) instructor

Reference material: Canadian Lifesaving Manual, Bronze Medals Supplement, Candidate Workbook

Currency: 2 years from the date of certification

Recognition: Bronze Medallion and Bronze Medallion crest given by Affiliate

[Bronze Cross](#)



Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen 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.

Prerequisite(s): Bronze Medallion (need not be current)

Taught by: A current Lifesaving Instructor/Examiner

Course time: 20 hours (minimum, 24 hours recommended); 4 hours for recertification

Number of candidates: Minimum 6; maximum 12 per one (1) instructor

Reference material: Canadian Lifesaving Manual, Bronze Medals Supplement, Candidate Workbook

Currency: 2 years from date of certification

Recognition required: Bronze Cross medal and Bronze Cross crest given by Affiliate

Combining Lifesaving Programs

We recognize that Affiliates may wish to combine the Society's Lifesaving programs for spring or summer camps. If Affiliates combine two or more Lifesaving programs, minimum course times and participant numbers must be met. Course times do not get reduced because a lifesaving program is offered in a combined format.

Bronze Star and Bronze Medallion: 30 hours of instructional time

Bronze Medallion and Bronze Cross: 40 hours of instructional time required (44 hours recommended - minimum 6 candidates required).

Course content and certification must be delivered in sequential format. To be eligible for exam on a Bronze Medals course, candidates must first complete or acquire the required prerequisite(s).

For example, if a candidate is in a Bronze Medallion and Bronze Cross combination course, candidates must first pass the Bronze Medallion exam items prior to attempting exam items for Bronze Cross certification. If a candidate is unsuccessful in Bronze Medallion, they may remain in the course for the Examiner to see failed items from the Bronze Medallion, with the understanding that they cannot pass Bronze Cross.





Lifeguarding

More Than Just a Summer Job!

The National Lifeguard (NL) awards build on the skills, knowledge, and values that the Lifesaving Society teaches in its Bronze Medal awards. The National Lifeguard awards include NL Pool, NL Waterpark, NL Waterfront, and NL Surf.

Recognized as the standard measure of lifeguard training and performance in Canada, National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the role of a lifeguard.

The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The NL award is designed to prepare lifeguards to fulfil this role as professional facilitators of safe, enjoyable aquatics.

100% attendance is required for all National Lifeguard programs.



National Lifeguard Pool

The National Lifeguard Pool is a core award which builds on the fundamental skills, knowledge, and values taught in the Society's Bronze Cross award. This program trains lifeguards in safety supervision and rescue in a swimming pool environment.

Prerequisite(s): 15 years old (by the last day of course), Bronze Cross (need not be current), Standard First Aid/CPR-C/AED from a recognized agency (need not be current)

Taught by: A current National Lifeguard Instructor/ Examiner who has held an NL Pool

Course time: 44 hours (minimum). The NL Pool course includes certification in Airway Management and Oxygen Administration (AMOA)

Number of candidates: Minimum 6; maximum 16 per one (1) instructor

Reference material: Alert: Lifeguarding in Action, Canadian Lifesaving Manual, Canadian First Aid Manual (or equivalent), Airway Management Oxygen Administration Manual, NL Pool Candidate Workbook, AMOA Fast track online module

Currency: 2 years from the date of certification

Environment: Swimming pool - at least 1.5 m deep (3 m preferred) at the deepest end and 15 m in length (25 m preferred). An artificially constructed basin in which a person can swim, wade, or dive that is equipped with a filtration system and meets water clarity standards for safe swimming (e.g. clearly see the bottom of the pool at the deepest point).

Recognition: National Lifeguard award certification; optional crest supplied by the Affiliate

National Lifeguard Waterpark

The National Lifeguard Waterpark award builds on the skills and knowledge taught in NL Pool to train lifeguards in safety supervision and rescue in a large aquatic facility and/or waterpark environments.

Prerequisite(s): National Lifeguard Pool (need not be current)

Taught by: A current National Lifeguard Instructor/ Examiner who has held NL Waterpark

Course time: 24 hours (minimum)

Number of candidates: Minimum 6; maximum 16 per one (1) instructor

Reference material: Alert: Lifeguarding in Action, Canadian Lifesaving Manual, Canadian First Aid Manual (or equivalent), Airway Management Oxygen Administration Manual, NL Waterpark Candidate Workbook

Currency: 2 years from date of certification

Environment: Aquatic facility with a minimum of:

- Three (3) types of basins or zones (e.g., swimming pool, wave pool, catch basins, river ride)
- Three (3) aquatic features with moving water or riders, such as a wave pool, waterslide (minimum 3 m in height), or other activity (e.g., river ride, inflatable waterpark, zip line, rope swing, climbing wall)

Recognition: National Lifeguard award certification, crest is optional



Combining NL Pool & NL Waterpark Programs

We recognize that Affiliates may wish to combine the Society's NL Pool and NL Waterpark awards to offer them in a faster format. The Lifesaving Society offers a condensed NL Pool and NL Waterpark combo training course! 60 hours of continuous training vs. 68 hours if courses are taken separately.

Course content and certification must be delivered in a sequential format. To be eligible for exam on a National Lifeguard course, candidates must first complete or acquire the required prerequisite(s).

For example, if a candidate is in a NL Pool & Waterpark Combo course, candidates must first pass the NL Pool exam items prior to attempting exam items for NL Waterpark certification. Instructors must follow the time guidelines listed in the NL Pool & Waterpark Combo Instructor Guide.

Affiliates may also offer a combined NL Pool and NL Waterpark Precert/Recert.



National Lifeguard Waterfront (44-hour course)

The National Lifeguard Waterfront is a core award that builds on the skills and knowledge learned in Bronze Cross. Candidates are trained in lifeguard safety supervision and rescue for waterfront/beach environments.

Prerequisite(s): 15 years old (by last day of course), Bronze Cross (need not be current), Standard First Aid/CPR-C/AED from a recognized agency (need not be current).

Taught by: A current National Lifeguard Instructor/Examiner who has held NL Waterfront.

Course time: 44 hours (minimum). The NL Waterfront course includes certification in Airway Management and Oxygen Administration (AMOA).

Number of candidates: Minimum 6; maximum 12 per one (1) instructor

Reference material: Alert: Lifeguarding in Action, Canadian Lifesaving Manual, Canadian First Aid Manual (or equivalent), Oxygen Administration Manual, NL Waterfront Candidate Workbook,

Currency: 2 years from date of certification

Environment: An open water environment that has water at least 1.5 m in depth and has shore access that persons can use for aquatic activities. Entry and/or exit from the water may take place using a beach dock, jetty or pier.

National Lifeguard Waterfront (24 hour course)

The National Lifeguard Waterfront (24 hours) course is designed in a condensed format for those who already hold National Lifeguard Pool.

Prerequisite(s): National Lifeguard Pool (need not be current)

Taught by: A current National Lifeguard Instructor/Examiner who has held NL Waterfront

Course time: 24 hours (minimum)

Number of candidates: Minimum 6; maximum 12 per one (1) instructor

Reference material: Alert: Lifeguarding in Action, Canadian Lifesaving Manual, Canadian First Aid Manual (or equivalent), Oxygen Administration Manual, NL Waterfront Candidate Workbook

Currency: 2 years from date of certification

Environment: An open water environment that has water at least 1.5 m in depth and has shore access that persons can use for aquatic activities. Entry and/or exit from the water may take place using a beach dock, jetty or pier.



National Lifeguard Surf

The National Lifeguard Surf award builds on the knowledge and skills learned in National Lifeguard Waterfront and prepares lifeguards to supervise surf beach environments.

Prerequisite(s): National Lifeguard Waterfront (need not be current)

Taught by: A current National Lifeguard Instructor/ Examiner who has held NL Surf.

Course time: 24 hours (minimum)

Number of candidates: Minimum 6; maximum 12 per one (1) instructor

Reference material: Alert: Lifeguarding in Action, Canadian Lifesaving Manual, Canadian First Aid Manual, NL Surf Candidate Workbook

Currency: 2 years from date of certification

Environment: An open water environment with beach access and a minimum wave height of 1 m present at least 60% of the time, and two (2) ocean features such as tides, currents, or wave-breaking zones



National Lifeguard Recertification

National Lifeguard Recertification courses are available to renew your NL award to “current” status. Attend the National Lifeguard Precert/Recert for the award which you wish to recertify. Each NL “option” is available in a recert exam format (i.e., NL Pool Recert, Waterpark Recert, Waterfront Recert, or Surf Recert).

The NL Precert: Affiliates schedule an “NL Precert” prior to the NL Recert exam. The NL Precert clinic is designed to deliver program updates to lifeguards and offer essential skill practice prior to being evaluated. The NL Precert is not mandatory; however, it is highly recommended for candidate success in the recert exam.

National Lifeguard Instructors/Examiners are provided with the National Lifeguard Award Guide, National Lifeguard Recert: Notes for Examiners, and National Lifeguard Pool Precert/Recert Guide to deliver these courses.

Prerequisite(s): National Lifeguard (any option; need not be current)

Taught by: A current National Lifeguard Instructor/ Examiner who has held the specific NL option for the recert exam

Course time: 8 hours (4-hour Precert (suggested) + 4-hour minimum (5 hours or more recommended depending on the number of candidates and examiners, format, water conditions) Recert exam)

Number of candidates: Minimum 6; maximum 12 per one (1) instructor

Currency: 2 years from date of certification.

Environment: See the specific NL option full course requirements.

Standard First Aid Prerequisite Equivalency for National Lifeguard

The Lifesaving Society recognizes that individuals may hold higher training than Standard First Aid. Below is a list of approved courses which are recognized as equivalent (or higher) than Standard First Aid, and are accepted as a prerequisite for the Society's National Lifeguard Pool and National Lifeguard Waterfront awards. Instructors do not have the authority to determine SFA equivalency; contact the Branch office.

While some candidates may have higher first aid training, candidates in the National Lifeguard program are evaluated to Standard First Aid with CPR-C & AED performance standards.

Note: National Lifeguard Instructors/Examiners must check that equivalent first aid holders also have a CPR-C/AED award as some of the programs listed below may not have CPR-C/AED included.

Lifesaving Society

- Standard First Aid

Canadian Red Cross

- Standard First Aid
- Standard Child Care First Aid & CPR
- First Responder
- Advanced First Aid
- Emergency Medical Responder
- Remote First Aid
- Wilderness First Aid
- Wilderness First Responder
- Marine Basic First Aid with CPR-C
- Marine Advanced First Aid



St. John Ambulance

- Standard First Aid
- Standard First Aid for Industry
- Medical First Responder
- Emergency Medical Responder
- Marine First Aid (Basic and Advanced) with CPR-C/AED
- Advanced First Aid
- Intermediate with CPR-C/AED
- Advanced with CPR-C/AED

Canadian Ski Patrol

- Advanced First Aid

Heart & Stroke Foundation of Canada

- Standard First Aid
- Standard First Aid BLS



First Aid & CPR

High Quality Training For All!

The Lifesaving Society's First Aid and CPR programs provide people with rescue skills to manage illness or injuries while accessing emergency services. First aid training from the Lifesaving Society focuses on a principle-based learning approach where students leave feeling confident in using their new rescue skills.

We follow the International Liaison Committee for Resuscitation (ILCOR) guidelines and are part of the Canadian First Aid Consensus Task Force (along with the Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol, and the Heart and Stroke Foundation of Canada).

CPR & AED Training

Learn how to save a life! Taught by a current Lifesaving Society First Aid Instructor/Examiner, our CPR & AED programs prepare Canadians to recognize emergencies and perform resuscitation skills needed to assist adults, children, and infants in need.

CPR A & AED (Adults)

CPR-A & AED prepares rescuers to respond to critical emergencies including heart attack and angina, stroke, choking, and resuscitation.

Prerequisite(s): 13 years of age

Course time: 4 hours

Number of participants: Minimum 3; maximum 18 per one (1) instructor

Reference Material: Canadian CPR Manual

Currency: 3 years from date of certification. To recertify, candidates take another full CPR-A & AED course.





[CPR-C & AED \(Adults, Children & Infants\)](#)

CPR-C & AED builds on the foundational skills learned in the CPR-A & AED course. This course adds two-rescuer CPR for adults, children and infants, as well as obstructed airways for a child and infant.

Prerequisite(s): 13 years of age

Course time: 5 hours (4 hours for recertification)

Number of participants: Minimum 3; maximum 18 per one (1) instructor

Reference Material: Canadian CPR Manual

Currency: 3 years from date of certification

WorkSafeBC Approved First Aid Training

Taught by a current Lifesaving Society First Aid Instructor/Examiner, our first aid programs are designed to give you the skills and confidence to respond to a variety of emergencies. Choose from one of our six programs to meet your needs! Standard First Aid with CPR-C/AED is the prerequisite award for our National Lifeguard Pool and National Lifeguard Waterfront programs. Lifesaving Society Emergency First Aid course is Equivalent to WorkSafeBC First Aid Basic (CSA Beginner First Aid) and Standard First Aid course is equivalent to WorkSafeBC First Aid Intermediate (CSA Intermediate First Aid).



[Emergency First Aid with CPR-A & AED](#)

Whether in the workplace or out in the world, Emergency First Aid with CPR-A & AED gives you the practical skills needed to respond to an emergency involving adults. You'll learn how to recognize and respond to a variety of emergencies such as asthma, allergic reaction, heart attack, stroke, and bleeding. Written examination required.

Also available is Emergency First Aid with CPR-C & AED (EFA-C) and Emergency First Aid Child & Community Care (EFA-CC) which meets the requirements outlined by the Ministry of Health for child and community/residential care workers. Contact your local Lifesaving Society Affiliate to determine which program is right for you.

Prerequisite(s): 13 years of age by the last day of the course

Course time: 7 hours (8 hours for EFA-C; 9.5 hours for EFA-CC)

Number of participants: Minimum 3; maximum 18 per one (1) instructor

Reference Material: Canadian First Aid Manual, First Aid Supplement Basic, printed in colour. Currency: 3 years from date of certification. To recertify, candidates take another full Emergency First Aid course.



[Standard First Aid with CPR-C & AED](#)

A prerequisite to the Lifesaving Society's National Lifeguard awards, Standard First Aid with CPR-C & AED builds on the skills learned in Emergency First Aid to respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required.

Prerequisite(s): 13 years of age by the last day of the course

Course time: 16 hours (8 hours for recertification)

Number of participants: Minimum 3; maximum 18 per one (1) instructor

Reference Material: Canadian First Aid Manual, First Aid Supplement Intermediate, printed in colour.

Currency: 3 years from date of certification

[Aquatic Emergency Care \(AEC\)](#)

NEW

Aquatic Emergency Care is an in-water First Aid program. Award holders are trained to be prepared for employment as an Assistant Lifeguard and for success in the National Lifeguard awards. AEC focuses on practical skill development and teamwork by applying lifesaving and first aid concepts in an aquatic environment. AEC is recommended to be earned before working as an Assistant Lifeguard or attending National Lifeguard courses. AEC will give you the skills and confidence to respond to a variety of water-related emergencies.



[Aquatic Emergency Care](#)

Aquatic Emergency Care award holders are trained to be prepared for success in the National Lifeguard awards and employment as an Assistant Lifeguard. AEC focuses on practical skill development and teamwork by applying lifesaving and first aid concepts in an aquatic environment.

Prerequisite(s): 15 years of age by the last day of the course, Bronze Cross (need not be current), and Standard First Aid (need not be current)

Taught by: A current First Aid Instructor/Examiner who holds a current Lifesaving Instructor/Examiner award or National Lifeguard Instructor/Examiner

Course time: A minimum of 10 hours, delivered over 2 days with a minimum of 5 hours of instructional time each day

Number of participants: Minimum 4; maximum 12 per one (1) Instructor

Reference Material: First Aid and CPR Award Guide and First Aid Instructor Notes or AEC Award guide, AEC Delivery Guide

Currency: 24 months from date of certification

Delivery: Affiliate delivered

Specialty Programs

Our specialty programs include Basic Life Support Responder (BLS) and Airway Management & Oxygen Administration (AMOA). These courses equip candidates with the skills needed to perform life support in a health care setting. AMOA is taught in the Lifesaving Society's National Lifeguard Pool and National Lifeguard Waterfront courses.



[Basic Life Support Responder \(BLS\)](#)

Basic Life Support Responder is designed for health care professionals such as doctors, nurses, paramedics, or for those who work in a health care setting and require the BLS Responder (equivalent to CPR-HCP) certification. In addition to basic CPR skills, candidates are taught how to work as a multi-person team and how to perform a pulse check, rescue breathing, and use of bag-valve-masks.

Prerequisite(s): 15 years of age by the last day of the course

Taught by: A current Lifesaving Society First Aid Instructor/examiner with BLS designation

Course time: 4-5 hours (3 hours for recertification)

Number of participants: Minimum 3; maximum 16 per one (1) instructor

Reference Material: Canadian CPR-HCP Manual

Currency: 1 year from the date of certification



[Airway Management & Oxygen Administration \(AMOA\)](#)

UPDATED

The Airway Management & Oxygen Administration course prepares candidates to manage an airway and administer supplemental oxygen during an emergency. Building on CPR-C & AED, this course introduces advanced equipment, including manual suction, oral airways, bag-valve-mask, oxygen unit, and pulse oximeter. The update includes an updated online fast track module, Oxygen Administration Manual, additional delivery specifications and updates.

Prerequisite(s): CPR-C & AED (not current); 15 years by the last day of the course

Taught by: A current Lifesaving Society First Aid Instructor/Examiner or National Lifeguard Instructor/Examiner who holds AMOAI and has completed the AMOA Instructor module

Course time: 4 hours (standalone); 4 hours (within NL Pool); 2 hours (recertification) 2.5 hours blended

Number of participants: Minimum 3; maximum 16 per one (1) instructor

Reference Material: Oxygen Administration Manual, AMOA Fast track online module

Currency: 2 years from the date of certification



Lifesaving Sport

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition.

The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport.

The Lifesaving Society represents Canada in ILS and is the governing body for Lifesaving Sport in Canada. We promote competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. The Sport Commission manages Lifesaving Sport for the Lifesaving Society Canada, working together with the 10 member Branches across the country.



Jr. Lifeguard Club

Junior Lifeguard Club (JLC) stresses fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness.

Prerequisite(s): Ability to meet the Swim to Survive® standard.

Taught by: A coach. The coach should be a current Lifesaving Instructor with lifeguarding experience. Ideally, the coach would hold a current National Lifeguard award and be a certified Coach Level 1, and have coaching and Lifesaving Sport experience.

Reference Material: Junior Lifeguard Club Waterlog, Junior Lifeguard Club Coaching Manual Equipment: Sinking objects, rescue cans or tubes, CPR manikins, first aid supplies, kickboard, and timing devices.

Recognition: Club members earn recognition seals for achievements in swimming skills, lifesaving skills, lifesaving knowledge, leadership and teamwork, community education, and competition and fitness.

Junior Lifeguard Telegames

Taught by a current Lifesaving Instructor, Junior Lifeguard Club Telegames are inter-club level competitions held at aquatic facilities throughout the province/territory. Participants have the opportunity to experience Lifesaving Sport events in a fun and encouraging way by working towards personal bests. Event results are compared to other lifesavers around the country, all without travelling!



Lifesaving Sport Fundamentals

This program offers a recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport, and personal responsibility. The Fundamentals program is a 5-level progression that builds on learn-to-swim skills for kids (approx. 8-12, 13-18 years).

Lifesaving Sport Fundamentals Levels

- **Level 1:** *Play Fair* is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, and stroke development. Introduction of lifesaving sport skills include obstacle swims and object supports.
- **Level 2:** *Respect for Others* is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.
- **Level 3:** Participants set short-term goals in this level while they master challenging skills including relay transitions, flip turns, stroke development over longer distances, swimming with fins, and eggbeater kick.
- **Level 4:** Participants set long-term goals and learn how to *Stay Healthy*. Skills include dive starts from starting block, turns, 50 m sprint, advanced throwing accuracy, and advanced rescue tube and manikin towing skills.
- **Level 5:** Participants learn about the importance of *Giving Back*. Skills include racing starts from a starting block, relay transitions, racing turns, and coiling a rope.

Prerequisite(s): Swimmer 3 or equivalent skill level

Taught by: A current Lifesaving Sport Coach

Instructional Time: Levels 1-2 (45 minutes; 8-10 swimmers per Coach); Levels 3-5 (60 minutes; 10-12 swimmers per Coach)

Reference Material: Lifesaving Sport Fundamentals Award Guide

Equipment: 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. Equipment details are outlined in the Lifesaving Sport Fundamentals Award Guide. Fins, manikins, obstacles, rescue tubes, throw ropes, throw targets, and weighted objects are used in the levels.

Competitions

The Lifesaving Society organizes annual championships for age-group, senior, and master's athletes. We also have certification programs for competition officials. Lifesaving Society competitions are open to any Individual Member, Affiliated Club, or Affiliate Member of the Lifesaving Society in good standing.

An Individual or Affiliate Member is in good standing unless their Registered Athlete or Affiliate status has been revoked by the Lifesaving Society Canada or Lifesaving Society Branch using the Certification Review Process.

A club may consist of any number of competitors, in addition to any non-competitive management and coaching personnel. Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Barnsley Provincial Championship

Annually, Lifesaving Society BC & Yukon presents lifeguards with an opportunity to test their lifeguarding skills in a fair and challenging environment. Participants in this lifeguard competition have the opportunity to learn new techniques, share ideas and learn more about lifeguarding. All lifeguards, whether first year staff or seasoned veterans benefit from participating in the Championship. Events include: pool simulations, team first aid, priority action approach, and fitness events.

Eligibility (The competitors on each team shall):

- Include a minimum of two (2) athletes who hold a current Lifesaving Society National Lifeguard certification; the other 1-2 team member(s) must hold a current Lifesaving Society Bronze Cross or National Lifeguard certification.
- Be a minimum of 15 years of age as of the first day



Canadian Pool Lifesaving Championships (CPLC)

The Canadian Pool Lifesaving Championships (CPLC) test lifesaving skills in a pool setting. For the CPLC, the following events shall be conducted in both male and female categories for 15-18 years, Open, and Masters categories:

- 200 m Obstacle Swim
- 50 m Manikin Carry
- 100 m Rescue Medley
- 100 m Manikin Carry with Fins
- 100 m Manikin Tow with Fins
- 200 m Super Lifesaver
- Lifesaving Pentathlon
- Line Throw (team event)
- 4 x 25 m Manikin Relay (team event)
- 4 x 50 m Obstacle Relay (team event)
- 4 x 50 m Medley Relay (team event)

Eligibility (Competitors shall):

- Hold a current Bronze Star (need not be current) or higher certification
- Be a minimum of 15 years of age (18 years for Masters) as of December 31 of the calendar year of the Canadian Pool Lifesaving Championships
- Be a registered athlete (download the [Waiver & Release and Athlete Registration Form](#))

A club may consist of any number of competitors, in addition to any non-competitive management and coaching personnel. Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time. Competitors are allowed to enter each event only once.

For more specifics, refer to the Lifesaving Society's Canadian Lifesaving Sport Competition Rulebook and Handbook.

Divisions

Competitors may register in only one division and must remain in that division throughout the championships.

- **15-18 years:** Competitors must be a minimum of 15 years of age and a maximum of 18 years of age on December 31 of the calendar year of the championships.
- **Open:** Competitors must be a minimum of 15 years of age December 31 of the calendar year of the championships.
- **Masters:** Competitors must be a minimum of 18 years of age December 31 of the calendar year of the championships.

[Canadian Surf Lifesaving Championships \(CSLC\)](#)

The Canadian Surf Lifesaving Championships test lifesaving skills in an open water or surf setting. The following events are conducted in both male and female categories for 15-18 years, Open, and Master's.

- Beach Flags
- Beach Sprint
- Beach Run (2 km)
- Board Race
- Surf Ski Race
- Surf Race
- Oceanman/Oceanwoman
- Lifesaving Pentathlon
- Rescue Tube Rescue Relay (team event)
- Oceanman/Oceanwoman (team event)
- Board Rescue (team event)
- Beach Relay (team event)

The CSLC is open to any Individual Member, Affiliated Club, or Affiliate Member of the Lifesaving Society in good standing.

Eligibility

Competitors shall:

- Hold a current Bronze Star (need not be current) or higher certification
- Be a minimum of 15 years of age (18 years for Masters) as of December 31 of the calendar year of the Canadian Surf Lifesaving Championships
- Be a Registered Athlete

Divisions

Competitors may register in only one division and must remain in that division throughout the championships.

- **15-18 years:** Competitors must be a minimum of 15 years of age and a maximum of 18 years of age as of December 31 of the calendar year of the championships.
- **Open:** Competitors must be a minimum of 15 years of age as of December 31 of the calendar year of the championships.
- **Masters:** Competitors must be a minimum of 18 years of age as of December 31 of the calendar year of the championships.





Awards

Canadian Pool Lifesaving Championships (CPLC)

Individual awards shall be presented to the first three places in the final of all events at the Canadian Pool Lifesaving Championship. Event winners shall be recognized as Canadian Champions.

The All-Around Athlete award shall be presented to the female competitor and to the male competitor in both the 15-18 years and open age divisions.

The Canadian club with the highest overall point score in the combined 15-18 years and open divisions shall be declared the Canadian Pool Lifesaving Champions and presented with an award.

While no awards are presented, the following club champions will be declared:

- **Open Champion:** highest combined point score for women and men
- **15-18 Champion:** highest combined point score for women and men
- **Women's Open Champion:** highest point score
- **Men's Open Champion:** highest point score
- **Women's 15-18 Champion:** highest point score
- **Men's 15-18 Champion:** highest point score

Canadian Surf Lifesaving Championships (CSLC)

Individual awards shall be presented to the first three places in the final of all events at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

The All-Around Athlete award shall be presented to the female competitor and to the male competitor in both the 15-18 years and open age divisions.

The Canadian club with the highest overall point score in the combined 15-18 years and open divisions shall be declared the Canadian Surf Lifesaving Champions and presented with an award.

A Masters club champion is neither declared nor awarded.

While no awards are presented, the following club champions will be declared:

- **Open Champion:** highest combined point score for women and men
- **15-18 Champion:** highest combined point score for women and men
- **Women's Open Champion:** highest point score
- **Men's Open Champion:** highest point score
- **Women's 15-18 Champion:** highest point score
- **Men's 15-18 Champion:** highest point score

Officials Training

[Community Officials](#)

The Community Officials course provides training for parents, staff, and volunteers who wish to officiate Lifesaving Sport at the community level.

Prerequisite(s): Minimum 13 years of age.

Taught by: A current Lifesaving Society Sport Officials Instructor. This course is Branch delivered.

Reference Material: Canadian Officials Manual

[Pool, Open Water, and Emergency Response Officials](#)

Pool, Open Water, and Emergency Response Officials courses provide training for Lifesaving Sport officials who wish to officiate in different roles at community, provincial, and national sport events. These courses consist of core material and environment-specific modules learning to certification as either a:

- Pool Official
- Open Water Official, or
- Emergency Response Official

Prerequisite(s): Minimum of 16 years of age, Community Officials certification (need not be current), and experience at a sanctioned Lifesaving Sport event in a Community Officials role.

Taught by: A current Lifesaving Sport Society Officials Instructor. This course is Branch delivered.

Reference Material: Canadian Officials Manual, ILS Competition Rule Book

[Meet Manager & Referee](#)

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.

Prerequisite(s): Lifesaving Sport Pool, Open Water, or Emergency Response Official certification (need not be current). Officiating experience at a minimum of three (3) sanctioned Lifesaving Sport events in a minimum of three (3) different roles.

Taught by: A current Lifesaving Society Sport Officials Instructor. This course is Branch delivered.

Reference Material: Canadian Officials Manual, ILS Competition Rule Book

Coaching Lifesaving Sport

[Lifesaving Sport Coach 1](#)

Lifesaving Sport Coaches coach Junior Lifeguard Club and Lifesaving Sport Fundamentals. The course focuses on the fundamentals of coaching, athlete development, and lifesaving sport skills in the pool or open water.

Prerequisite(s): Lifesaving Instructor (need not be current)

Taught by: Sport Coach Trainer

Number of participants: Minimum 3; maximum 12 per one (1) instructor

Reference Material: Coaching Lifesaving Manual, Canadian Competition Manual, Lifesaving Sport Fundamentals Award Guide, Junior Lifeguard Club Coaching Manual

Currency: 24 months from date of certification.

Delivery: Branch or Affiliate delivered





Safety Management

If it is Foreseeable, it is Preventable!

The Lifesaving Society publishes safety standards nationally to promote safe recreation at public swimming pools and waterfronts. The Society also participates in judiciary cases as an expert witness in legal proceedings involving aquatic safety. We offer Aquatic Safety Auditing services and training programs to develop leaders in aquatic safety and risk management.

Aquatic Safety Audits

Aquatic Safety Audits strive to maximize the safety of aquatic facilities and waterfronts in a hope to reduce the likelihood of aquatic-related injuries or drowning. Owners/operators of aquatic facilities and waterfronts are encouraged to have a Comprehensive Safety Audit every 3-5 years.

Comprehensive Audit

The Comprehensive Audit is a full scope evaluation of the facility/site, including:

- All documentation concerning pool/waterfront operations and safety supervision
- Lifeguard practices and safety supervision review
- Natatorium/site inspection
- Mechanical/chemical operations inspection

Topical Audit

The Topical Audit is a specialized service at the request of the aquatic owner/operator. Topical audits can review areas such as:

- Architectural and Site Plans
- Lifeguard Practices and Safety Supervision
- Pool Safety Plans
- Post-Incident Review
- Specialized Recreation Equipment

For more information on our Aquatic Safety Audit Services, visit lifesaving.bc.ca/aquatic-safety-audits.

Become an Expert in Aquatic Safety

Our Aquatic Safety Management courses are designed to enhance your knowledge of aquatics to develop professionals in aquatics safety and risk management. Take a course today!

100% attendance is required for all Aquatic Safety Management programs.



Supervision, Evaluation & Enhancement (SEE) Auditor

The SEE Auditor course is the first step on the path to becoming an expert in Aquatic Safety Management. This course is designed to give participants the tools to evaluate the effectiveness of lifeguard and instructor supervision. SEE evaluations assist in developing consistent aquatic safety supervision skills by providing real-time observation and evaluation.

Prerequisite(s): Any National Lifeguard award (need not be current) and 100 hours of lifeguard work experience

Taught by: A SEE Auditor Instructor

Course time: 4-6 hours

Number of participants: Minimum 2; maximum 12 per one (1) instructor

Reference Material: SEE Candidate Workbook

Currency: No expiry

Delivery: Affiliate delivered



Aquatic Supervisor

The Aquatic Supervisor course prepares experienced lifeguards to enter a role as deck-level Aquatic Supervisors. Designed across four (4) curriculum series, the course focuses on the role of the supervisor, supervising the aquatic facility, supervising the public, and supervising aquatics staff. The Aquatic Supervisor course is the standard of training in BC & Yukon for deck-level supervisory staff.

Prerequisite(s): Recommended 18 years old. National Lifeguard (any option; current), SEE Auditor, and at least 1000 hours of work experience as a lifeguard

Taught by: An Aquatic Supervisor Instructor

Course time: 14 hours

Number of participants: Minimum 2; maximum 12 per one (1) instructor

Reference Material: Aquatic Supervisor Workbook

Currency: No expiry

Delivery: Affiliate delivered



[Aquatic Management Training](#)

The Society's Aquatic Management Training course is for recreation professionals responsible for overseeing the operations of aquatics facilities and staff (i.e., Managers or Directors without a background in Aquatics training). This course provides the knowledge required to ensure a safe aquatic environment. Other topics such as staff engagement, safety supervision, and major incident management are also included.

Prerequisite(s): None

Taught by: A current Trainer in the Aquatic Safety Management stream

Course time: 4-5 hours online (synchronous). A post-course assignment is completed within 2-weeks of the course end date. This course includes review of the post-course assignment with Branch safety management experts.

Delivery: Branch delivered



[Aquatic Safety Inspector](#)

The Aquatic Safety Inspector course is for those interested in evaluating the operational aquatic safety standards for aquatic facilities. This course provides candidates with a solid understanding of BC Pool Regulations, BC Guidelines for Pool Operations and Design, and Lifesaving Society Safety Standards. Participants apply knowledge through practical activities and mock inspections. Inspectors can use their new skills to evaluate their own facilities or be hired by the Society for an Aquatic Safety Audit.

Prerequisite(s): SEE Auditor

Taught by: Chief Aquatic Safety Auditor who is a current Trainer in the Aquatic Safety Management stream

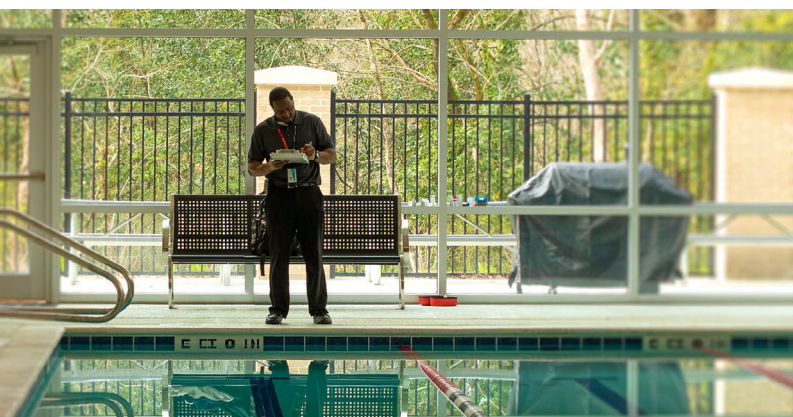
Course time: 12 hours

Number of participants: Minimum 4; maximum 12 per one (1) instructor

Currency: No expiry

Apprenticeship: Required if the candidate wishes to become a Branch Aquatic Safety Inspector

Delivery: Branch delivered





[Aquatic Safety Auditor](#)

The Lifesaving Society Aquatic Safety Auditor course prepares Aquatic Safety Inspectors to take on a more advanced role within a Lifesaving Society Aquatic Safety Audit.

Prerequisite(s): Experienced Branch Aquatic Safety Inspector, Pool Operator Level 1

Taught by: A Chief Aquatic Safety Auditor who is a current Trainer in the Aquatic Safety Management stream.

Course time: Varies

Number of participants: Minimum 4; maximum 12 per one (1) instructor

Currency: 24 months from date of certification. Aquatic Safety Auditors recertify every 2 years.

Apprenticeship: Required. Aquatic Safety Auditors are appointed by the Branch.

Delivery: Branch delivered

[Chief Aquatic Safety Auditors](#)

The Chief Aquatic Safety Auditor course prepares experienced Aquatic Safety Auditors to lead Aquatic Safety Audits. The Chief Aquatic Safety Auditor leads the Safety Audit team and writes the Safety Audit Report for the Affiliate. Chief Aquatic Safety Auditors are appointed by the Branch. The course is offered on an as-needed basis.





Leadership

Developing the Future of Aquatics!

The Lifesaving Society has been a leader in water safety education globally for over 100 years. We inspire future educators in drowning prevention through our robust instructor training programs. Partner with us and have an impact on the future of water safety in Canada, and the world!

Some Lifesaving Society Leadership awards require a teaching experience or apprenticeship(s) to obtain certification or appointment. **100% attendance is required for all Lifesaving Society Leadership programs.**



Swim Instructor

The Lifesaving Society Swim Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills, and includes an Adapted Swim Instructor session. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Prerequisite(s): 15 years of age by last day of course, Bronze Cross (need not be current)

Taught by: A current Trainer in the Swim stream

Course time: 40 hours (includes the 8-hour swim lesson teaching experience)

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Reference Material: Swim for Life Award Guide, Swim & Lifesaving Instructor Manual, Leadership Reference Manual, Canadian Swim Patrol Award Guide, Swim to Survive Award Guide, Swim Instructor Candidate Workbook, Swim Instructor Delivery Guide, Adapted Swim Instructor Online session

Apprenticeship: Mandatory 8-hour swim lesson teaching experience prior to the end of the Swim for Life Instructor course

Currency: 24 months from date of certification. Swim Instructors take a recertification course to update their award to the current status.

Delivery: Affiliate delivered



Swim Instructor Recert

The Swim Instructor Recert renews a candidate's Swim for Life Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment. Requires purchase of a Candidate Workbook.

Prerequisite(s): Swim Instructor (within 5 years), Adapted Swim Instructor Online session (1 hour)

Taught by: A current Trainer in the Swim Trainer stream

Course time: 4.5 hours

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Currency: 24 months from date of certification

Delivery: Affiliate delivered



Swim Instructor Transfer

The BC & Yukon Branch offers a Swim Instructor Transfer course for other agency Swim Instructors to teach with the Lifesaving Society.

Prerequisite(s): YMCA Swim Instructor, Canadian Red Cross Water Safety Instructor, NCCP Swimming Teacher, or I Can Swim Teacher. The prerequisite certification used must be current within 5 years.

Taught by: A current Swim Trainer in the Swim for Life stream

Course time: 7 hours

Number of participants: Minimum 1; maximum 12 per one (1) Trainer

Reference Material: Swim for Life Award Guide, Swim & Lifesaving Instructor Manual, Leadership Reference Manual, Canadian Swim Patrol Award Guide, Swim to Survive Award Guide, Candidate Workbook

Apprenticeship: 2 hour teaching experience is included in this course

Currency: 24 months from date of certification. Swim Instructors take a recertification course to update their award to current status.





[Lifesaving Instructor & Examiner](#)

Lifesaving Instructors are trained to teach the Swim to Survive® and Canadian Swim Patrol awards, as well as Bronze Star, Bronze Medallion, Bronze Cross, and Junior Lifeguard Club. Lifesaving Examiners evaluate and certify candidates in Bronze Medallion and Bronze Cross. Candidates are trained in, and must demonstrate knowledge, skills, and attitudes at a Competency Level 2 to achieve certification.

Prerequisite(s): 15 years of age by last day of course, Bronze Cross (need not be current)

Taught by: A current Trainer in the Lifesaving stream

Course time: 36 hours (includes Examiner Clinic)

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Reference Material: Bronze Medals Award Guide, Bronze Medals Instructor Guide, Swim & Lifesaving Instructor Manual, Leadership Reference Manual, Canadian Swim Patrol and Swim to Survive Award Guides, Lifesaving Instructor Delivery Guide and Workbook Apprenticeship: It is strongly recommended that candidates conduct their first Bronze Medallion and Bronze Cross exams alongside an experienced Examiner.

Currency: 24 months from date of certification. Lifesaving Instructors/Examiners take a recertification course to update their award to current status.

Delivery: Affiliate delivered



[Lifesaving Instructor & Examiner \(Short Course\)](#)

The Lifesaving Instructor & Examiner (Short Course) prepares Lifesaving Society Swim Instructors to teach and evaluate the Society's lifesaving programs.

Prerequisite(s): Swim Instructor (full course only)

Taught by: A current Trainer in the Lifesaving stream

Course time: 20 hours (includes Examiner Clinic)

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Reference Material: Bronze Medals Award Guide, Bronze Medals Instructor Guide, Swim & Lifesaving Instructor Manual, Leadership Reference Manual, Canadian Swim Patrol Award Guide, Swim to Survive Award Guide, Lifesaving Instructor Delivery Guide Apprenticeship: It is strongly recommended that candidates conduct their first Bronze Medallion and Bronze Cross exams alongside an experienced Lifesaving Examiner.

Currency: 24 months from date of certification. Lifesaving Instructors/Examiners take a recertification course to update their award to current status

Delivery: Affiliate delivered



[Lifesaving Instructor & Examiner Recert](#)

The Lifesaving Instructor & Examiner Recert renews a candidate's Lifesaving Instructor and Examiner appointment to current status.

Prerequisite(s): Lifesaving Instructor & Examiner (within 5 years) completed 2021 Bronze Medal Online update if original course taken before January 1, 2021

Taught by: A current Trainer in the Lifesaving stream

Course time: 4.5 hours

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Currency: 24 months from date of certification

Delivery: Affiliate delivered



[Swim Instructor, Lifesaving Instructor & Examiner Combo](#)

Complete your training in a condensed format! The Swim & Lifesaving Instructor/Examiner Combo course prepares candidates for leadership roles as Lifesaving Society Swim Instructors, and Lifesaving Instructors & Examiners.

Prerequisite(s): 15 years of age by last day of course, Bronze Cross (need not be current)

Taught by: A current Trainer in both the Swim and Lifesaving streams

Course time: 56 hours (includes Examiner Clinic and the 8-hour swim lesson teaching experience)

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Reference Material: Swim for Life Award Guide, Bronze Medals Award Guide, Bronze Medals Instructor Guide, Swim & Lifesaving Instructor Manual, Leadership Reference Manual, Canadian Swim Patrol Award Guide, Swim to Survive Award Guide, Candidate Workbook, Swim & Lifesaving Instructor Delivery Guide, Adapted Swim Instructor Online session

Apprenticeship: An 8-hour swim lesson teaching experience is required prior to the end of the course. It is strongly recommended that candidates conduct their first Bronze Medallion and Bronze Cross exams alongside an experienced Lifesaving Examiner.

Currency: 24 months from date of certification. Swim and Lifesaving Instructors/Examiners take a recertification course to update their awards to current status

Delivery: Affiliate delivered





[First Aid & CPR Instructor & Examiner](#)

UPDATED

The Lifesaving Society First Aid Instructor & Examiner course prepares candidates to teach the Society's CPR & AED programs, specialty first aid programs, and our Emergency and Standard First Aid courses. Candidates are trained in, and must demonstrate knowledge, skills, and attitudes at a Competency Level 2 to achieve certification. This course includes a Standard First Aid/CPR-C & AED Recert.

Prerequisite(s): 18 years by last day of course, Standard First Aid/CPR-C & AED from a recognized agency (need not be current), and work experience in a first aid attendant role

Taught by: A current Trainer in the First Aid stream

Course time: 40 hours (includes Examiner Clinic)

Number of participants: Minimum 4; maximum 9 per one (1) Trainer

Reference Materials: First Aid CPR Award Guide, Canadian First Aid Manual, Canadian CPR Manual, First Aid Instructor Notes, First Aid Instructor Delivery Guide

Apprenticeship: A 16-hour apprenticeship instructing 50% on a Standard First Aid/CPR-C & AED course, and 100% on a Standard First Aid/CPR-C & AED required

Currency: 3 years from date of certification. First Aid Instructors/Examiners take a recertification course to update their awards to current status. Additionally, instructors must attend one Continuing Education Credit workshop hosted by the Lifesaving Society in 2026 and again in 2027.

Delivery: Branch and Affiliate delivered

[AMOA Instructor & Examiner](#)

UPDATED

The Lifesaving Society Airway Management, Oxygen Administration Instructor & Examiner (AMOA) course prepares candidates to teach and evaluate the Society's Airway Management and Oxygen Administration programs. This updated course includes an online instructor module and peer teaching evaluations.

AMOA may be completed as an add on module after a First Aid Instructor course. It is also included as part of the National Lifeguard Instructor certification.

Prerequisite(s): First Aid Instructor & Examiner or National Lifeguard Instructor, a current AMOA

Taught by: A current Trainer in the First Aid or National Lifeguard stream who holds a current AMOA

Course time: Online learning approximately 1 hour and in-person 2 hours

Delivery: Branch delivered

[BLS Instructor & Examiner](#)

COMING SOON

Prerequisite(s): First Aid Instructor & Examiner, BLS Responder certification from a recognized agency

Taught by: A current Trainer in the First Aid stream

Course time: TBD will include on-line learning and in person learning

Apprenticeship: A BLS Responder course is required

Delivery: Branch delivered



[First Aid Instructor & Examiner Recert](#)

UPDATED

The First Aid Instructor & Examiner Recert course renews a candidate's First Aid Instructor and Examiner awards to current status. This course includes a Standard First Aid/CPR-C & AED Recert.

Prerequisite(s): First Aid Instructor and Examiner award with currency within the past five years, completed the 2024 online update, and taught a minimum of two OFA-equivalent courses within the previous three years. Following the 2025 recertification, candidates must also attend two Lifesaving Society CEC workshops - one in 2026 and one in 2027.

Taught by: A current Trainer in the First Aid stream. Course time: 8 hours

Number of participants: Minimum 4; maximum 12 per one (1) Trainer

Reference Material: First Aid + CPR Award Guide, Canadian First Aid Manual, Canadian CPR Manual, First Aid Instructor Notes, First Aid Instructor Delivery Guide





National Lifeguard Instructor

The Lifesaving Society National Lifeguard Instructor course prepares candidates to teach the Society's National Lifeguard programs. Candidates are trained in, and must demonstrate knowledge, skills, and attitudes at a Competency Level 3 to achieve certification.

Prerequisite(s): National Lifeguard (any option; need not be current), Lifesaving Instructor & Examiner (need not be current)

Taught by: A current Trainer in the National Lifeguard stream

Course time: 28 hours

Number of participants: Minimum 6; maximum 12 per one (1) Trainer

Reference Material: National Lifeguard Award Guide, Leadership Reference Manual, Leadership Competencies, NL Instructor Delivery Guide

Process to Obtain Certification:

1. Successfully complete the NL Instructor course.
2. Teach and examine at least two Bronze Medal awards (Bronze Star not included) prior to the NL Instructor Apprenticeships.
3. Successfully complete an apprenticeship on a 44-hour NL Pool or 44-hour NL Waterfront course and exam, and an 8-hour NL Pool or Waterfront Precert/Recert course/exam with an approved NL Apprenticeship Supervisor.

Currency: 2 years from date of certification. National Lifeguard Instructors take a recertification course to update their awards to current status.

Delivery: Branch delivered



National Lifeguard Instructor Recert

The National Lifeguard Instructor Recert cycle focuses on the National Lifeguard program updates and applying new skills and evaluation methods.

Prerequisite(s): National Lifeguard Instructor and Examiner award with currency within the past 5 years

Taught by: A current Trainer in the National Lifeguard stream

Course time: 8 hours

Number of participants: Minimum 6; maximum 12 per one (1) Trainer

Reference Material: National Lifeguard Award Guide, NLI Recert Workbook & Guide

Currency: 2 years from date of certification

Delivery: Branch delivered



Trainer (Swim, Lifesaving, First Aid, or National Lifeguard)

The Lifesaving Society's Trainer course prepares candidates to take on a leadership role to mentor and teach new Instructor candidates in their stream of experience. Trainer candidates are evaluated across Competency Levels 1-3 and are introduced to Competency Level 4.

Prerequisite(s): Instructor award (Swim, Lifesaving, or First Aid; need not be current)

Taught by: A current National Trainer

Course time: 24 hours + Zoom introduction and feedback meeting

Number of participants: Minimum 4; maximum 9 per one (1) National Trainer
Reference Material: Leadership Reference Manual, Leadership Competencies, stream-specific instructional resources

Process to Obtain Certification:

1. Successfully complete the Trainer course.
2. Complete the required teaching experience in the desired program stream(s):
 - **I want to be a Swim Trainer...** you need at least 60 hours of learn-to-swim teaching experience.
 - **I want to be a Lifesaving Trainer...** you need to have taught and examined at least one Bronze Medallion and one Bronze Cross courses.
 - **I want to be a First Aid Trainer...** you need to have taught and examined at least three (3) SFA courses and (2) SFA Recerts.
 - **I want to be a National Lifeguard Trainer...** you need to first become an experienced Lifesaving Trainer. You've also taught at least one NL 44-hour course and conducted at least two NL exams (two course exams or one course and one recert exam). NL Trainer requires an application.
3. Successfully complete an apprenticeship on a full Instructor course (stream-specific, dependent on teaching experience) with an approved Trainer Mentor in the specific program stream. Each Trainer stream requires a successful full course apprenticeship for appointment.
4. Approval and appointment by the BC & Yukon Branch.

Currency: 2 years from date of certification. Trainers take a recertification course to update their awards to current status. To be eligible for recertification/appointment, a Trainer must be active and have taught at least two (2) Instructor Recert courses or at least one (1) Instructor original course within 2 years, in any program stream they are certified in.

Delivery: Branch delivered



[Trainer Recert](#)

The Trainer Recert focuses on teaching the candidate in front of you and building on their strengths and creating solutions for their needs. Managing difficult conversations, effective practice vs. Evaluations, and a deep dive into competencies in each stream and what they look like.

Prerequisite(s): Trainer award (with currency within the past 5 years)

Taught by: A current National Trainer

Course time: 6-7 hours

Number of participants: Minimum 6; maximum 12 per one (1) National Trainer

Currency: 2 years from date of certification

Delivery: Branch Delivered



[National Trainer](#)

The National Trainer award is a two (2) year appointment and involves intensive training as a Lifesaving Society mentor and regional representative. National Trainers are senior Lifesaving Society volunteers/representatives and are invited on an "as needed" basis.

Prerequisite(s): Current, experienced, and active Trainer in at least two (2) program streams (e.g., Swim, Lifesaving, Sport, First Aid, National Lifeguard). Must be a member in good standing with the Society.

Application: Letter of recommendation from a current National Trainer in your region. Letter of reference from your employer indicating support of volunteer hours. Completion of an interview with Branch staff. Invitation from the Branch office.

Taught by: Branch staff

Course time: 4-6 hours + apprenticeship & professional development opportunities

Apprenticeship: National Trainers are "in training" until they complete their development as Lifesaving Society mentors and apprentice on a Trainer Recert and a Trainer course.

Delivery: Branch delivered

Conflict of Interest: Individuals who are officers or senior representatives of organizations or agencies that offer programs that compete with those of the Lifesaving Society are not eligible for appointment as a National Trainer.

Interested in becoming a National Trainer? Contact your regional National Trainer to determine eligibility/fit and create a development plan.

National Trainers appointed in other Lifesaving Society Branches do not transfer to the BC & Yukon Branch.

Specialty Instructor Awards

The BC & Yukon Branch has various specialty instructor awards for our specialty programs:

[SEE Instructor](#)

The SEE Instructor teaches Supervision, Evaluation & Enhancement (SEE) Auditor courses.

Prerequisite(s): SEE Auditor, NL Instructor (need not be current)

Reference Material: SEE Candidate Workbook

Apprenticeship: To obtain a SEE Instructor award, candidates complete an apprenticeship on a SEE course with another qualified SEE Instructor.

Currency: No expiry

[Aquatic Supervisor Instructor](#)

The Aquatic Supervisor Instructor teaches the BC & Yukon Aquatic Supervisor course.

Prerequisite(s): Approved application. Proof of SEE Auditor, Aquatic Supervisor, Lifesaving Instructor or NL Instructor (need not be current), plus at least two (2) years of experience working as an Aquatic Supervisor is required.

Taught by: A current Trainer in the Aquatic Safety Management stream

Course time: 8 hours (online, synchronous)

Reference Material: Aquatic Supervisor Delivery Guide, Aquatic Supervisor

Apprenticeship: Candidates for Aquatic Supervisor Instructor have two options for certification:

1. Upon approved application, complete the online Aquatic Supervisor Instructor course (recommended), or
2. Upon approved application and payment of certification fee, complete an apprenticeship on an Aquatic Supervisor course with another qualified Aquatic Supervisor Instructor.

Currency: No expiry



A young boy with dark skin and short hair is smiling while floating in a swimming pool. He is wearing a red and black inflatable life preserver. In the background, another child is partially visible, and the pool's lane lines are blurred.

Policies At-a-Glance

Swim for Life® Program Policies At-a-Glance

	Jellyfish	Goldfish	Seahorse	Octopus	Crab	Orca	Sea Lion	Narwhal
Age	4-12 months	12-24 months	2-3 years	3-5 years	3-5 years; completed Octopus	3-5 years; completed Crab	3-5 years; completed Orca	3-5 years; completed Sea Lion
Instructed by (current)	Swim Instructor							
Course time	4-5 hours							
Lesson length	30 minutes							
Participant to Instructor	10-12:1 Caregiver accompanied			4-6:1				
Recognition optional	Sticker and Report card							

	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Swimmer 5	Swimmer 6	Swimmer 7 (Rookie)	Swimmer 8 (Ranger)	Swimmer 9 (Star)
Age	5-12 years	5-12 years; completed Swimmer 1	5-12 years; completed Swimmer 2	5-12 years; completed Swimmer 3	5-12 years; completed Swimmer 4	5-12 years; completed Swimmer 5	Completed Swimmer 6	Completed Swimmer 7 (Rookie)	Completed Swimmer 8 (Ranger)
Instructed by (current)	Swim Instructor						Swim Instructor or Lifesaving Instructor		
Course time	4-5 hours		6-7.5 hours				8-10 hours		
Lesson length	30 minutes		45 minutes				60 minutes		
Participant to Instructor	6-8:1				8-10:1		10-12:1		
Recognition optional	Badge and Report Card						Wall Chart Stickers and Badges Report Card		

	Teens & Adults 1	Teens & Adults 2	Teens & Adults 3	Fitness
Age	15+ years; Beginner swimmer	15+ years; Intermediate swimmer	15+ years; Advanced swimmer	
Instructed by (current)	Swim Instructor			
Course time	8-10 hours			
Lesson length	45-60 minutes			60 minutes
Participant to Instructor	8-10:1			10-12:1
Recognition optional	Progress Booklet			

Equipment Requirements for Swim for Life®

The Lifesaving Society recommends equipment and materials to support the quality of our Swim for Life® and Canadian Swim Patrol programs. Please see below for equipment requirements:

Required: X

Optional: O

Not required: blank

	Parent & Tot	Preschool	Swimmer	Rookie, Ranger, Star Patrol	Teens & Adults	Fitness
PFDs or Lifejackets	1 per child	1 per child	1 per child	X	1 per person	
Toys	X	X				
Sinking Objects	X	X	X	X	X	
Buoyant Swimming Aids		1 per child	1 per child	1 per child	1 per person	1 per person
Buoyant Rescue Aids				X		
Non-Buoyant Rescue Aids				X		
Timing Device			X	X	O	X
Weight (5 & 10 lbs)				X		
Obstacle				X		
Clothing				X		
Blankets or Towels				X		

Lifesaving Program Policies At-a-Glance

	Lifesaving for Lay Rescuers	Lifesaving for Backyard Pool Owners	Safeguard	Bronze Star	Bronze Medallion	Bronze Cross
Prerequisites	Ability to swim recommended		None	None	13 years old or Bronze Star	Bronze Medallion (not current)
Instructed by (current)	Lifesaving Instructor				Lifesaving Instructor & Examiner	
Currency	N/A				2 years	
Course length (no breaks)	4 hours	4-6 hours	4-5 hours	10 hours	20 hours	
Recert length (no breaks)	N/A				3 hours	4 hours
Combined Course Length (no breaks)	N/A			Bronze Star + Medallion = 30 hours Bronze Medallion + Cross = 40 hours		
Candidate to Instructor ratio	3:1 (min) 12:1 (max)	3:1 (min) 12:1 (max)	3:1 (min) 12:1 (max)	3:1 (min) 12:1 (max)	3:1 (min) 12:1 (max)	6:1 (min) 12:1 (max)

Required Reference Materials

Required: **X** Optional: **O** Not required: **blank**

	Lifesaving for Lay Rescuers	Lifesaving for Backyard Pool Owners	Safeguard	Bronze Star	Bronze Medallion	Bronze Cross
Canadian Lifesaving Manual	O	O	O	O	1 per candidate	
Bronze Medals Supplement				1 per candidate		
Candidate Workbook			1 per candidate			
Bronze Medals Award Guide				X	X	X
Instructor Guide			X	X	X	X
LLR Award Guide	X					
LSBPO Award Guide		X				

Equipment Requirements for the Bronze Medals

Required: **X**

Optional: **O**

Not required: blank

	Bronze Star	Bronze Medallion	Bronze Cross
Adult & Child CPR Manikins with lungs	1 per 2 candidates		
Infant CPR Manikins with lungs		1 per 2 candidates	
AED Trainer (stocked)	O	1 per 2 candidates	
Pocket Mask with One-Way Valve & Gloves	1 per candidate		
Simulated Ice (e.g., mats)	X		
Simulated Ice (e.g., mats)	X	X	X
Adult Lifejackets or PFDs	1 per 2 candidates	X	X
Reaching Assists	1 per 2 candidates		
Improvised Buoyant Rescue Aids (unsupervised environment)	X	X	X
Buoyant Rescue Aids with a line (e.g., throw bag, ring buoy)	1 per 2 candidates		
Rescue Tube and/or Can with a line			1 per 2 candidates
Obstacle	X		
Submersible Training Manikin	O	O	O
Clothing	X	X	
Timing Device		X	X
Blankets		1 per 2 candidates	
Lifeguard Fanny Pack			1 per 2 candidates
Lifeguard Whistle			1 per candidate
Spineboard			1 per 4 candidates
10 lb. weight			1 per 6 candidates

Lifeguarding Program Policies At-a-Glance

	National Lifeguard Pool	National Lifeguard Waterpark	National Lifeguard Waterfront	National Lifeguard Surf
Prerequisites	15 years old (by last day); Standard First Aid & CPR-C from an approved agency (not current); Bronze Cross (not current)	National Lifeguard Pool (not current)	15 years old, Standard First Aid & CPR-C from a recognized agency; Bronze Cross (not current); National Lifeguard Pool (short course only)	National Lifeguard Waterfront (not current)
Instructed by (current)	NL Instructor & Examiner who has held NL Pool	NL Instructor & Examiner who has held NL Waterpark	NL Instructor & Examiner who has held NL Waterfront	NL Instructor & Examiner who has held NL Surf
Currency	2 years			
Course length (no breaks)	44 hours (includes AMOA)	24 hours	44 hours (includes AMOA) 24 hours (short course)	24 hours
Recert length (no breaks)	4 hour Precert 4 hour Recert (minimum exam time)			
Combined Course Length (no breaks)	60 hours (includes AMOA)		60 hours (includes AMOA) 40 hours (Waterfront short course + Surf)	
Candidate to Instructor ratio	6:1 (min) 16:1 (max)		6:1 (min) 12:1 (max)	
Candidate to Instructor ratio (Recert)	6:1 (min) 12:1 (max)			

Required Reference Materials

Required: **X** Optional: **O** Not required: **blank**

	National Lifeguard Pool	National Lifeguard Waterpark	National Lifeguard Waterfront	National Lifeguard Surf
Alert Manual	1 per candidate			
Candidate Workbook	1 per candidate			
NL Award Guide	X	X	X	X
Instructor Guide	X	X	X	X
Canadian Lifesaving Manual	O	O	O	O
First Aid Manual	O	O	O	O
Oxygen/AMOA Manual	1 per candidate	O	1 per candidate	O

Equipment Requirements for National Lifeguard

Required: **X**

Optional: **O**

Not required: blank

	National Lifeguard Pool & Recert	National Lifeguard Waterpark & Recert	National Lifeguard Waterfront & Recert	National Lifeguard Surf & Recert
Adult & Infant CPR Manikins with lungs	1 per 4 candidates Recert: 1:3 Adult, 1:12 Infant			
AED Trainer (with cloth and training razor)	1 per 4 candidates			
Gloves (non-latex)	X	X	X	X
Pocket Mask with One-Way Valve	1 per candidate	1 per candidate	1 per candidate	1 per candidate
Adult Lifejacket or PFD	X	X	X	X
Reaching Pole with Shepherd's Hook	X	X		
Throw Bag with Line	X		X	X
Ring Buoy with Line	X	X	O	O
Rescue Tube with Line	1 per 2 candidates	1 per 2 candidates	1 per 2 candidates	1 per 2 candidates
Rescue Can with Line	O	O	X	X
20 lb Weight	1 per 8 candidates	1 per 8 candidates	X	X
Spineboard (beavertail or similar device required for deep water use)	1 per 4 candidates	1 per 4 candidates Recert: 1:4 or 1 per focal point whichever is greater	1 per 4 candidates	1 per 4 candidates
Intermediate First Aid Kit (stocked) & Blankets	1 per 4 candidates Recert: 1 per focal point			
Submersible Training Manikin	O	O	O	O
Lifeguard Fanny Pack/Tool Kit	1 per 2 candidates Recert: 1:4			
Whistle	1 per candidate	1 per candidate	1 per candidate	1 per candidate
Timing Device	X	X	X	X
Sand bags	1 pair per class	1 pair per class	1 pair per class	1 pair per class
Medication Placebo (ASA & Nitro, Inhaler, Glucose, Epinephrine Injector)	1 per class of each	1 per class of each	1 per class of each	1 per class of each
Rescue Craft/Board			1 per 3 candidates	1 per 3 candidates
Mask & Snorkel			1 per candidate	1 per candidate
Fins			1 per 3 candidates	1 per 3 candidates
Measuring Device (50 m or 100 m)			X	X
Airway Management & Oxygen Administration	See AMOA Equipment Requirements			

First Aid & CPR Program Policies At-a-Glance

	CPR-A & AED	CPR-C & AED	Emergency First Aid	Standard First Aid	BLS Responder	AMOA	AEC
Prerequisites	None					CPR-C & AED (not current)	Bronze Cross(not current) & SFA
Approved Layering*	CPR-C & AED, EFA & CPR A, EFA & CPR C, EFA & CC, SFA (No Recerts)	EFA & CPR A, EFA & CPR C, EFA & CC, SFA (No Recerts)	CPR-A & AED, CPR-C & AED, SFA (No Recerts)	CPR-A & AED, CPR-C & AED, EFA & CPR A (7h), EFA & CPR C (8h), EFA & CC (9h)	Layering not permitted	National Lifeguard	Layering not permitted
Instructed by (current)	First Aid Instructor & Examiner					NLI or FAI with a current AMOAI	NLI or an FAI with a current LSI
Currency	3 years				1 year	2 years	2 years
Course length (no breaks)	4 hours	5 hours	7 hours (CPR-A) 8 hours (CPR-C) 9.5 hours (EFA-CC)	16 hours	4-5 hours	4 hours	12.5 hours
Recert length (no breaks)	N/A	3-4 hours	N/A	8 hours	3 hours	2 hours	5 hours
Candidate to Instructor ratio**	3:1 (min) 18:1 (max)				3:1 (min) 16:1 (max)		

* Layering is the concurrent delivery of courses with shared content (e.g. CPR-C portion within CPR-C and EFA & CPR-C). Combining is the sequential delivery of two courses, each taught in full, with separate duration and separate certificates are issued.

** Each course delivered, whether standalone or layered, must independently meet the minimum enrollment requirement of three participants for the full duration of that course. Layering two or more courses does not allow participant numbers to be combined; every course must have at least three eligible participants from start to finish. Courses that do not meet this minimum may not be delivered. E.g. Four participants would be required for a CPR-C layered with EFA & CPR-C if the CPR-C participant does not stay for 8 hours. The one CPR-C participant exits after 5 hours, leaving three participants in the final 3 hours of the EFA & CPR-C course.

Required Reference Materials

Required: **X** Optional: **O** Not required: **blank**

	CPR-A & AED	CPR-C & AED	Emergency First Aid	Standard First Aid	BLS Responder	AMOA	AEC
Canadian First Aid Manual			1 per candidate				
Supplement Guide			1 per candidate Basic or Intermediate				
Canadian CPR Manual	1 per candidate						
BLS Responder Manual					1 per candidate		
AMOA Manual						1 per candidate	
First Aid Supplement			1 per candidate				
First Aid & CPR Award Guide	X	X	X	X	X		X
Instructor Notes			X	X	X	X	X
AMOA Award Guide						X	
BLS Award Guide					X		

Equipment Requirements for First Aid & CPR Programs

Required: X

Optional: O

Not required: blank

	CPR-A & AED	CPR-C & AED	BLS Responder	AMOA	AEC
Pocket Mask with One-way Valve	1 per candidate				
Gloves (non-latex)	X	X	X	X	X
Adult CPR Manikin w/ lungs	1 per 2 candidates			1 per 4 candidates	
Infant CPR Manikin w/ lungs		1 per 2 candidates		1 per 4 candidates	
Mechanical AED Trainer (with cloth and training razor)	1 per 2 candidates			1 per 4 candidates	1 per focal point
Disinfection wipes/solution	X	X	X	X	X
Bag-valve-mask (Adult)			1 per 2 candidates	1 per 4 candidates	
Bag-valve-mask (Pediatric & Infant)			1 per 2 candidates		
Oxygen unit (real tank and tools) and OPA kit				1 per 6 candidates	
Pulse oximeter				1 per 6 candidates	
Manual suction device				1 per 6 candidates	
Rescue tube with line and other rescue aids					1 of each

Equipment Requirements for Emergency (Basic) and Standard First Aid (Intermediate)

	Emergency First Aid - Basic (plus CPR level equipment as required)	Standard First Aid - Intermediate (plus CPR-C equipment)
First Aid Kit for course Supplies	1 per 2 candidates	
Cold pack	1 per first aid kit	
Blanket (152.4 cm x 213.4 cm)	1 per candidate	
Wound Cleansing towelettes (14 cm x 19cm)	5 per candidate	
Hand cleansing towelettes (individually packaged)	5 per candidate	
Assorted adhesive dressings - Skin closures and 2.5 cm x 7.5 cm adhesive dressings (EFA)	2 per candidate	
Sterile gauze squares (10 cm x 10 cm), individually packages	4 per candidate	
Gauze sponges, non sterile (7.5 cmx 7.5cm)(100 per pkg)	5 per candidate	
Gauze dressings, Sterile (7.5 cm x 7.5cm) (25 per box)		2 boxes per class
Gauze dressings, Sterile (10 cm x 10cm) (25 per box)		2 boxes per class
Pressure bandages (10 cm x 16.5 cm) with elastic crepe ties	1 per 2 candidates	1 per candidate
Abdominal dressing, sterile (recommend between 20 cm x 30 cm) individually packaged		6 per candidate
Crepe bandages (7.5 cm x 4.5 m)	1 roll per candidate	2 rolls per candidate
Gauze roller bandage (7.5 cm x 1.8 m)	1 roll per candidate	
Adhesive tape (recommend between 2.5 cm x 4.5 m)	1 roll per candidate	
Drainage Dressings (20 cm x 25 cm)	2 per candidate	
Triangular bandage (cloth) min. 1.25 m base	1 per candidate	3 per candidate
Stainless steel scissors 14 cm	1 per 2 candidates	
Pocket mask (with one-way valve)	1 per candidate	
Manufactured windlass tourniquet	1 per 2 candidates	
Quick straps, a.k.a. fracture straps or zap straps	2 per 2 candidates	
Disposable (non-powdered) medical examination gloves, assorted sizes	Sufficient quantities for ongoing class use	
Mechanical AED Trainer (with cloth and training razor)	1 per 2 candidates	
Epinephrine Auto Injector Trainers		1 per 4 candidates
Placebo Asthma inhalers & Spacer		1 per 4 candidates
Mock ASA & Nitro bottles, Glucose Tablets		1 per 4 candidates
Naloxone Nasal Spray Trainer	2 per class	
Commercial splints (SAM or Quick)		1 per learner
Sand Bags		1 pair per 4 candidates
Safety glasses or face shield		1 per 2 candidates
Antibacterial Liquid soap		500ml per class
Sterile saline (or potable tap water in a saline container)		500ml per class
Sharps container		1 per class
Disinfectant Solution sterilizing solution)		1 per class
Blank first aid records	Sufficient quantities for ongoing class use	

Safety Management Program Policies At-a-Glance

	SEE Auditor	Aquatic Supervisor	Aquatic Supervisor Instructor	Aquatic Management Training	Aquatic Safety Inspector
Prerequisites	National Lifeguard (not current); 100 hours of lifeguarding experience	Recommended 18 years old; National Lifeguard (current); SEE Auditor + 1000 hours of lifeguarding experience	Approved application. Aquatic Supervisor; SEE Auditor; LSI or NLI (not current); 2 years of aquatic supervisory experience	None	SEE Auditor
Instructed by (current)	SEE Instructor	Aquatic Supervisor Instructor	Trainer (Safety Management)	Trainer (Safety Management)	Chief Safety Auditor, Trainer (Safety Management)
Currency	N/A				
Course length (no breaks)	4-6 hours	14 hours	8 hours	5-6 hours	10 hours
Candidate to Instructor ratio	2:1 (min) 12:1 (max)		3:1 (min) 12:1 (max)		4:1 (min) 12:1 (max)
Delivery	Affiliate & Branch		Branch		

Required Reference Materials

Required: **X** Optional: **O** Not required: **blank**

	SEE Auditor	Aquatic Supervisor	Aquatic Supervisor Instructor	Aquatic Management Training	Aquatic Safety Inspector
Candidate Workbook	1 per candidate				
Delivery Guide		X	X	X	X
Pool Safety Plan		3 per class			
Lifesaving Society Safety Standards		X	X	X	X
BC Pool Regulation & Guidelines		X	X	X	X

Leadership Program Policies At-a-Glance

	Swim Instructor	Lifesaving Instructor & Examiner	First Aid Instructor & Examiner	National Lifeguard Instructor	Trainer	Coach Level 1
Course prerequisites	15 years old (by last day); Bronze Cross (not current)		18 years old (by last day); Standard First Aid & CPR-C/ AED from a recognized agency (not current); OFA Level 1; Work experience as a first aid provider	National Lifeguard (not current); Lifesaving Instructor/ Examiner (not current)	Swim Instructor (not current) <u>or</u> Lifesaving Instructor/ Examiner (not current) <u>or</u> First Aid Instructor/ Examiner (not current)	Lifesaving Instructor (not current)
Recert prerequisites	Swim Instructor (within 5 years)	2021 Bronze Medals Update; Lifesaving Instructor & Examiner (within 5 years)	2024 First Aid Update; First Aid Instructor (within 5 years) + teaching + evaluating requirements	National Lifeguard Instructor & Examiner (within 5 years)	Trainer award (within 5 years) + teaching requirements	Coach Level 1 (not current)
Instructed by (current)	Trainer (Swim)	Trainer (Lifesaving)	Trainer (First Aid)	Trainer (National Lifeguard)	National Trainer	Trainer (Sport)
Currency	2 years		3 years	2 years		
Course length (no breaks)	40 hours	36 hours 20 hours for short course	40 hours	28 hours	24 hours	12 hours
Course Combo Length (no breaks)	56 hours		N/A			
Recert length (no breaks)	4.5 hours	4 hours	8 hours	8 hours	6 hours	4 hours
Candidate to Instructor ratio	4:1 (min) 12:1 (max)		4:1 (min) 9:1 (max)	6:1 (min) 12:1 (max)	4:1 (min) 9:1 (max)	3:1 (min) 12:1 (max)
Equipment	Equipment needed as per specific program streams (Swim, Lifesaving, First Aid, Lifeguarding)					
Delivery	Affiliate		Affiliate & Branch	Branch		

Required Reference Materials

Required: X

Optional: O

Not required: blank

	Swim Instructor	Lifesaving Instructor & Examiner	First Aid Instructor & Examiner	National Lifeguard Instructor	Trainer	Coach Level 1
Leadership Reference Manual	1 per candidate					
Competency Charts	1 per candidate					1 per candidate
Leadership Competencies Manual					1 per candidate	
Swim for Life Award Guide	1 per candidate					
Bronze Medals Award Guide & Canadian Lifesaving Manual		1 per candidate				
First Aid Award Guide & First Aid/ CPR Manuals			1 per candidate			
NL Award Guide & Alert Manual				1 per candidate		
Sport Award Guides & Coaching Manuals						1 per candidate
Swim & Lifesaving Instructor Manual	1 per candidate					
Swim Patrol Award Guide	1 per candidate					
Swim to Survive Award Guide	1 per candidate					
Candidate Workbook	1 per candidate					
Delivery Guide	X	X	X	X	X	X



LIFESAVING SOCIETY®

The Lifeguarding Experts

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