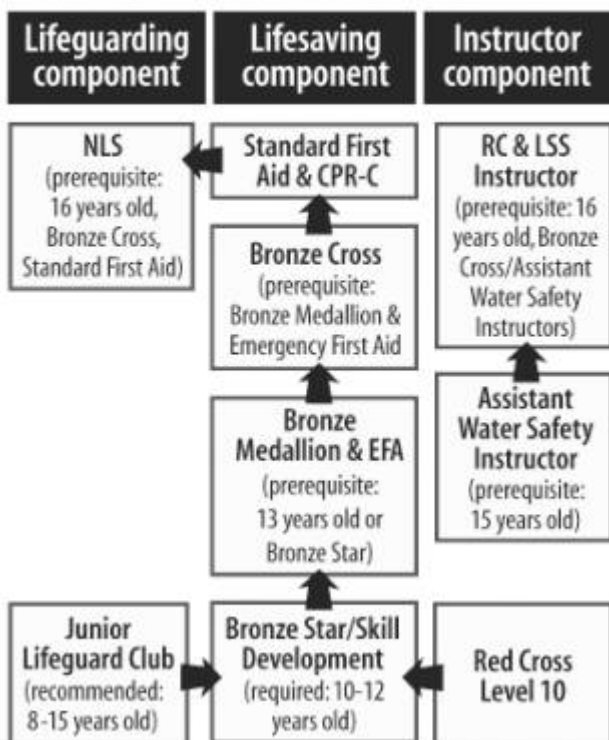




HOW TO BECOME A LIFEGUARD & SWIMMING INSTRUCTOR



Road to Lifeguarding/Instructing

Check out all Lifeguarding/Instructing in the Fall & Winter yourCaledon Guide.

Advanced Lifesaving Bronze Star -Skill Development Course

Recommended 10 -12 years of age. Excellent preparation for success in Bronze Medallion. Participants develop problem solving and decision making skills individually and with partners. Participants learn CPR and develop lifesaving skills needed to be a lifeguard. Includes a timed 400m swim and consists of public safety, rescues, fitness, strokes and skills.

Bronze Medallion/Emergency First Aid

Prerequisite: minimum 13 years of age or current Bronze Star certification. Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims. Develop stroke efficiency and endurance in a 500m timed swim. Materials and HST are not included.

Bronze Cross/Standard First Aid

Prerequisite: Bronze Medallion and Emergency First Aid certifications.

Standard First Aid is offered at the Caledon Centre for Recreation and Wellness and Mayfield Recreation Complex. Caledon Central Pool has a stand-alone Bronze Cross course designed for those who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. This course is a prerequisite for all advanced training programs including National Lifeguard Service and Instructor certification. Includes a timed 600m swim. Materials not included.

National Lifeguard Service (NLS)

Prerequisite: Bronze Cross and Standard First Aid.

Designed to develop the basic lifeguarding skills, principles and decision making processes which will assist the lifeguard to evaluate and adapt to a variety of aquatic facilities and emergencies. Materials not included.

National Lifeguard Service Recertification

Advanced Instructing

Red Cross Assistant Water Safety Instructor/High Five | 15+ years

Prepares participants for the Water Safety Instructor Course by providing exposure to an aquatic instructional setting and an opportunity for leadership development. A volunteer teaching component will be incorporated.

Aquatic Supervisor Training

Prerequisite: Current National Lifeguard or current Lifesaving Instructor certification and 100 hours experience as a lifeguard and/or instructor.

Aquatic Supervisor Training is for deck-level supervisory staff. This course provides the knowledge and skill to manage a safe aquatic environment.

Red Cross/Lifesaving Instructors | 15+ years

Prerequisite: current Bronze Cross or NLS and Red Cross Assistant Water Safety Instructor.

Concentrates on teaching styles and methods, lesson planning and class formations and safety supervision, leadership, communications and administration. A volunteer observational teaching component will be incorporated. Materials not included.

Certified Pool Operator Course

This course is for those who are looking to become certified as a pool operator. The certification is designed for larger and municipal facilities as opposed to backyard pools.

Emergency First Aid & CPR C

This course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, rescue breathing, CPR, choking and how to respond to someone who has external bleeding, or is suffering from a heart attack or stroke.

Standard First Aid & CPR C

Dry Land Program

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid.

[*'Road to Lifeguarding' PDF*](#)

For more information, please call the Healthy Community Hotline 1.800.621.1287 or Town Hall Parks and Recreation Department 905.584.2272 x.4235.

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