

# Your Next Steps

## How to Become a Lifeguard

National Lifeguards are highly skilled and trained individuals.

To become a lifeguard you must be 16 years of age and have Bronze Cross and Standard First Aid certifications.

See the chart for the progression.

<http://www.lifesavingsociety.com/lifeguarding/how-to-become-a-lifeguard.aspx>



**Bronze Medallion** (18-20 hr.): Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

**Bronze Cross** (18-20 hr.): Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600 m swim.

**National Lifeguard** certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

# Your Next Steps

## How to Become a Red Cross Water Safety Instructor

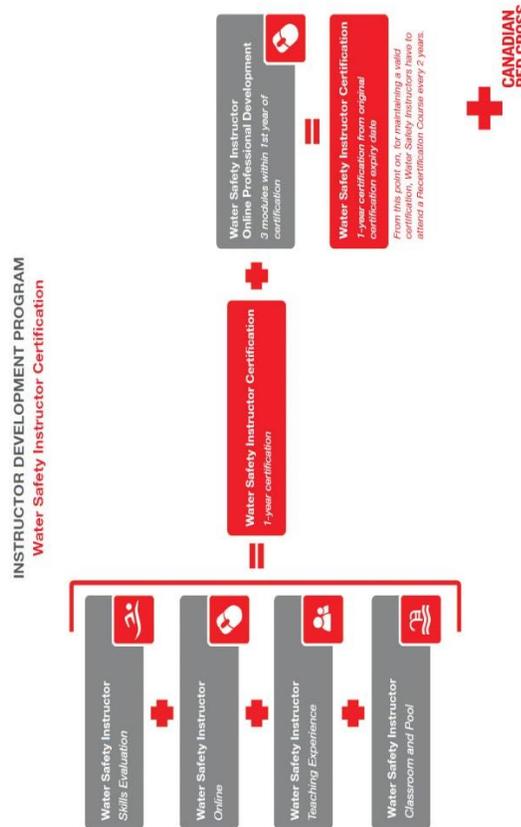
The Canadian Red Cross has a long history of developing well-trained professional instructors who love swimming as much as they love to help others learn.

### Red Cross Water Safety Instructor Course

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

### Course Components & Length

- **WSI—Skills Evaluation\*** – 3–6 hours
- **WSI—Online** – 14–20 hours
- **WSI—Teaching Experience** – minimum 8 hours
- **WSI—Classroom and Pool** – 9 hours classroom, 12 hours pool. \* *WSI—Skills Evaluation can be completed before, during or after the WSI—Online or WSI—Teaching Experience, but must be completed before attending the WSI—Classroom and Pool.*



### Pre-course Requirements

15 years or older by the last day of the WSI - Classroom and Pool, ability to perform Red Cross Swim Kids 10 strokes and skills, and hold one of the following certifications (not required to be current): Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross certification is the required prerequisite in Quebec).

### Completion Criteria

- Attend, participate in, and complete 100% of all four course components.
- WSI—Teaching Experience: complete a minimum of 4 hours\*\* in each of a Red Cross Swim Preschool and a Red Cross Swim Kids class within 6 months of finishing the WSI—Online.  
\*\* *Red Cross recommends completing an entire session*

### Certification

Upon successful completion, candidates are certified for 1 year as a WSI, which allows them to teach Red Cross Swim programs without direct supervision.

Complete 3 **Water Safety Instructor—Online Professional Development courses** within 1 year of WSI expiry date for a 1-year certification extension at no additional fee. WSIs who do not complete these courses, must attend a WSI Recertification Course.

### Recertification

Attend a recertification course every 2 years (2 hours classroom, 3 hours pool).

<http://www.redcross.ca/training-and-certification/become-a-training-partner-or-instructor/water-safety-instructors>