



Building healthy
communities

Become a Lifeguard!

Lifeguarding is an exciting and rewarding job that carries great responsibility. Guards take courses and train hard for events they hope will never happen and that they work hard to prevent. National Lifeguards are always training to keep their skills, knowledge and fitness sharp.

STEP ONE: If under 13 – BRONZE STAR

Advanced lifesaving course designed to prepare participants for Bronze Medallion. Emphasis is placed on rescue drills, fitness skills and victim recognition.

STEP ONE: If 13 and over – BRONZE MEDALLION & EMERGENCY FIRST AID

Teaches the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skills 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.

PREREQUISITE: 13 years of age or Bronze Star certification.

STEP TWO: BRONZE CROSS & STANDARD FIRST AID

For lifesavers who want the challenge of more advanced training including an intro to safety supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced aquatic courses including National Lifeguard and Instructor certifications.

PREREQUISITE: Bronze Medallion and Emergency First Aid.

STEP THREE – NATIONAL LIFEGUARD

National Lifeguard is Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguards throughout the country, and the only lifeguard certificate recognized by the province of Ontario.

PREREQUISITES: 16 years of age, Bronze Cross and Standard First Aid.

HELPFUL HINTS

- Ensure you have all of the required prerequisites before registering for courses.
- Registration can be done at our membership desk or online.
www.stratfordperthymca.com

