

# Leadership Programs offered this Winter

**\*\*COVID-19 protocols in place. Participants may need to bring a partner to practice with and rescue. Dates and times for partner participants will be given on the first day. Partners must be within the family household or bubble.**

**Students may be required to take part in virtual lessons with the instructor**

## Step 1:

### Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Lifesavers develop fitness and endurance in a timed swim.

**Pre-requisite: 13 yrs of age and/or Bronze Star**

**\*\*Full attendance is mandatory**

## Step 2:

### Bronze Cross and Standard First Aid with CPR “C”

This is designed to challenge the lifesaver in a more advanced setting. This course teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. Lifesavers learn how to rescue a spinal-injured victim as well as multiple victim rescues.

**Pre-requisite: Bronze Medallion NOTE: Emergency First Aid is required. We offer the higher level of Standard First Aid with the course for your convenience.**

**\*\*Full attendance is mandatory**



## Step 3:

### Red Cross Instructor

The New Water Safety Instructor has 4 components within the course.

- Skills Evaluation – done in 2 parts.
- On-Line Course – will require 14 – 20 hours on students own time.
- Assistant Teaching – One shift for entire session (minimum 9 weeks).
- Pool and Class Room – Time spent with the Instructor Trainer to complete the course.

All material and course fees are included in the cost.

**Pre-requisites: 15 yrs of age, Swim Kids 10, Bronze Cross.**

**\*\*Full attendance and 100% completion of all parts is mandatory.**

### NL: The Lifesaving Society National Lifeguard Award

This award builds on the fundamental principles taught in the previous lifesaving awards. It is recognized as the standard of lifeguard performance in Canada. NL 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. *Candidates should be prepared for the standards of fitness required for this level.* Pre-requisites: Bronze Cross, 15 yrs of age (minimum) and a current Standard First aid. **\*\*Full attendance is mandatory.**

Course	Dates	Times	Cost
Bronze Medallion; Bronze Cross	Sundays, January 10 to March 7 *skip February 14	1:00 am to 5:00 pm *includes lunch break	\$248
Red Cross Instructors	Sunday, December 6, 2020 (Skills Evaluation)  Sundays, January 10 to March 7 *skip February 14	2:00 – 5:00 pm  2:00 – 5:00 pm	\$320 + HST
National Lifeguard	Sundays, January 10 to March 7 *skip February 14	9:00 am to 2:00 pm	\$320 + HST