

Leadership Programs

Have your previous Lifeguard and/or Instructor awards expired? There are easy renewal options available to get back on deck. Please contact the Lifesaving Society at (306) 780-9255 or the Red Cross at (306) 721-1634 or (306) 721-1614.

Aquatics

Canadian Red Cross Class Descriptions

Water Safety Instructor (WSI)

The WSI course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on and around the water. This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include a WSI – Skills Evaluation, WSI – Online, WSI – Teaching Experience, and WSI Classroom and Pool Components. **Must be 15 years old and have completed ONE of: Red Cross Assistant Lifeguard, CPR- C/Standard First Aid, or Bronze Cross. ALL candidates will be required to demonstrate skills and strokes to the Level 10 standard.**

Assistant Lifeguard Program

A pre-requisite course for the professional lifeguard certification that teaches injury prevention, teamwork, basic rescues and lifeguard skills. Candidates are continuously evaluated throughout the course based on standard evaluation criteria. Certification is valid for 2 years. **Must be 12 years old and have completed Swim Kids 10.**

Lifeguard Program

Professional lifeguard certification course for individuals working at pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete a final skills and knowledge assessment. Certification is valid for 2 years. **Must be 15 years old, completed the Assistant Lifeguard Program or Bronze Cross AND CPR-C/Standard First-Aid.**

CPR-C/Standard First-Aid

This 20 hour program provides certification in CPR-C/Standard First-Aid. Information covers the following: The EMS system, Check, Call, Care, Airway Emergencies, Breathing & Circulation Emergencies, First-Aid for Respiratory and Cardiac Emergencies, Head & Spine Injuries, Wound Care, Sudden Medical Emergencies, Environmental Emergencies.

Canadian Lifesaving Society Class Descriptions

Canadian Swim Patrol

The Canadian Swim Patrol Program involves Rookie, Ranger, and Star. The University of Saskatchewan Aquatics Program offers Rookie, Ranger and Star through the Junior Lifeguard Club. This program provides enriched training for children who are ready to go beyond learn-to-swim and leads into the Bronze Family program.

Bronze Family

The Bronze Family program consists of Bronze Star, Bronze Medallion and Bronze Cross. This program is designed for swimmers who are looking to further enhance their lifesaving knowledge and skills for a variety of situations. Bronze classes prepare participants who are wishing to become Lifeguards for the National Lifeguard Award (NLA). **Those wishing to take Bronze Medallion must be 13 years of age or have Bronze Star. Those wishing to take Bronze Cross must have Bronze Medallion.**

National Lifeguard Award (NLA)

National Lifeguard Award is a program designed to prepare and certify candidates to be Lifeguards. People who are looking to lifeguard at swimming pools, water parks and lakefronts must have their NLA certification. This program focuses on the legal obligations of lifeguards, team work, advanced emergency care in aquatic emergencies and spinal immobilization. **Candidates wishing to take NLA must be 16 years of age, have previously taken Bronze Cross and have a CPR-C/Standard First Aid certification.**

Lifesaving Instructor (LSI)

The Lifesaving Instructor Program is an instructor training program that enables successful candidates to instruct the Swim Program, Canadian Swim Patrol program and the Bronze Family program. This course also includes Examiner Standards which enables the candidate to eventually examine their own classes after apprenticing other exams. **Candidates taking Lifesaving Instructor must have a Bronze Cross or NLA and be 16 years of age.**

First-Aid and CPR Instructor Course

Participants will learn how to teach Red Cross courses from the babysitter level up to standard first aid and child care first aid. Recertification for this award is required every 3

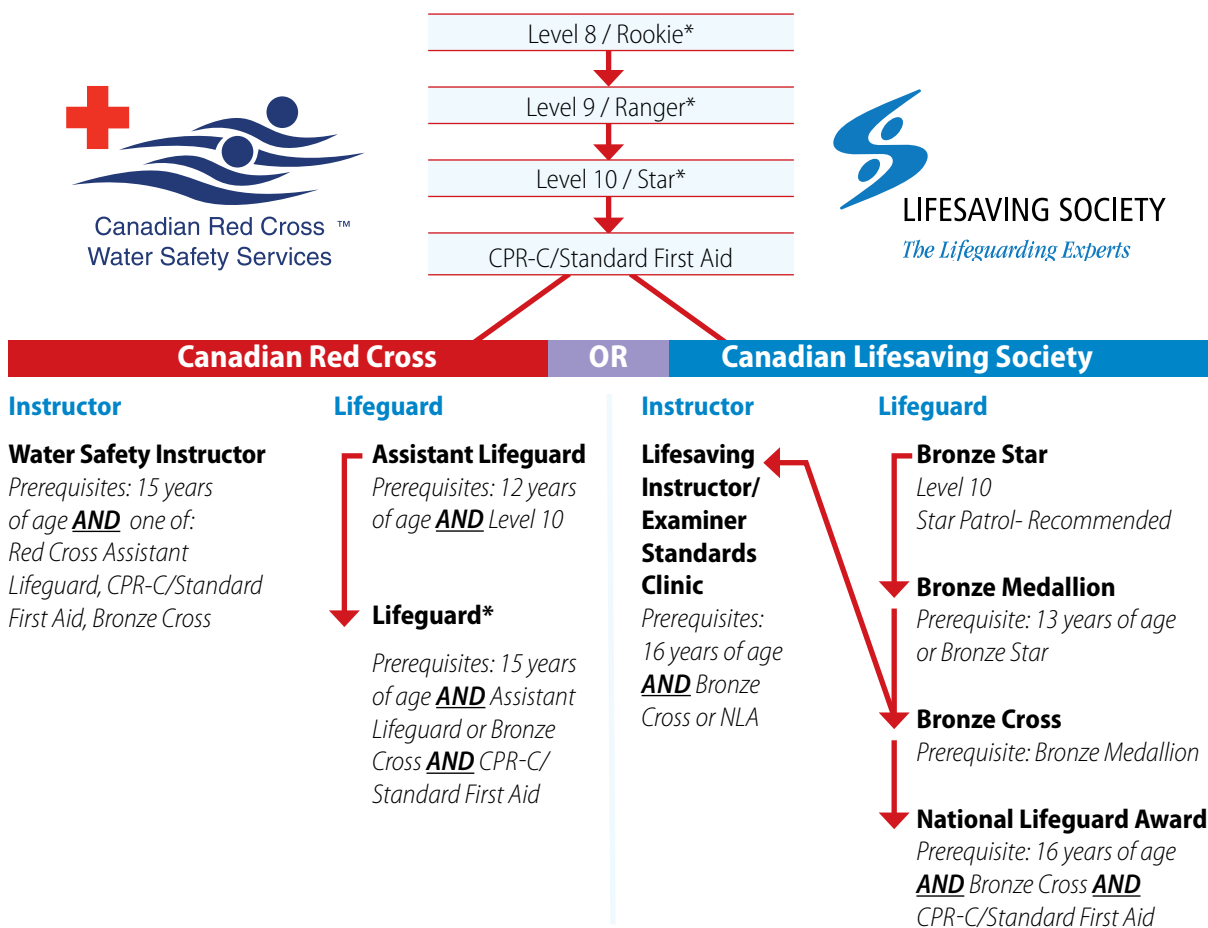
years and is 8 hours in length. There are two formats to this course.

The full First-Aid and CPR instructor course is a 40 hour program including demonstration of skills. Upon completion of the core component of the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award. **Candidate MUST be 18 YEARS of age and have a proof of a CURRENT Standard First-Aid and CPR-C.**

The second format to reach certification is a First-Aid Instructor Transfer Course and is 16 hours in length including demonstration of skills PLUS completion of a study guide. Upon completion of the core component of

the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award. **Candidate MUST be 18 years of age, and have a CURRENT CPR-C certification, and ONE of the following: Proof of CURRENT First-Aid Instructor with another organization, CPR instructor with another organization, Red Cross WSI certification, Red Cross First-Aid Instructor whose certification has been expired for two years or more, but less than seven years, or a teacher with an education degree and teaching experience.** Upon completion of the core component of the course there is a practice teaching component to be completed and then the candidate is able to teach the Pupil Level CPR/AED/First-Aid award.

Steps to Become a Lifeguard and/or Instructor



Books Required For Leadership Courses

- Bronze Star/Medallion/Cross** - The Canadian Lifesaving Manual *
- National Lifeguard Award** - ALERT: Lifeguarding in Action *
- Lifesaving Instructor** - Lifesaving Instructor Manual *

* Denotes manuals purchased from the Lifesaving Society (306) 780-9255

Books can also be purchased from:

University Bookstore
Marquis Hall
Hours of Operation: 8:30 am-5:00 pm Mon-Fri
(306) 966-4468 or 1-888-214-8888 (mail order only)

Leadership Classes

September 2017 to August 2018

Canadian Red Cross Courses

Aquatics

CANADIAN RED CROSS WATER SAFETY INSTRUCTOR (WSI)

Pre-Requisite - 15 years of age and ONE of: Red Cross Assistant Lifeguard, CPR/Standard First Aid (Legally required to Lifeguard in Saskatchewan), Bronze Cross

The NEW WSI involves a series of modules that will lead to the completion of the program.

1. Upon registration, you will receive course materials that will provide you with the necessary tools to successfully work through the on-line module and workbook. (Approximately 20 hours in length)
2. At the time of registration, you will choose a SESSION "A" and a SESSION "B". (MUST register for both A and B Sessions)
3. The On-line and workbook section MUST be completed prior to your arrival at SESSION "A."
4. SESSION "A" MUST be successfully completed prior to admission into SESSION "B."

COST - Including, Course Materials, Skills Evaluation, Instructional and Classroom Components - \$525.00

SESSION A

Friday/Saturday/Sunday/ Saturday/Sunday	September 22/23/24/30/ October 1, 2017	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Friday/Saturday/Sunday/ Saturday/Sunday	November 3/4/5/18/19, 2017	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Tuesday/Wednesday/ Thursday/Friday	February 20/21/22/23, 2018	8-7/8-7/8-7/8-4 pm	PAC/188
Monday/Tuesday/ Wednesday/Thursday/Friday	April 2/3/4/5/6, 2018	8-5/8-5/8-5/8-5/8-1 pm	PAC/188
Friday/Saturday/Sunday/ Saturday/Sunday	April 20/21/22/28/29, 2018	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Friday/Saturday/Sunday/ Saturday/Sunday	May 25/26/27/June 2/3, 2018	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Monday/Tuesday/ Wednesday/Thursday/Friday	July 9/10/11/12/13, 2018	8-5/8-5/8-5/8-5/8-1 pm	PAC/188
Monday/Tuesday/ Wednesday/Thursday/Friday	August 20/21/22/23/24, 2018	8-5/8-5/8-5/8-5/8-1 pm	PAC/188

SESSION B

Friday/Saturday/Sunday	October 13/14/15, 2017	5-10/8-6/8-6 pm	EDUC/1109
Friday/Saturday/Sunday	November 24/25/26, 2017	5-10/8-6/8-6 pm	EDUC/1109
Friday/Saturday/Sunday	February 23/24/25, 2018	4-7/8-7/8-7 pm	PAC/188
Friday/Saturday/Sunday	April 6/7/8, 2018	1-6/8-6/8-6 pm	PAC/188
Friday/Saturday/Sunday	May 4/5/6, 2018	5-10/9-6/9-6 pm	EDUC/1109
Friday/Saturday/Sunday	June 8/9/10, 2018	5-10/9-6/9-6 pm	EDUC/1109
Friday/Saturday/Sunday	July 13/14/15, 2018	1-6/8-6/8-6 pm	PAC/188
Friday/Saturday/Sunday	August 24/25/26, 2018	1-6/8-6/8-6 pm	PAC/188

CANADIAN RED CROSS ASSISTANT LIFEGUARD

Pre-Requisite - 12 years of age and Red Cross Swim Kids Level 10

Saturday	September 16 to December 2, 2017	12:00-3:00 pm	PAC/188	\$170
Saturday	January 20 to March 24, 2018	12:00-3:30 pm	PAC/188	\$170
Wednesday/Thursday/ Friday/Saturday	April 4/5/6/7, 2018	12:00-8:00 pm	PAC/161	\$170
Monday to Friday	July 9/10/11/12/13, 2018	4:30-10:00 pm	PAC/188	\$170
Monday to Friday	August 13/14/15/16/17, 2018	4:30-10:00 pm	PAC/188	\$170

CANADIAN RED CROSS LIFEGUARD - Pre-Requisite - 15 years of age and Red Cross Assistant Lifeguard, OR Bronze Cross and CPR/Standard First-Aid

Friday/Saturday/Sunday	October 20/21/22/27/28/29, 2017	5-10/9-7/9-7 pm	PAC/188	\$190
Friday/Saturday/Sunday	March 2/3/4/9/10/11, 2018	5-10/9-7/9-7 pm	PAC/188	\$190
Friday/Saturday/Sunday	May 4/5/6/11/12/13, 2018	5-10/9-7/9-7 pm	PAC/188	\$190
Wednesday to Sunday	August 8/9/10/11/12, 2018	1:00-9:00 pm	PAC/188	\$190

CANADIAN RED CROSS WATER SAFETY INSTRUCTOR RECERT - Must be recertified every 2 years and be less than 5 years old from original date of Certification or Re-certification.

Saturday	September 9, 2017	9 am-3 pm	PAC/188	\$88
Saturday	September 30, 2017	9 am-3 pm	PAC/188	\$88
Saturday	December 2, 2017	9 am-3 pm	PAC/188	\$88
Saturday	April 14, 2018	9 am-3 pm	PAC/188	\$88
Sunday	April 15, 2018	9 am-3 pm	PAC/188	\$88
Saturday	April 28, 2018	9 am-3 pm	PAC/188	\$88
Sunday	April 29, 2018	9 am-3 pm	PAC/188	\$88
Saturday	May 12, 2018	9 am-3 pm	PAC/188	\$88
Saturday	June 2, 2018	9 am-3 pm	PAC/188	\$88
Saturday	August 25, 2018	9 am-3 pm	PAC/188	\$88

CANADIAN RED CROSS LIFEGUARD RECERT - Must be recertified every 2 years and be less than 5 years old from original date of Certification or Re-certification.

Saturday	September 23, 2017	9 am-5 pm	PAC/188	\$88
Saturday	December 9, 2017	9 am-5 pm	EDUC/1109	\$88
Sunday	April 22, 2018	9 am-5 pm	PAC/188	\$88
Sunday	June 10, 2018	9 am-5 pm	PAC/188	\$88

Canadian Lifesaving Society Courses

CANADIAN LIFESAVING SOCIETY BRONZE STAR

Monday	September 18 to December 4, 2017	6:30-7:30 pm	PAC	\$120
Monday	January 15 to March 26, 2018	6:30-7:30 pm	PAC	\$120
Tuesday to Friday	July 3/4/5/6, 2018	7:15-9:45 pm	PAC	\$120
Monday to Friday	July 30/31/August 1/2/3, 2018	7:15-9:15 pm	PAC	\$120

CANADIAN LIFESAVING SOCIETY BRONZE MEDALLION - Pre Requisite - 13 years of age OR Bronze Star

Monday	September 18 to December 4, 2017	7:30-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	October 20/21/22, 2017	6-10/9-6/9-6 pm	PAC	\$160
Monday	January 15 to March 26, 2018	7:30-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	January 26/27/28, 2018	6-10/9-6/9-6 pm	PAC	\$160
Tuesday/Wednesday/Thursday	February 20/21/22, 2018	8:00 am-3:30 pm	EDUC	\$160
Monday/Tuesday/Wednesday	April 2/3/4, 2018	8:00 am-3:30 pm	EDUC	\$160
Friday/Saturday/Sunday	May 4/5/6, 2018	6-10/9-6/9-6 pm	PAC	\$160
Tuesday	May 1 to June 19, 2018	7:00-9:30 pm	PAC	\$160
Monday to Friday	July 16/17/18/19/20, 2018	5:30-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	July 27/28/29, 2018	6-10/9-6/9-6 pm	PAC	\$160
Tuesday to Friday	August 7/8/9/10, 2018	5:00-9:30 pm	PAC	\$160

Registration is ongoing for all Leadership courses!

<http://recservices.usask.ca>. Register at beactive.usask.ca or call (306) 966-1001.

CANADIAN LIFESAVING SOCIETY BRONZE CROSS - Pre-Requisite - Bronze Medallion					
Thursday	September 21 to November 30, 2017	7:30-9:30 pm	PAC	\$160	
Friday/Saturday/Sunday	November 24/25/26, 2017	6-10/9-6/9-6 pm	PAC	\$160	
Thursday	January 18 to March 29, 2018	7:30-9:30 pm	PAC	\$160	
Friday/Saturday/Sunday	February 23/24/25, 2018	6-10/9-6/9-6 pm	PAC	\$160	
Thursday/Friday/Saturday	April 5/6/7, 2018	8:00 am-3:30 pm	EDUC	\$160	
Thursday	May 3 to June 21, 2018	7:00-9:30 pm	PAC	\$160	
Friday/Saturday/Sunday	May 11/12/13, 2018	6-10/9-6/9-6 pm	PAC	\$160	
Monday to Friday	July 23/24/25/26/27, 2018	5:30-9:30 pm	PAC	\$160	
Friday/Saturday/Sunday	August 10/11/12, 2018	6-10/9-6/9-6 pm	PAC	\$160	
Monday to Friday	August 20/21/22/23/24, 2018	5:30-9:30 pm	PAC	\$160	

CANADIAN LIFESAVING SOCIETY LIFESAVING INSTRUCTOR/ADVANCED INSTRUCTOR/EXAM STANDARDS (LSI) - Pre Requisite-16 years of age and Bronze Cross OR NLA					
Wednesday to Sunday	April 4/5/6/7/8, 2018	8:00 am-6:00 pm	EDUC/1251	\$300	
Friday/Saturday/Sunday	May 25/26/27/June 1/2/3, 2018	5-10/9-7/9-7 pm	PAC/188	\$300	

CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA) - Pre Requisite - 16 years of age, Bronze Cross and CPR-C/Standard First-Aid					
Friday/Saturday/Sunday	December 1/2/3/8/9/10, 2017	5-10/9-7/9-7 pm	PAC/188	\$225	
Tuesday to Saturday	February 20/21/22/23/24, 2018	8:00 am-6:00 pm	EDUC/1109	\$225	
Friday/Saturday/Sunday	March 16/17/18/23/24/25, 2018	5-10/9-7/9-7 pm	PAC/188	\$225	
Wednesday to Sunday	April 4/5/6/7/8, 2018	8:00 am-6:00 pm	EDUC/1109	\$225	
Friday/Saturday/Sunday	May 11/12/13/25/26/27, 2018	5-10/9-7/9-7 pm	PAC/161	\$225	
Friday/Saturday/Sunday	June 1/2/3/8/9/10, 2018	5-10/9-7/9-7 pm	PAC/161	\$225	
Friday/Saturday/Sunday	August 17/18/19/24/25/26, 2018	5-10/9-7/9-7 pm	PAC/188	\$225	

CANADIAN LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD RECERT - Must be recertified every 2 years in order to use as a lifeguarding award.					
Sunday	September 10, 2017	2 pm-7 pm	PAC	\$78	
Sunday	October 1, 2017	2 pm-7 pm	PAC	\$78	
Sunday	December 3, 2017	2 pm-7 pm	PAC	\$78	
Saturday	April 14, 2018	9 am-3 pm	PAC	\$78	
Sunday	April 15, 2018	9 am-3 pm	PAC	\$78	
Saturday	April 28, 2018	9 am-3 pm	PAC	\$78	
Sunday	April 29, 2018	9 am-3 pm	PAC	\$78	
Sunday	May 13, 2018	2 pm-7 pm	PAC	\$78	
Sunday	June 3, 2018	9 am-3 pm	PAC	\$78	
Sunday	August 26, 2018	9 am-3 pm	PAC	\$78	

Saskatchewan Health - Pool Operators Course

SASKATCHEWAN HEALTH - POOL OPERATORS COURSE					
Sunday	September 24, 2017	8 am-6 pm	Room 246	\$100	
Saturday/Sunday	December 9/10, 2017	9 am-4 pm	Room 246	\$100	
Saturday/Sunday	March 3/4, 2018	9 am-4 pm	Room 246	\$100	
Friday	April 27, 2018	8 am-6 pm	Room 246	\$100	
Tuesday	May 22, 2018	8 am-6 pm	Room 246	\$100	
Saturday/Sunday	June 16/17, 2018	9 am-4 pm	Room 246	\$100	

CPR/AED/First Aid Courses



CANADIAN RED CROSS CPR-C/AED				
Friday/Saturday	October 13/14, 2017	6-10/9-1 pm	Room 232 &231	\$80
Friday/Saturday	November 3/4, 2017	6-10/9-1 pm	Room 232 &231	\$80
Friday/Saturday	January 12/13, 2018	6-10/9-1 pm	Room 232 &231	\$80
Friday/Saturday	March 2/3, 2018	6-10/9-1 pm	Room 232 &231	\$80
Friday/Saturday	April 27/28, 2018	6-10/9-1 pm	Room 232 &231	\$80
Friday/Saturday	July 13/14, 2018	6-10/9-1 pm	Room 232 &231	\$80

CANADIAN RED CROSS CPR/AED/STANDARD FIRST- AID				
Friday/Saturday/Sunday	September 15/16/17, 2017	6-10/9-5/9-5 pm	Room 232 &231	\$160
Friday/Saturday/Sunday	October 13/14/15, 2017	6-10/9-5/9-5 pm	Room 232 &231	\$160
Friday/Saturday/Sunday	November 3/4/5, 2017	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	December 8/9/10, 2017	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	January 12/13/14, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	February 9/10/11, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	March 2/3/4, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	March 23/24/25, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	April 20/21/22, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	April 27/28/29, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	May 25/26/27, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	June 8/9/10, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	July 13/14/15, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	August 10/11/12, 2018	6-10/9-5/9-5 pm	Room 232 & 231	\$160

CANADIAN RED CROSS-CPR/AED/FIRST-AID INSTRUCTOR- FULL COURSE Candidate MUST be 18 YEARS of age and have a proof of a CURRENT Standard First-Aid and CPR-HCP.				
Friday/Saturday/Sunday/ Saturday/Sunday	January 19/20/21/27/28, 2018	5-10/8-6/8-6/ 8-5/8-5 pm	Room 234	\$500

CANADIAN RED CROSS-CPR/AED/FIRST-AID INSTRUCTOR-TRANSFER COURSE - Candidate MUST be 18 years of age and have proof of a current FAI certification with another agency or WSI, SFA & CPR-HCP Certification.				
Friday/Saturday/Sunday	January 19/20/21, 2018	5-10/8-6/8-6 pm	Room 232 & 231	\$325

CANADIAN RED CROSS CPR/STANDARD FIRST-AID RECERT - Must be recertified every 3 years, once the original/recertified award has expired, you must re take the entire course.				
Saturday	September 30, 2017	9 am-5 pm	Room 232 & 231	\$88
Saturday	October 28, 2017	9 am-5 pm	Room 234	\$88
Sunday	November 19, 2017	9 am-5 pm	Room 232 & 231	\$88
Sunday	December 10, 2017	9 am-5 pm	Room 234 & 231	\$88
Sunday	January 21, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	February 3, 2018	9 am-5 pm	Room 232 & 231	\$88
Sunday	February 25, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	March 10, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	April 14, 2018	9 am-5 pm	Room 232 & 231	\$88
Sunday	April 15, 2018	9 am-5 pm	Room 232 & 231	\$88
Sunday	May 6, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	June 16, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	July 21, 2018	9 am-5 pm	Room 232 & 231	\$88
Saturday	August 18, 2018	9 am-5 pm	Room 232 & 231	\$88

CANADIAN RED CROSS FIRST AID INSTRUCTOR RECERT				
Saturday	December 2, 2017	8-5 pm	Room 234	\$135