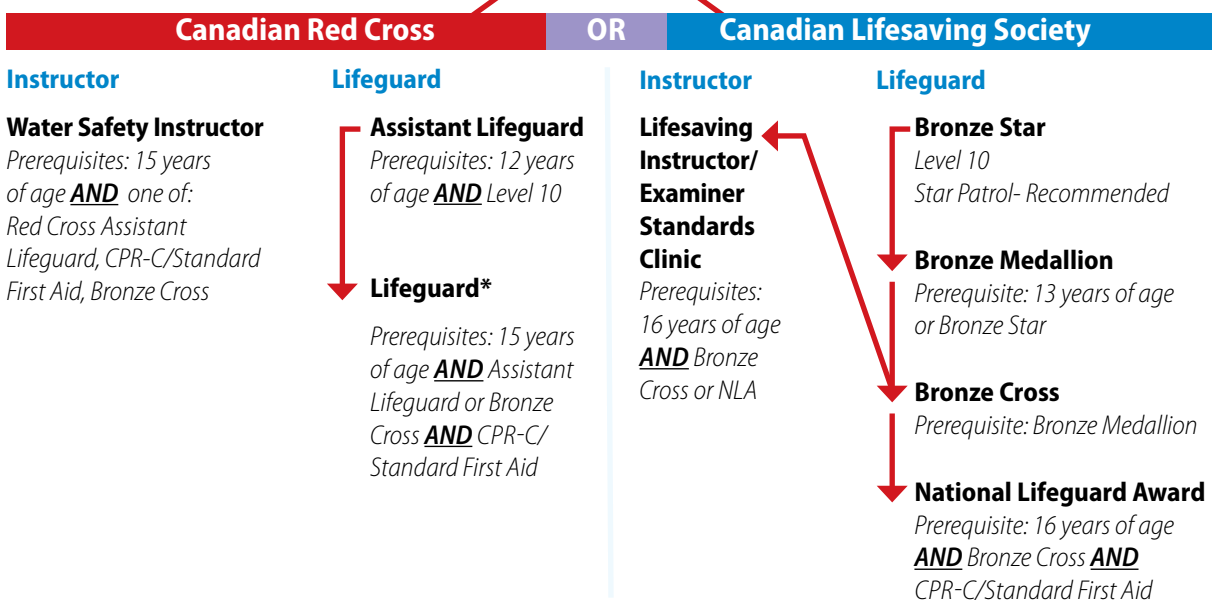
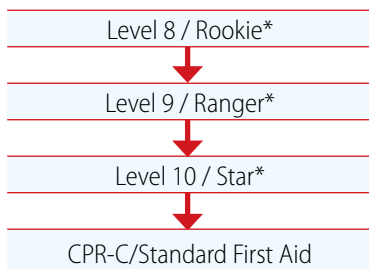


# Steps to Become a Lifeguard and/or Instructor



## Books Required For Leadership Courses

<b>Bronze Star/Medallion/Cross</b> - The Canadian Lifesaving Manual *
<b>National Lifeguard Award</b> - ALERT: Lifeguarding in Action *
<b>Lifesaving Instructor</b> - 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: 8:30am-5:00pm Mon-Fri  
 (306) 966-4468 or 1-888-214-8888 (mail order only)

# 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) 765-2612.

## 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.**

# Leadership Classes

Spring and Summer 2017

## Canadian Red Cross Courses

Aquatics

### CANADIAN RED CROSS WATER SAFETY INSTRUCTOR (WSI) - EFFECTIVE JANUARY 1, 2016

Pre-Requisite - 15 years of age and ONE of: Red Cross Assistant Lifeguard, CPR-C/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. (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 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	March 17/18/19 /25/26	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Monday/Tuesday/Wednesday/Thursday/Friday	April 17/18/19/20/21	8-5/8-5/8-5/8-5/8-12 pm	PAC/188
Friday/Saturday/Sunday/Saturday/Sunday	May 5/6/7/13/14	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Friday/Saturday/Sunday/Saturday/Sunday	May 26/27/28/June 3/4	5-10/8-5/8-5/8-5/8-5 pm	EDUC/1109
Monday/Tuesday/Wednesday/Thursday/Friday	July 10/11/12/13/14	8-5/8-5/8-5/8-5/8-12 pm	PAC/188
Monday/Tuesday/Wednesday/Thursday/Friday	August 21/22/23/24/25	8-5/8-5/8-5/8-5/8-12 pm	PAC/188

#### SESSION B

Friday/Saturday/Sunday	March 31/April 1/2	5-10/8-6/8-6 pm	EDUC/1109
Friday/Saturday/Sunday	April 21/22/23	1-5/8-6/8-6 pm	PAC/188
Friday/Saturday/Sunday	May 26/27/28	5-10/8-6/8-6 pm	EDUC/1109
Friday/Saturday/Sunday	June 9/10/11	5-10/8-6/8-6 pm	EDUC/1109
Friday/Saturday/Sunday	July 14/15/16	1-5/8-6/8-6 pm	PAC/188
Friday/Saturday/Sunday	August 25/26/27	1-5/8-6/8-6 pm	PAC/188

### CANADIAN RED CROSS ASSISTANT LIFEGUARD

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

Monday/Tuesday/Wednesday/Thursday	April 17/18/19/20	1:00-8:00 pm	PAC/161	\$170
Monday to Friday	July 3/4/5/6/7	4:30-10:00 pm	PAC/188	\$170
Monday to Friday	July 24/25/26/27/28	4:30-10:00 pm	PAC/188	\$170
Monday to Friday	August 14/15/16/17/18	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-C/Standard First Aid

Friday/Saturday/Sunday	May 5/6/7/12/13/14	5-10/9-7/9-7 pm	PAC/188	\$190
Wednesday to Sunday	August 9/10/11/12/13	12:00-10:00 pm	PAC/188	\$190

### CANADIAN RED CROSS WATER SAFETY INSTRUCTOR RECERT - Must be recertified every 2 years and be less than 4 years old from original date of Certification or Re-certification.

Saturday	April 8	9 am-3 pm	PAC/161	\$88
Sunday	April 23	9 am-3 pm	PAC/188	\$88
Sunday	April 30	3 pm-9 pm	PAC/188	\$88
Saturday	May 6	3 pm-9 pm	PAC/161	\$88
Sunday	May 28	9 am-3 pm	PAC/161	\$88
Sunday	August 27	9 am-3 pm	PAC/161	\$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.

Sunday	April 9	9 am-5 pm	PAC/188	\$88
Sunday	June 11	9 am-5 pm	PAC/188	\$88

## Canadian Lifesaving Society Courses

### CANADIAN LIFESAVING SOCIETY BRONZE STAR

Monday to Friday	July 3/4/5/6/7	7:15-9:15 pm	PAC	\$120
Monday to Friday	July 24/25/26/27/28	7:15-9:15 pm	PAC	\$120
Monday to Friday	August 14/15/16/17/18	7:15-9:15 pm	PAC	\$120

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

Monday/Tuesday/Wednesday	April 17/18/19	8:00 am-3:30 pm	EDUC	\$160
Tuesday	May 2 to June 20	7:00-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	May 5/6/7	6-10/9-6/9-6 pm	PAC	\$160
Monday to Friday	July 10/11/12/13/14	5:30-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	July 14/15/16	6-10/9-6/9-6 pm	PAC	\$160
Monday to Friday	July 31/August 1/2/3/4	5:30-9:30 pm	PAC	\$160
Monday to Friday	August 21/22/23/24/25	5:30-9:30 pm	PAC	\$160

### CANADIAN LIFESAVING SOCIETY BRONZE MEDALLION-BRONZE CROSS -Pre Requisite - 13 years of age OR Bronze Star AND BRONZE CROSS - Pre-Requisite - Bronze Medallion

Tuesday and Thursday	May 2 to June 22, 2017	7:00-9:30 pm	PAC	\$275
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### CANADIAN LIFESAVING SOCIETY BRONZE CROSS - Pre-Requisite - Bronze Medallion

Thursday/Friday/Saturday	April 20/21/22	8:00 am-3:30 pm	EDUC	\$160
Thursday	May 4 to June 22	7:00-9:30 pm	PAC	\$160
Friday/Saturday/Sunday	May 12/13/14	6-10/9-6/9-6 pm	PAC	\$160
Monday to Friday	July 17/18/19/20/21	5:30-9:30 pm	PAC	\$160
Tuesday to Friday	August 8/9/10/11	5:00-9:30pm	PAC	\$160
Friday/Saturday/Sunday	August 11/12/13	6-10/9-6/9-6 pm	PAC	\$160
Monday to Friday	August 28/29/30/31/September 1	5:30-9:30 pm	EDUC	\$160

### CANADIAN LIFESAVING SOCIETY LIFESAVING INSTRUCTOR/ADVANCED INSTRUCTOR/EXAM STANDARDS (LSI) -Pre Requisite-16 years of age and Br Cross OR NLA

Wednesday to Sunday	April 19/20/21/22/23	9 am-7 pm	EDUC	\$300
Friday/Saturday/Sunday	May 26/27/28/June 2/3/4	5-10/9-7/9-7 pm	PAC/161	\$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	March 31/April 1/2/7/8/9	5-10/9-7/9-7 pm	PAC/188	\$225
Wednesday to Sunday	April 19/20/21/22/23	1:00-9:00 pm	EDUC/1251	\$225
Friday/Saturday/Sunday	May 26/27/28/June 2/3/4	5-10/9-7/9-7 pm	PAC/188	\$225
Friday/Saturday/Sunday	August 18/19/20/25/26/27	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.

Saturday	April 8	9 am-2 pm	PAC	\$78
Sunday	April 30	9 am-2 pm	PAC	\$78
Sunday	May 7	1 pm-6 pm	PAC	\$78
Saturday	May 27	9 am-2 pm	PAC	\$78
Sunday	August 27	9 am-2 pm	PAC	\$78

## CPR-C/Standard First Aid Courses

CANADIAN RED CROSS CPR-C				
Friday/Saturday	April 28/29	6-10/9-1 pm	Room 232 & 231	\$80
Friday/Saturday	July 7/8	6-10/9-1 pm	Room 232 & 231	\$80

CANADIAN RED CROSS CPR-C/STANDARD FIRST AID				
Friday/Saturday/Sunday	March 24/25/26	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	April 7/8/9	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	April 28/29/30	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	May 12/13/14	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	June 9/10/11	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	July 7/8/9	6-10/9-5/9-5 pm	Room 232 & 231	\$160
Friday/Saturday/Sunday	August 11/12/13	6-10/9-5/9-5 pm	Room 232 & 231	\$160

CANADIAN RED CROSS CPR-C/STANDARD FIRST AID RECERT - Must be recertified every 3 years.				
Sunday	April 2, 2017	9 am-5 pm	Room 232 & 231	\$88
Sunday	April 23, 2017	9 am-5 pm	Room 232 & 231	\$88
Saturday	May 6, 2017	9 am-5 pm	Room 232 & 231	\$88
Sunday	May 28, 2017	9 am-5 pm	Room 232 & 231	\$88
Sunday	June 4, 2017	9 am-5 pm	Room 232 & 231	\$88
Saturday	July 22, 2017	9 am-5 pm	Room 232 & 231	\$88
Sunday	August 20, 2017	9 am-5 pm	Room 232 & 231	\$88

Aquatics

## Public Health Services – Safe Communities

### Swimming Pool Operators Course

This course will be of interest to all persons involved in daily operation or maintenance of a swimming pool. The course covers various types of pool filters, pool water chemistry and swimming pool disinfection.

### Saskatchewan Health - Pool Operators Course

SASKATCHEWAN HEALTH - POOL OPERATORS COURSE (TENTATIVE)				
Sunday	April 23	8 am-6 pm	Room 246	\$100
Tuesday	May 23	8 am-6 pm	Room 246	\$100
Saturday/Sunday	June 24/25	9 am-4 pm	Room 246	\$100

Registration is ongoing  
for all Leadership courses!

<http://recservices.usask.ca>

<https://beactive.usask.ca>

