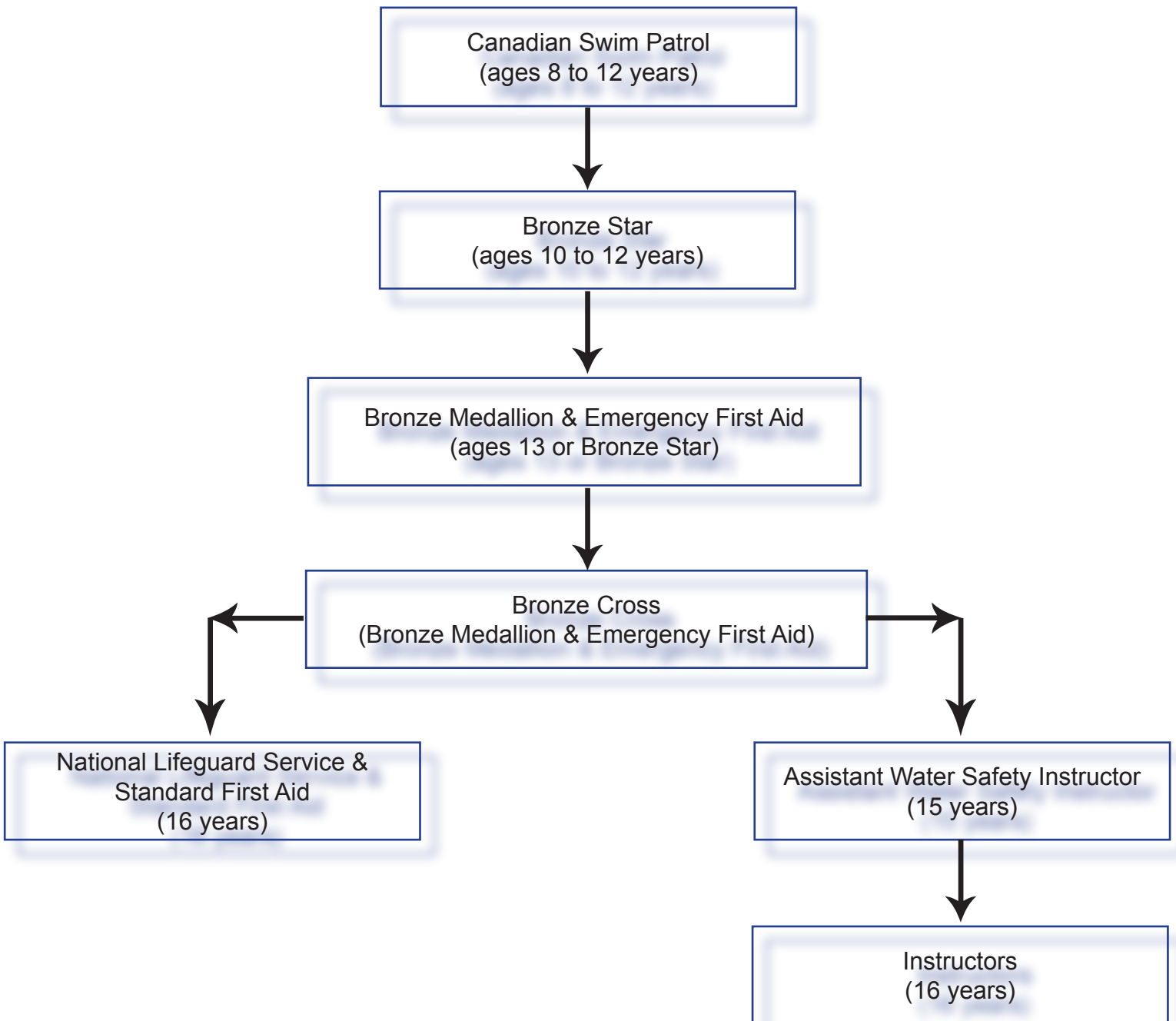


Become a Lifeguard and Swimming Instructor

You are on your way to a lifetime of excitement...it's your job. The path you take is important! Start out with the Town of Whitby's Swimming Leadership Programs. Take the first step...



Click on the boxes below to read descriptions





Canadian Swim Patrol

Recommended Prerequisites: Swim Kids 10, 8-12 years old

This is a Lifesaving Society course that is an excellent introduction to the Bronze levels. Participants ages 8 - 12 learn a variety of problem solving, decision making and lifesaving skills. Participants earn Rookie, Ranger or Star Patrol awards which are broken down into swimming skills, first aid skills and rescue skills.



Bronze Star

Recommended Prerequisites: Canadian Swim Patrol, 10-12 years old

The Bronze Star program is an excellent introduction to Bronze Medallion. There is an emphasis on fitness and rescue skills in order to prepare the candidate for further leadership courses. Participants also learn CPR, develop water-smart confidence and the lifesaving skills to become their own personal lifeguard.



Bronze Medallion and Emergency First Aid

Prerequisites: 13 years old or successful completion of Bronze Star

Recommended Prerequisites: Bronze Star

Bronze Medallion & Emergency First Aid & CPR are Lifesaving Society certifications that begin to prepare future lifeguards. Bronze Medallion focuses on fitness, strokes and rescue skills, while Emergency First Aid & CPR focuses on the first aid skills, such as AR, CPR and choking. Participants begin to become proficient lifesavers. An examiner evaluates participants' skills at the end of the course.



Bronze Cross

Prerequisites: Bronze Medallion, Emergency First Aid & CPR, 14 years old

Skills learned in Bronze Medallion are strengthened in Bronze Cross and new skills are introduced. Candidates are introduced to spinal injury management techniques and more complicated rescues. Fitness and resuscitation skills are a priority. An examiner evaluates participants' skills at the end of the course.



Assistant Water Safety Instructors

Prerequisites: 15 years old

Recommended Prerequisite: Swim Kids 10

Assistant Water Safety Instructors is a Red Cross course in which candidates begin to learn about the Red Cross swimming program and swimming instruction. Individual skills such as strokes and resuscitation techniques are refined. Emphasis is placed on Water Safety in an instructional environment. This course also includes a minimum of 8 hours apprentice teaching.



National Lifeguard Service and Standard First Aid

Prerequisites: Bronze Cross, 16 years old

The National Lifeguard Service (NLS) award is recognized as the national standard for lifeguard training. NLS participants learn techniques specifically suited to more difficult and complicated First Aid and aquatic emergencies. They focus on working as a team in emergency situations. Accident prevention, rescues, and public relations are the areas of concentration. Candidates learn to improve communication and teamwork skills. An examiner evaluates participants' skills at the end of the course. Upon successful completion of this course, candidates are legally qualified to lifeguard across Canada.



Red Cross & Lifesaving Society Instructors

Prerequisites: Assistant Water Safety Instructors, Bronze Cross, 16 years old

Candidates explore the Red Cross and Lifesaving Society swimming programs in great detail. The emphasis is placed on water safety skills and developing leadership skills. Specific teaching strategies and techniques are learned and applied for various age groups. Lesson planning, teaching abilities and evaluating skills and strokes are a major focus. This course also includes a minimum of 12 hours apprentice teaching. Upon successful completion of this course, candidates are certified to teach Red Cross and Lifesaving Society swim programs in Canada.