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Plan to
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SO YOU Wan-a-bee A LIFEGUARD?

Here's What You Will Need...

Bronze Medallion and Emergency First Aid (must be 13 years old)	
Bronze Cross (must be 14 years old and have Bronze Medallion and Emergency First Aid)	
Swimming Instructor	Lifeguard
Red Cross Assistant Water Safety Instructor (must be 15 years old and have Bronze Cross)	National Lifeguarding Service (NLS) (must be 16 years old, have Bronze Cross & Standard First Aid & CPR- C)
Red Cross Water Safety Instructor (must be 16 years old and have AWSI & completed assignments.)	

Bronze Medallion and Emergency 1st Aid with CPR B

Physical fitness, decision making and judgment skills are strongly stressed in the course. First Aid, rescue breathing, tows and carries and release methods are taught as well as preparation for rescues of increased risk. Stroke efficiency and endurance and a timed swim are also developed. A required exam will take place on the last day of class. (Rain date will be the day following.). Candidates are responsible for attending the exam.

FULL ATTENDANCE IS MANDATORY.

Pre-Requisites:	13 years old on or prior to the exam date.
What to Bring:	Pen & Highlighter, Towel, One Piece, acceptable, swimwear

TAKES PLACE AT: Mount Forest Lion Roy Grant Pool

August 5th – 16th, Monday to Friday: 9am – 12pm

Cost: \$188.00 (includes manual & exam fee) (+\$18 Non-Resident Fee, if Applicable)

Bronze Cross with “CPR-C”

This course is an introduction to safe supervision in an aquatic facility, emergency procedures, team work in rescues and the use of equipment. The difference between lifesaving and life guarding and the management of spinal injuries are taught. A required exam will take place on the last day of class. (Rain date will be the day following.). Candidates are responsible for attending the exam.

FULL ATTENDANCE IS MANDATORY.

Pre-Requisites:	14 years of age on or prior to the exam date and Bronze Medallion and Emergency First Aid with CPR “B”
What to Bring:	Pen & Highlighter, Towel, One Piece, acceptable, swimwear Canadian Lifesaving Manual (used in Bronze Medallion)

TAKES PLACE AT: Mount Forest Lion Roy Grant Pool

August 5th – 16th, Monday to Friday: 9am – 12pm

Cost: \$188.00 (includes exam fee) (+\$18 Non-Resident Fee, if Applicable)