

# WHY YOU SHOULD TRAIN TO BECOME A LIFEGUARD

Wearing flip flops, a bathing suit and shorts all year round may not seem feasible in Winterpeg, but if you get a job as a lifeguard that is the reality. If working on your swimming skills, serving the community and being the highlight of a child's memory is apart of your ideal job. Becoming a lifeguard is the right job for you. Watch a video [here](#) on why you should become a lifeguard. Below we will be outlining all the exciting benefits that can come from being a lifeguard and why you may want to take a lifeguard class and join in on the fun.

## HAVING FUN

Lifeguarding is a popular job with flexible hours and the much-coveted opportunity to stay beside the pool or on the beach. This means making money whilst getting a tan under the sun - not something you can boast about at an ordinary office job. Working somewhere that you can feel comfortable but also gain valuable skills is a rare thing. As it is a slightly more relaxed position when not on duty, you have plenty of time to explore the pools and jump into the water. A great way to keep up a healthy lifestyle.

## BENEFITS FOR SELF

The promise of swimming and beaches attracts many to the idea of being a lifeguard, but the pros go even further than this. The training given to become a lifeguard develops you into a well-rounded mature person. It is essential to develop communication skills, learn how to make quick and vital decisions, and develop a sense of responsibility. Communicating effectively is a huge advantage in life. This will help with interpersonal relationships and work-based discussions. These skills can easily transfer into future jobs or be the first step to a lifeguarding career.

The self-confidence that being a lifeguard provides is immensely satisfying, knowing you're a pro in the water who is trusted to look after so many. To pursue your interests at a higher level and know that your work allows others to feel safe can feel incredible.

A part-time lifeguarding job also provides training that benefits future employment. If pursuing a lifeguard career is not what you want to do in the future, then the skills that you developed during lifeguard training can still be transferred into different roles. This includes basic first aid, learning to properly administer CPR and AED, working with diverse age and cultural groups or being able to make difficult decisions. Some jobs require these skills, especially being first aid certified, so acquiring them early in your life is a great decision.

## BENEFITS TO OTHERS

What bigger benefit is there to a lifeguarding job than having training that equips you to save lives! So many people are good swimmers, but actual lifesaving takes extra training. Being able to spot danger signs, give first aid or administer CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) whenever needed is an indispensable skill. Being a lifeguard is not only a way to get paid, but it also ensures the safety of those around you.

Lifeguards are also an essential part of any community; working at community pools and beaches allows lifeguards to have big impacts on children and youth in the community. Leading by example, lifeguards educate the people that visit their facility on water safety and encourage positive and healthy lifestyles. Just having more young people know about water safety means that the training goes further than just work. It means that the community is safer as a whole. More lifeguards allow for communities to engage in sports properly, such as swimming and diving, while mitigating risks.

## HOW TO BECOME A LIFEGUARD

Navigating all the different courses you need to be a certified lifeguard can be challenging. The Rady JCC suggests finding out where you would hope to work and what certifications they require. Most facilities ask that lifeguards have their Standard First Aid & Lifesaving Society National Lifeguard Pool. But some also obtain a swim instructor certification. However, if you just want to become a lifeguard, follow these steps below:



### LIFESAVING SOCIETY BRONZE STAR

*Step one on becoming a lifeguard if you are a competent swimmer & under the age of 13.*

**Bronze Star** (10 hr): develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

**Candidate recognition:** Bronze Star medal, Bronze Star Award crest, certification card

**Required reference material:** *Canadian Lifesaving Manual, Fox 40 Whistle, CPR Mask with Gloves.*

#### *Is there any prerequisites to Bronze Star?*

Completion of at least Red Cross Swim Kids 8 or equivalent (Swim Patrol experience recommended.)

#### *What is the cost of Bronze Star?*

**Member Price: \$189.00 | Non-Member Price: \$226.80**

Not included in course price: *Fox 40 whistle, CPR Mask with Gloves & Viral Filter – this can be purchased at the Rady JCC Sports desk for \$27.00. Or you may bring your own from home*

#### *What is the dates and times of the next Lifesaving Society Bronze Star Course?*

**Wednesday, October 12 – December 14, 6:50PM – 7:50PM**

**OR**

**Sunday, October 2 – December 11, 11:15AM – 12:15PM – No class October 9, 2022 due to Erev Sukkot**

**> Register Here**

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### LIFESAVING SOCIETY BRONZE MEDALLION

*Step one on becoming a lifeguard if you are a competent swimmer & under over the age of 13.*

**Bronze Medallion** (15 hr.): challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

**Candidate recognition:** Bronze Medallion medal, Bronze Medallion Award crest, certification card.

**Required reference material:** *Canadian Lifesaving Manual, Bronze Medallion Workbook, Fox 40 Whistle, CPR Mask with Gloves.*

#### *Is there any prerequisites to Bronze Medallion?*

Minimum 13 years of age or Bronze Star certification (need not be current).

#### *What is the cost of Bronze Medallion?*

**Member Price: \$230.00 | Non-Member Price: \$276.00**

Included in course price: *Canadian Lifesaving Manual & Bronze Medallion Workbook*

Not included in course price: *Fox 40 whistle, CPR Mask with Gloves & Viral Filter – this can be purchased at the Rady JCC Sports desk for \$27.00. Or you may bring your own from home*

#### *What is the dates and times of the next Lifesaving Society Bronze Medallion Course?*

**Thursday, October 6 – December 8, 4:30PM – 6:00PM**

**OR**

**Saturday, October 1 – December 1, 10:30AM – 12:00PM**

**> Register Here**

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### LIFESAVING SOCIETY BRONZE CROSS

*Step two on becoming a lifeguard.*

**Bronze Cross** (20 hr.): begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

**Candidate recognition:** Bronze Cross medal, Bronze Cross Award crest, certification card.

**Required reference material:** *Canadian Lifesaving Manual, Bronze Cross Workbook, Fox 40 Whistle, CPR Mask with Gloves.*

*Is there any prerequisites to the Bronze Cross?*

Bronze Medallion

*What is the cost of the Bronze Cross Course?*

**Member Price: \$230.00 | Non-Member Price: \$276.00**

Included in course price: *Bronze Cross Workbook*

Not included in course price: *Canadian Lifesaving Manual, Fox 40 Whistle, CPR Mask with Gloves. Participants should have these items from their Bronze Medallion Course. If they need to be replaced, they can be purchased at the sports desk, or you may purchase them elsewhere.*

*What is the dates and times of the next Lifesaving Society Bronze Cross Course?*

**Thursday, October 6 – December 8, 6:15PM – 8:30PM**

**OR**

**Saturday, October 1 – December 1, 12:15PM – 2:30PM**

**> Register Here**

# NATIONAL LIFEGUARD POOL

*The last step on becoming a lifeguard.*

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National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

The National Lifeguard training program is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society - Canada's lifeguarding experts.

View all NL Pool test items: [NL Pool - At-a-glance](#)

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*Is there any prerequisites to the National Lifeguard Pool?*

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Minimum 15 years of age, [Bronze Cross & Standard or Intermediate First Aid](#)

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*What is the cost of the National Lifeguard Pool?*

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**Member Price: \$330.00 | Non-Member Price: \$400.00**

Included in course price: Alert Manual & National Lifeguard Award Guide & other First Aid Disposables.

**Not included in course price: Fox 40 whistle, CPR Mask with Gloves & Viral Filter – this can be purchased at the Rady JCC Sports desk for \$27.00. Or you may bring your own from home.**

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*What is the dates and times of the next National Lifeguard?*

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**Saturday October 1 – December 3, 2022 - 1:30-5:30PM**



## LIFESAVING SOCIETY LIFESAVING INSTRUCTOR COURSE

Lifesaving Instructors teach and evaluate the Canadian Lifesaving Program, including the Swim Patrol and Bronze Medal Awards. In a Lifesaving Instructor course, you learn the principles of teaching and learning, how to properly plan effective lessons, the many evaluation methods, and much, much more.

Our Lifesaving Instructor Course includes: Swim for Life Instructor, and Bronze & Distinction Examiner Appointments.

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*Is there any prerequisites to the Lifesaving Instructor Course?*

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Minimum 16 years of age, [Bronze Cross & Standard or Intermediate First Aid](#)

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*What is the cost?*

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**Member Price: \$505.00 | Non-Member Price: \$550.00**

Included in course price: Swim & Lifesaving Instructor Box

**Not included in course price: Fox 40 whistle, CPR Mask with Gloves & Viral Filter – this can be purchased at the Rady JCC Sports desk for \$27.00. Or you may bring your own from home.**

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*When is the course being held?*

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**Sunday, October 16<sup>th</sup> - December 11<sup>th</sup>, 10:00am – 3:00PM & Saturday December 10<sup>th</sup> 10am-3:00PM**

**> Register Here**