

LIFEGUARD INFORMATION

This brochure is a synopsis of courses for people who wish to become a lifeguard as well as for lifeguards who want to update their qualifications.

TO BECOME A LIFEGUARD: The first step is to obtain the Lifesaving Society's Bronze Medallion Award. The next awards are Bronze Cross and Standard First Aid (or Aquatic Emergency Care) which are the prerequisites to the National Lifeguard Service (NLS) certification. High school students can earn up to three credits towards graduation. Contact the nearest Park Board pool for details on Bronze level courses offered in your area or check dates on back of brochure.



LIFEGUARD SCHOOL - UPDATE TRAINING:

Vancouver Lifeguard School provides continuing education for anyone who holds a National Lifeguard award. Lifeguards are invited to attend these sessions to improve their existing skills and gain new ones. A VANCOUVER LIFEGUARD SCHOOL CERTIFICATE will be offered to those who attend 75% of the classes and pass the final exam. Pre-registration is required for certificate. **JOIN ANYTIME.**

January 12 - April 5

Thu 6:00 pm - 9:30 pm

Sun 8:30 am - 12:30 pm

Cost: \$75.00 or \$6.10/drop in fee

REGISTRATION INFORMATION

You may register at any time at the Vancouver Aquatic Centre 604-665-3424. All courses must be preregistered. Prices include exam fees. Please bring proof of current certification and birth date to the first session. N.L.S. Course Alert Manual additional cost – \$35.70 Payment can be made by Visa, MasterCard, Debit or cash. H.S.T. included in all prices.

REFUND INFORMATION

We give full refunds for all cancelled classes. Five day or more cancellation notice is required to receive a full refund. Refunds received with less notice are charged for 1 class or are prorated by the number of classes remaining at the time of request. No refunds are issued after 2nd class or for missed classes. No refunds on Lifeguard School. Fees for 1 or 2 day programs are NON-refundable

WE RESERVE THE RIGHT TO REFUSE CANDIDATES IN ANY COURSE OR CANCEL CLASSES.

FEES, DATES AND TIMES ARE SUBJECT TO CHANGE.

LIFEGUARD SCHOOL

AQUATIC EMERGENCY CARE (AEC)

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard, AEC or Standard First Aid is the prerequisite to the National Lifeguard Certificate. AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. Learn how to recognize and treat injuries including head & spinal, bone & joint, abdominal & chest injuries, burns, obstructed airways and other common medical emergencies. AEC is Standard First Aid equivalent and includes CPR-C certification. Swim suit required.

Prerequisite: Bronze Medallion

Jan 10 - Jan 29	Tue	6:00 pm - 10:00 pm
	Sun	8:30 am - 12:30 pm
May 10 - 13	Thu/Fri	5:30 pm - 9:30 pm
	Sat/Sun	8:30 am - 5:30 pm
Sep 18 - 23	Tue/Thu	5:30 pm - 9:30 pm
	Sat/Sun	8:30 am - 5:30 pm

Cost: \$160.08/ 4-6 sessions



LIFEGUARD PUBLIC RELATIONS SEMINAR

An advanced course in dealing with the public. Topics: include nonverbal communication, conflict assessment, resolution, police involvement and legal implications. Includes LSS Certificate.

March 4 Sun 11:00 am - 3:00 pm

Cost: \$26.68/1 session

LIFEGUARD SCHOOL

NATIONAL LIFEGUARD (NLS) POOL OPTION

Learn the fundamental principles of lifeguarding and swimming pool supervision. Topics include rescue and emergency procedures, injury prevention, public relations, scanning, first aid and pool operation.

Prerequisites: Bronze Cross; Standard First Aid or Aquatic Emergency Care (current within two years of certification date by first day of course); 16 years of age (by last day of course).

**Tuesdays 6:00pm-10:00pm & Sundays 8:30am-12:30pm
January 31 - March 11 Cost: \$329.16/12 sessions
Additional courses will start May 15 & Sept 25**

LIFESAVING FITNESS AWARD

This course will challenge your fitness level. There are 3 levels: Gold, Silver and Bronze levels.

March 15 Thu 6:00 pm - 7:00 pm

Cost: \$13.92/ 1 session

COMPETITION AND SKILLS DEVELOPMENT

This course will improve your employment opportunities. Competition is an important aspect of life guarding as it provides life-like emergency situations practised in a controlled environment. Skill improvement and streamlining optimizes the candidate's performance in competitions. Competition: Sunday, April 1.

March 13 - March 27 Tue 6:00 pm - 9:30 pm

Cost: \$6.10/ session for 3 sessions – Come and try it!

NATIONAL LIFEGUARD WATERFRONT OPTION

This award focuses on the aspects of lifeguarding a beach, lake or other outdoor aquatic environments. Topics include waterfront scanning and rescue procedures, emergency response and first aid, rescue equipment use and maintenance. This award prepares candidates for lifeguarding duties on waterfronts with waves less than one metre. Classes held at Kits Beach.

Pre-requisite: NLS (pool option); Standard First Aid

June 16 - 25 Sat 12:00 pm - 4:00 pm

Sun 8:30 am - 12:30 pm

Mon 4:00 pm - 9:00 pm

1st Tue 4:00 pm - 8:00 pm

Cost: \$210.60/ 7 sessions

**NATIONAL LIFEGUARD SERVICE
PRECERTIFICATIONS/RECERTIFICATIONS**

NLS PRECERTIFICATION (POOL) *Bring NLS, CPR*

Friday	5:30 pm - 9:30 pm	Jan 27
Saturday	5:30 pm - 9:30 pm	Feb 25
Saturday	5:30 pm - 9:30 pm	Mar 24
Friday	5:30 pm - 9:30 pm	Apr 20
Saturday	5:30 pm - 9:30 pm	May 5
Monday	5:30 pm - 9:30 pm	May 14
Thursday	5:30 pm - 9:30 pm	Jun 7
Friday	5:30 pm - 9:30 pm	Jul 6
Saturday	5:30 pm - 9:30 pm	Sep 29
Friday	5:30 pm - 9:30 pm	Nov 9
Friday	5:30 pm - 9:30 pm	Dec 21

Cost: \$34.50/ 1 session

NLS RECERTIFICATION (POOL) *Bring NLS, CPR*

Saturday	5:30 pm - 9:30 pm	Jan 28
Sunday	5:30 pm - 9:30 pm	Feb 26
Sunday	5:30 pm - 9:30 pm	Mar 25
Saturday	5:30 pm - 9:30 pm	Apr 21
Sunday	5:30 pm - 9:30 pm	May 6
Saturday	8:00 am - 12:00 pm	May 19
Friday	5:30 pm - 9:30 pm	Jun 8
Saturday	5:30 pm - 9:30 pm	Jul 7
Sunday	5:30 pm - 9:30 pm	Sep 30
Saturday	5:30 pm - 9:30 pm	Nov 10
Saturday	5:30 pm - 9:30 pm	Dec 22

Cost: \$65.50/ 1 session

NLS PRECERTIFICATION (WATERFRONT)

Saturday	12:00 pm - 4:00 pm	May 12
Wednesday	12:00 pm - 4:00 pm	May 16
Saturday	8:00 am - 12:00 pm	May 19
Saturday	8:00 am - 12:00 pm	Jun 9
Tuesday	4:00 pm - 8:00 pm	Jun 26

Cost: \$34.50/ 1 session

NLS RECERTIFICATION (WATERFRONT)

Sunday	12:00 pm - 4:00 pm	May 13
Thursday	12:00 pm - 4:00 pm	May 17
Sunday	8:00 am - 12:00 pm	May 20
Monday	8:00 am - 12:00 pm	May 21
Sunday	8:00 am - 12:00 pm	Jun 10
Wednesday	4:00 pm - 8:00 pm	Jun 27

Cost: \$65.50/ 1 session

CPR BASIC RESCUER RECERTIFICATION (LEVEL C)
Lifeguards recertify this award every year. Manual extra.

Sunday	1:00 pm - 5:00 pm	Feb 26
Saturday	8:30 am - 12:30 pm	Apr 21
Tuesday	5:30 pm - 9:30 pm	May 15
Friday	5:30 pm - 9:30 pm	Jun 22
Saturday	1:00 pm - 5:00 pm	Oct 27
Saturday	1:00 pm - 5:00 pm	Dec 8

Cost: \$35.00/ 1 session

AED RESPONDER CERTIFICATION COURSE

Saturday	12:30 pm - 5:30 pm	Apr 21
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Cost: \$45.60/ 1 session (Pre-requisite CPR-C)

AEC/STANDARD FIRST AID RECERTIFICATION

Tue Jan 24	6:00-10:00 pm	Sun Jan 29	8:30am-12:30 pm
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****Must attend both sessions**

Sunday	8:30 am - 5:30 pm	May 13
Saturday	8:30 am - 5:30 pm	Jun 30
Sunday	8:30 am - 5:30 pm	Sep 23

The recerts will include LSS Standard First Aid/CPR (C)
SFA candidates may attend.
Cost: \$54.36/ 1 session

JUST STARTING OUT IN LIFE GUARDING?

Bronze Medallion	Jan 14 - Feb 11/ Feb 19-Mar 11 Mar 31- May 5/Apr 1 - May 6 Sep 15 - Oct 20/ Oct 27-Dec 1
Bronze Cross	Jan 15 -Feb 12 /Feb 18 - Mar 10 May 13 - Jun 17/May 12 - Jun 16 Oct 28 - Dec 2/Sep 16 – Oct 21
Life Saving Camp	Mar 12 - 16/ Jul 9 - 20/Jan 2-6 (Medallion and Cross)
National Lifeguard	May 15 - Jun 21 & Sep 25 - Nov 1

OTHER LIFEGUARD/INSTRUCTOR COURSES:
Assistant Water Safety Instructors TBA
Water Safety Instructors TBA
Life Saving Instructors TBA

**SUCCESSFUL CANDIDATES ARE GIVEN PRIORITY
CONSIDERATION FOR EMPLOYMENT AT VANCOUVER
BEACHES AND OUTDOOR POOLS**
INFORMATION 604-665-3418
Glenn Schultz, Supervisor, Beaches and Outdoor Pools
E-MAIL: glenn.schultz@vancouver.ca

**VANCOUVER BOARD OF PARKS & RECREATION
AQUATIC SERVICES**

**LIFEGUARD
SCHOOL
2012**

**TRAINING COURSES &
RECERTIFICATIONS**



VANCOUVER AQUATIC CENTRE
1050 Beach Avenue V6E 1T7
Phone: 604 - 665-3424
Fax: 604 - 665-3455

Website: www.vancouverparks.ca