

Aquatic Leadership





How to become a VAUGHAN SWIM INSTRUCTOR or LIFEGUARD



View employment opportunities at vaughan.ca/RecJobs



Becoming a Swim Instructor & Lifeguard Important Information

Lifesaving Society Certification

Programs: Please note the certification programs in this brochure are offered by the City of Vaughan, as an affiliate with the Lifesaving Society. In order to become certified, the City is required to forward your registration information directly to the appropriate organization.

Course Prerequisites: Original prerequisite certifications must be presented at the start of each course. Please consult the individual course descriptions to determine what is required. To check your current awards, visit lifesavingsociety.com and click on the 'Find a Member' link. This service may not be offered by other certification organizations. In situations where age is indicated as a requirement, please bring proof of age.

Age: Candidates must be the prerequisite age as of the final day of the course.

Pre-Course Assignments & Experience:

Some specialty courses and clinics may require the candidate to complete a pre-course assignment or provide original proof of instructional and/or lifeguarding experience before the course begins. Please consult the individual course descriptions to determine the requirements.

Certification & Course Manual Cost:

Included in course fee.

What to Bring: You may be required to bring proof of the listed prerequisites, previous course manuals, comfortable clothing, bathing attire, towels, whistle, notepaper/pen, meals/snacks and a refillable water bottle.

Supervision: There may be times when a participant may be unsupervised. These may include before, during and after the course. If you have a concern, please contact the Aquatic Coordinator prior to the course.

Course Attendance: 100% attendance and active participation in both the class and pool portion is required to complete all courses.

Unsuccessful Completion: Candidates are evaluated continuously throughout the course. If unsuccessful, candidates must retake the full course. Bronze Medallion and Bronze Cross candidates may try a challenge exam.

Out-of-Country Awards: You must hold a certification recognized by Ontario Health Regulations in order to lifeguard in Ontario. Apply to the Lifesaving Society (416.490.8844) for your out-of-country award equivalency.

Vaughan Public Libraries now have a limited supply of manuals for Bronze Medallion, Instructor and National Lifeguard courses. You may decrease the course cost by borrowing one. Note: You must pay full course fee to register and contact Aquatic Coordinator/Programmer at the course location to receive credit or reimbursement for the manual cost. You must have the manual for each day of the course.



Register for an aquatic leadership course at vaughan.perfectmind.com.



VOLUNTEER

at your local pool and receive **discounted** instructor or lifeguard **training**

By volunteering with certified instructors and lifeguards to deliver swim lessons and recreational swims, you'll earn credits for every volunteer hour worked. These credits can be applied to the cost of select leadership courses required to become a swim instructor or lifeguard.

Benefits

- enhances your eligibility for aquatic employment through networking and building a positive rapport
- provides you with invaluable work-related skills and experience
- helps you earn volunteer hours towards high school requirements

General Requirements

- 14 years+ with current Bronze Cross Certification
- interview selection process; only successful candidates are contacted
- vulnerable sector check

Volunteer hours required for discounted leadership course fees:

20 hours **Standard First Aid & CPR**

22 hours **Assistant Swim Instructor**

55 hours **Lifesaving & Swim Instructor**

55 hours **National Lifeguard**

For details call the Community Centre Lead at your local pool or visit

vaughan.ca/RecJobs



Swimming Instructors

- develop the important life skills of swimming
- create an enjoyable environment for people of all ages and abilities while focusing on safety

Certifications:

Lifesaving Instructor and Swim Instructor, and either Bronze Cross or National Lifeguard

Lifeguards

- water rescue professionals trained in emergency care
- prevent accidents and identify hazards
- determine safe practices around the pool

Certifications:

National Lifeguard; or Bronze Cross for Assistant Lifeguards

Aquafitness Instructors

- teach active, fun and safe exercises to a group

Certifications:

Aquafitness Instructor

General Requirements

- 16 years+, certifications must be current and include Standard First Aid/CPR-C
- Vulnerable sector check dated within one year

Benefits

- Flexible hours & shifts
- Competitive wages
- Feel-good work
- Training & advancement
- Course + recert discounts
- Friendships & fun
- Character building + confidence
- Fitness membership discount

Questions?

Call the **Aquatic Coordinator** at your local community centre.

Get started today Vaughan's swim leadership programs



Becoming a Swim Instructor & Lifeguard



Exams



Standard First Aid & CPR-C



Recertifications



Specialty Courses & Clinics

For current course, exam locations & schedules visit vaughan.ca/swim

Becoming a Swim Instructor & Lifeguard



Bronze Medallion & Emergency First Aid

Learn lifesaving principles embodied in the (4) components of water-rescue education: judgment, fitness, knowledge, and skill. Rescuers learn tows, carries and release methods in preparation for risky and challenging rescues. Swimmers develop stroke efficiency, complete a 500m swim within 15 minutes, and learn techniques for managing spinal injuries in shallow water. Emergency First Aid provides general knowledge and practical experience with victim assessment and in the treatment of various injuries. Lifesavers also learn CPR techniques for adult and child victims.

Prerequisite: Age 13 years+ or Bronze Star. Candidates that have a Bronze Star but will not be turning 13 by the end of the course will need to contact the Aquatic Coordinator/Programmer to obtain an age over-ride prior to registration.

Materials Included: Canadian Lifesaving Manual, Bronze Medallion Workbook, CPR mask

Leadership courses are subject to change and may be added/removed seasonally. For registration & cancellation/withdrawal policies, visit vaughan.ca/recreation.

Bronze Cross

Bronze Cross offers advanced training, including an introduction to safe supervision in aquatic facilities. Candidates must complete a 600m swim within 18 minutes. Lifesavers learn spinal injury and pulseless victim rescues. Lifesavers also learn CPR techniques for adult, children and infant victims.

Prerequisite: Age 13 years+, Bronze Medallion and Emergency First Aid

Materials Included: Bronze Cross Workbook

Fastrack your certification! Think about taking the combined Bronze Medallion/Cross & Standard First Aid.

Bronze Medallion/Cross & Standard First Aid

This unique combination course offers participants the opportunity to learn the necessary prerequisites to becoming a lifeguard. Challenges include an 18 minute 600m swim; shallow and deep water rescues; management of spinal injuries; CPR, and first aid. Successful candidates will be awarded Bronze Medallion, Bronze Cross and Lifesaving Standard First Aid with CPR-C certifications.

Prerequisite: Age 13 years+ or Bronze Star

Materials Included: Canadian Lifesaving Manual, First Aid Manual, Bronze Medallion and Bronze Cross Workbook, CPR mask

Assistant Swim Instructor

Through classroom learning and in-water practice, this program prepares candidates to help certified instructors deliver swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and master basic progressions. The leadership roles and responsibilities of instructors and their assistants are emphasized.

Prerequisite: Age 14 years+ and Bronze Cross or higher

Materials Included: Assistant Instructor Workbook

Lifesaving & Swim Instructor

This course prepares individuals to organize, plan, teach and evaluate basic swim strokes, lifesaving skills, first aid skills, resuscitation techniques and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Swim Instructors teach candidates in all levels of the Swim for Life® program. Current Lifesaving Society Lifesaving Instructors teach the Canadian Swim Patrol, Bronze Programs and Emergency First Aid.

Prerequisite: Age 15 years+, Bronze Cross or higher

Materials Included: Instructor Manual, Swim for Life Award Guide, Teaching Swim for Life, Swim Patrol Award Guide, Bronze Medal Award Guide, First Aid Award Guide and binder

National Lifeguard: Pool

The National Lifeguard award is the elite lifeguarding award in Canada. Candidates are trained in lifeguarding techniques, with an emphasis on teamwork. Topics include communications with Emergency Management Service personnel, special circumstances, 1 and 2 rescuer scenario and more. Candidates must complete a 400m swim within 10 minutes and other fitness skills.

Prerequisite: Age 15 years+ Bronze Cross and Standard First Aid. Standard First Aid must be from one of the following agencies: Lifesaving Society, Canadian Red Cross, St. John Ambulance or Canadian Ski Patrol.

Materials Included: Alert Manual



Vaughan Sports: Lifesaving

Comprised of 5 fundamental levels: an obstacle swim, tow with fins, lifesaving medley, throwing accuracy, and object support. Plus 2 team events: the obstacle relay and medley relay. A friendly swim meet is held each session, and participants compete in the Junior Telegames competition as well as provincial championships in June.

Prerequisite: Teen/Adult Swim 3, or Swimmer 5.



Exams



Bronze Medallion Exam

This examination is designed for candidates who have completed the course but either missed or failed the original exam. It is also ideal for candidates requiring re-certification. There will be an evaluation of all items at this level. **Note:** Successful candidates receive certification.

Prerequisite: Age 13 years+ or Bronze Star

Bronze Cross Exam

This examination is designed for candidates who have completed the course but either missed or failed the original exam. It is also ideal for candidates requiring re-certification. There will be an evaluation of all items at this level. **Note:** Successful candidates receive certification.

Prerequisite: Bronze Medallion and Emergency First Aid or Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, and Canadian Ski Patrol

Standard First Aid & CPR-C



Standard First Aid & CPR-C

Candidates gain comprehensive training in all aspects of first aid and CPR-C. Standard First Aid is for those who want an in-depth understanding of such topics as: medical and legal considerations; spinal injury management; environmental injuries; bone and joint injuries; abdominal and chest injuries; burns; and other medical emergencies. CPR-C covers adult, child, and infant CPR. Successful candidates are awarded Lifesaving Society Standard First Aid and CPR-C certifications. These are recognized by the Workplace Safety & Insurance Board (WSIB).

Prerequisite: Age 14 years+

Materials Included: First Aid Manual

To qualify for a Standard First Aid REcertification, your last certification must have been:

- with the Lifesaving Society
- a full Standard First Aid/CPR-C course (16 hours)
- no longer than exactly 3 years ago



Recertifications



Aquafitness Instructor Recertification

This course requires previously certified City of Vaughan Aquafitness Instructors to submit a 45 minute video recording of a recent aquafitness class they have taught within the last three months. There is also a written test. Completion of this certification can be done by correspondence. For information contact christine.carlini-griffo@vaughan.ca.

National Lifeguard Recertification: Pool

The candidate's lifeguarding skills are evaluated. Emphasis is on teamwork and demonstration of skills at the National Lifeguard standard. Successful completion renews the award for two years.

Prerequisite: National Lifeguard

Standard First Aid & CPR-C Recertification

This course reviews a candidate's existing Standard First Aid and CPR skills in a practical setting. Successful completion renews the award for three years, and is recognized by WSIB.

Prerequisite: Current Lifesaving Society Standard First Aid and CPR-C

Specialty Courses & Clinics



Aquafitness Instructor Certification

Learn the benefits of aquafitness, and how to plan and conduct a class. Walk away from this two-day course a certified aquafitness instructor. Certification is valid for 6 months, after that simply send us a video of you teaching a 45 minute aquafitness class (audio included), take a written test and your certification will be renewed for two years.

Prerequisite: Age 16 years+, Standard First Aid

Aquatic Supervisor

Experienced lifeguards are prepared to be Deck Supervisors or Head Lifeguards. Topics include facility management, legal regulations governing public pools, aquatic emergencies, supervisory skills, critical incident stress management and public relations skills.

Prerequisite: Proof of 100 hours experience lifeguarding and/or instructing and National Lifeguard or Lifesaving Instructor awards

Materials Included: Guide to Ontario Public Pools Regulation

Distinction

Develop advanced water rescue skills and knowledge, and an understanding of fitness training principles. Challenges include: completing a 700m swim within 14 minutes; the implications of assuming responsibility in an emergency; how to deal with two (2) victims at once; and the rescue of a non-breathing spinal injury victim. Inherent in the name of the award, participants must perform each item 'with distinction'. A great challenge to help maintain and improve your lifesaving skills, both before and after taking the National Lifeguard and Instructor awards.

Prerequisite: Bronze Cross

Examiner Standards Course

The Examiner course is the first step in the three-step process to be certified as an Examiner for the Lifesaving Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content.

Required references: Award Guide (Bronze/National Lifeguard/Standard First Aid)

Prerequisite: Lifesaving Society Instructor

Materials Included: Lifesaving Examiner Handbook



Lifesaving Coaching Clinic

Lifesaving Sport Coach provides training for Lifesaving Instructors who wish to coach Lifesaving Sport at the community level. The course focuses on the fundamentals of coaching and Lifesaving Sport skills in the pool. Lifesaving Sport Coach may teach and certify the Society's Lifesaving Sport Fundamentals program.

Prerequisite: Lifesaving Instructor award, Emergency First Aid or Standard First Aid

Materials Included: Coaching Lifesaving, Lifesaving Sport Fundamentals Award Guide

Lifesaving Trainer Course

Shapes positive attitudes and values about the Society's Trainer program, planning, learning/teaching, and evaluation content. The clinic provides candidates with an understanding of the expectations and requirements to teach instructors, and prepares participants to successfully apprentice as an Instructor Trainer on the Instructor course(s) of their choice. With apprenticeship experience and the positive recommendation of an experienced Instructor Trainer, the Society may appoint the individual as an Instructor Trainer.

Prerequisite: Lifesaving Society Instructor and Examiner certification. Significant teaching and examining experience, in the award(s) the examiner wishes to be appointed a Trainer. Participants should have a good understanding of the Society's lifesaving programs, technical content, progressions, evaluation standards and procedures.

Materials Included: Trainer Manual

Lifesaving Officials Clinic

This community officials course trains parents, staff and volunteers to officiate at community-level Lifesaving Sport competitions. The course focuses on the duties and roles of Officials who are required in large numbers (e.g. timers, runners, tabulators) when hosting a Lifesaving Sport event.

Prerequisite: Age 13 years+

Materials Included: Officials Award Guide

National Lifeguard Instructor

Candidates learn the expectations and requirements of teaching the National Lifeguard program. Classroom and pool sessions allow participants to demonstrate and develop their knowledge, teaching and evaluation skills. This course has a pre-course assignment. Contact the Aquatic Coordinator upon registration to arrange pickup. Successful candidates may obtain National Lifeguard Examiner status after completing the course, and successfully co-teaching an entire National Lifeguard course with an experienced Trainer.

Prerequisite: Current Lifesaving Instructor, current National Lifeguard (any option)

Materials Included: National Lifeguard Award Guide, National Lifeguard Instructor Resource CD, Guide to Ontario Public Pools Regulation, and binder.

SEE Auditor

The SEE Auditor (Supervision Evaluation Enhancement) course is designed to give individuals the knowledge, training and tools required to evaluate the safety of lifeguard and instructor supervision using a quantifiable measuring system.

Prerequisite: Proof of 100 hours experience lifeguarding and National Lifeguard, National Lifeguard Examiner, or Aquatic Supervisor.

Standard First Aid Instructor

The Lifesaving Society's Standard First Aid Instructor course is designed to provide Lifesaving Instructors with the knowledge and resources required to organize, plan, and deliver Lifesaving Society First Aid awards up to and including Standard First Aid and CPR-C. This course has a pre-course assignment. Successful candidates may obtain First Aid Examiner status after completing the Examiner Standards course, and successfully co-teaching an ensure standard first Aid course with an experienced Trainer.

Prerequisite: Lifesaving Instructor and Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol

Materials Included: First Aid Instructor Resource CD

Water Polo Instructor

This clinic is for anyone interested in becoming a water polo instructor. Coaches will learn basic water polo skills, safety principles for participants with no water polo experience, as well as be able to teach basic skill sets in a fun and interactive way to their young athletes after taking this workshop. No water polo experience required.

Prerequisite: Age 16 years+

Recommended: Lifesaving Instructor or Swim Instructor.

Follow us!
Recreation Vaughan



We're *hiring*
swim instructors & lifeguards

Aquatic Supervisor
National Lifeguard
Lifesaving & Swim Instructor



Flexible hours & shifts
Competitive wages

Feel-good work

Training & advancement

Course + recert discounts

Friendships & fun

Character building + confidence

Fitness membership discount



Janique

Deck Supervisor
Aquatic Camp Counsellor
Swim Instructor
Lifeguard

Dufferin Clark Pool
North Thornhill Pool

I love my rec job because

I get to see the joy in a child's
face (& their parents!) when

they pass their swim level
after many attempts.



Love your rec job! vaughan.ca/RecJobs