Bronze Star: is designed to deliver high-performance training for skilled preteens. The first level of our Bronze medal family, Bronze Star is excellent preparation for success in Bronze Medallion.

Bronze Medallion: teaches an understanding of the lifesaving principles embodied in the four components of water rescue education -- judgment, knowledge, skill and fitness.

Bronze Cross: teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. Lifesavers learn how to rescue a spinal-injured victim and a pulseless victim.

Standard First Aid & CPR C: in a learn-by-doing approach, Standard First Aid teaches dealing with a wide range of injuries and life threatening emergencies. Emphasis is placed on vital signs, priority assessment and basic emergency care principles. Excellent for those who wish to have the knowledge and skills to deal with many types of emergency situations.

National Lifeguard (NL): Recognized as the standard measurement of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard.

Prerequisites: 16 years of age, Bronze Cross, Standard First Aid/CPR

You are now a Lifeguard!

Advanced Courses

Red Cross Assistant Water Safety Instructor (AWSI):

The course covers the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback.

Prerequisite: 15 years old

Red Cross Water Safety Instructor (WSI):

The course further develops instructional ability by focusing on **how to effectively plan and teach** the Red Cross Swim continuum: Red Cross Swim Preschool, Red Cross Swim Kids and AquaAdults.

Prerequisite:AWSI & 15 years old

You are now a Red Cross