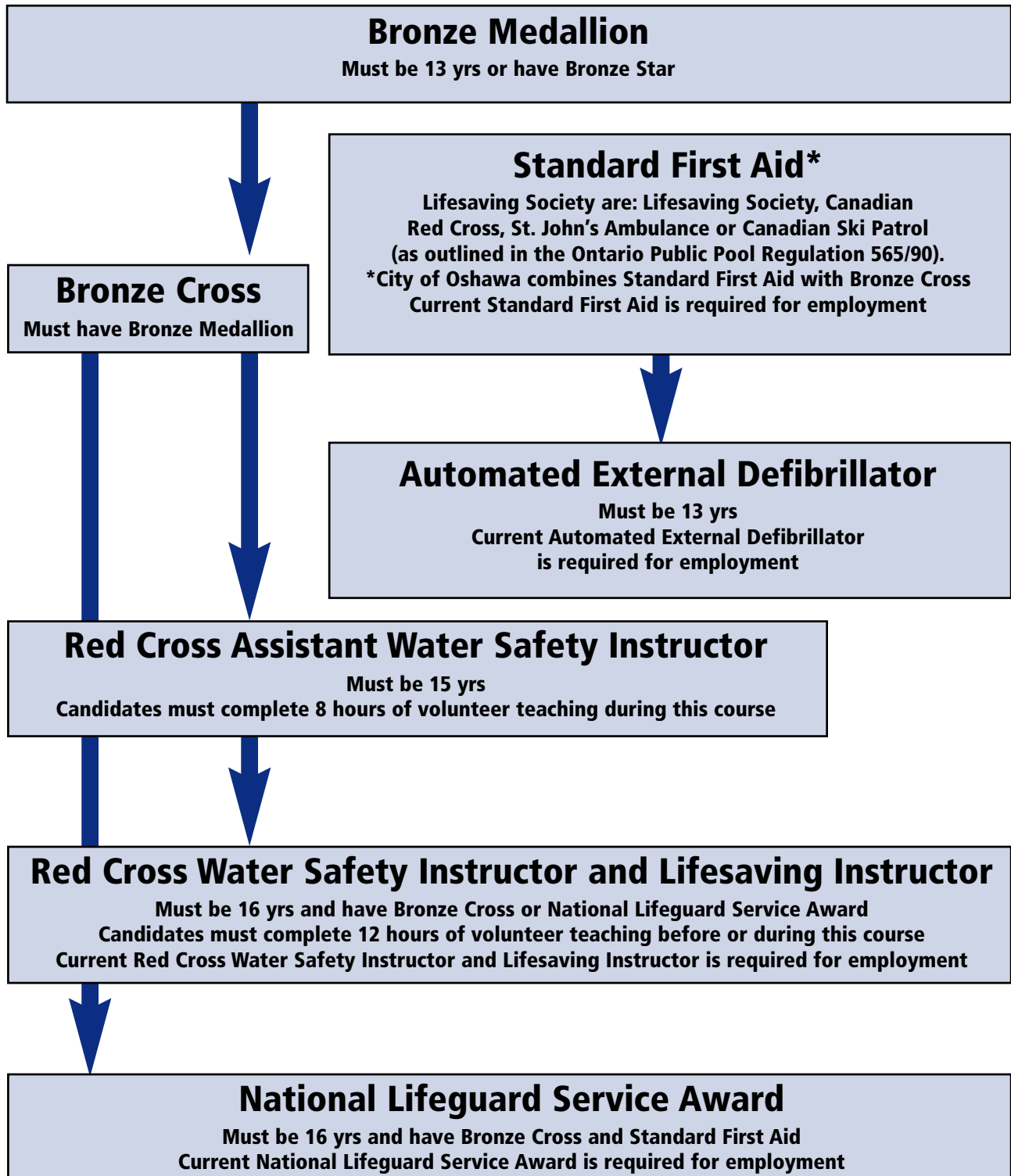


# Become a Lifeguard and Swim Instructor with the City of Oshawa



Current = 2 years from the certification date

Online applications will be accepted beginning April 1, 2012 for Lifeguard and Swim Instructor positions for Fall 2012 employment.  
Visit [www.oshawa.ca](http://www.oshawa.ca) and click on Employment Quick Link.

**Bronze Star**

Participants develop problem solving and decision-making skills individually and in partners. The program fee includes award fees. Prerequisite: Ages 10 to 12 years. Must be able to swim 100m.

**Oshawa Youth Lifesaving Club** 

Competitive lifesaving is an exciting and fun sport. Lifesaving is the only sport in which skills are first learned for humanitarian purposes and only then applied in competition. Each practice will challenge you to increase your physical fitness. Practices are developed to prepare you for lifesaving competitions and to obtain personal best achievements.

Pre-requisites: Age 8 & must be able to swim 50 metres and tread water for 1 minute.

**Bronze Medallion**

This course teaches an understanding of lifesaving principles. Rescuers learn tows and carries, defense methods and releases in preparation for rescues of increased risk involving conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a 500m-timed swim. Program fee includes Canadian Lifesaving Manual and award fees.

Prerequisite: Minimum 13 years of age by exam date or Bronze Star Award.

**Bronze Med/Cross & Standard First Aid**

A course designed for the candidate who wishes to complete Bronze Medallion, Bronze Cross and Standard First Aid simultaneously. The program fee includes Canadian Lifesaving Manual, First Aid Manual and award fees. Prerequisite: Minimum 13 years of age by exam date

**Bronze Cross & Standard First Aid**

A course designed for lifesavers who want advanced lifesaving training. These awards are the pre-requisites for all advanced training programs including National Lifeguard and Instructor certification. Program fee includes award fees.

Prerequisite: Bronze Medallion

**NLS - National Lifeguard Service (Pool)**

The National Lifeguard certification is the only recognized lifeguarding award in Canada. The program emphasizes teamwork, leadership, communications and the prevention of accidents and the treatment of aquatic emergencies. Total program fee includes Alert Manual and award fees.

Prerequisite: Minimum 16 years of age by exam date, Bronze Cross and Standard First Aid. The Lifesaving Society only accepts Standard First Aid certificates that are recognized in the Ontario Public Pools Regulation (565/90) - those of the Lifesaving

Society, Canadian Red Cross Society, St. John Ambulance and Canadian Ski Patrol - or programs that are deemed equivalent by the Lifesaving Society.

**NLS - National Lifeguard (Pool Recert)**

The NLS award remains current for a period of two years. This is a mandatory program to recertify the award.

Prerequisite: National Lifeguard Service Certification

**Red Cross - Assistant Water Safety (AWSI) Instructor**

This course exposes candidates to the practical and theoretical knowledge needed to teach the Red Cross Water Safety and swimming classes. Candidates are required to teach 8 hours of volunteer teaching in conjunction with this course. *Please see information on assistant teaching hours below.* This award is the prerequisite for the Red Cross Water Safety Instructor course. Program fee includes all materials and award fees.

Prerequisite: 15 years of age by exam date. Recommended: Swim Kids 10 swimming level.

**Assistant Teaching Hours**

As part of the Assistant Water Safety Instructor course, candidates are required to complete a minimum of 8 teaching experienced hours before the end of your scheduled course. You may complete these hours at any facility of your choice. It is recommended that the AWSI candidate stay with the same Instructor for a 1 hour allotment over an 8 week period. After successfully completing the AWSI course, candidates will be required to complete an additional 20 teaching experienced hours. If you have any questions, please contact the Aquatic Coordinator at a swimming facility of your choice. Register for these teaching hours online at [www.oshawa.ca/ol](http://www.oshawa.ca/ol)

**Red Cross & Lifesaving Society Instructor Course**

Upon successful completion of this program, candidates will be able to instruct the lifesaving awards of the Lifesaving Society and Red Cross learn to swim programs. Program fee includes all materials and award fees.

Prerequisite: Minimum 16 years of age by exam date, Red Cross Assistant Water Safety Instructor Award, and Bronze Cross or NLS award. Must have completed 20 hours of assistance teaching.

**Red Cross - Instructor Recert**

Red Cross Instructors must attend these clinics every two years in order to maintain current certification.

Prerequisite: Red Cross Water Safety Instructor Certification.

**Lifesaving Society - Advanced Instructors**

This course provides additional training for Lifesaving Society Instructors who wish to teach the advanced awards of the Canadian Lifesaving Program Including NLS Instructor and Standard First Aid Instructor.

Prerequisite: LS Instructor Award. Required Text: Bronze Medal Award Guide, First Aid Award Guide, Lifesaving Society Instructors Notes.

**Lifesaving Society - Examiner Standards Clinic**

This clinic provides participants with the initial step in obtaining Lifesaving Society examiner status.

Prerequisite: LS Instructor Award and recommended 2 years teaching experience. Required Text: Canadian Lifesaving Manual, Bronze Medal Award Guide.

**Lifesaving Society - Coaching Course**

The coaching clinic is designed to increase the knowledge of competitive lifesaving skills. The course is also designed to emphasize coaching approaches appropriate to community level athletes, while increasing the competencies of a lifesaving coach at the community level. Award fees included.

Prerequisite: LS Instructor Award  
Required Text: Lifesaving Competition Manual. This text can be downloaded at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)


**Springboard Diving Instructor Course**

Those wishing to teach CADA's Learn to Dive program must first successfully complete the Learn to Dive Instructor's Clinic. The program is recognized by the National Coaching Certification Program (NCCP). program fee includes all materials and award fees.

Prerequisites: Minimum 16 years of age and Red Cross or LS Instructor Award.

Candidates must present proof of age and original pre-requisite awards on the first day of all Leadership classes. (exceptions: Bronze Star, Junior Lifeguard Club and Oshawa Lifesaving Club).

100% attendance is required for all Leadership courses.

 Eligible program for the Children's Fitness Tax Credit. See page 9 for details.

# 72 Swimming Lifesaving & Leadership

100% attendance is mandatory for all Lifesaving & Leadership Courses. Participants are required to bring proof of age and original certification on the first day of the course.

Program	Location	Day(s)	Start Date	Time	Code	Fee
<b>Oshawa Lifesaving Club</b>	Civic Recreation Complex	Sun	Oct 2-Dec 11	4:30pm - 5:30pm	167282	\$86.20
	Civic Recreation Complex	Sun	Jan 8-Mar 4	4:30pm - 5:30pm	167612	\$78.58
<b>Bronze Star</b>	Civic Recreation Complex	Sat	Oct 1-Dec 10	12:00pm - 1:00pm	167281	\$78.50
	Civic Recreation Complex	Thu	Oct 6-Dec 8	7:15pm - 8:15pm	167280	\$78.50
	Civic Recreation Complex	Sat	Jan 7-Mar 3	12:00pm - 1:00pm	167611	\$71.49
	Civic Recreation Complex	Thu	Jan 12-Mar 8	7:15pm - 8:15pm	167610	\$71.49
<b>Bronze Medallion</b>	South Oshawa Community Centre	Sat	Oct 1-Dec 10	10:00am - 11:00am	168639	\$147.68
	Donevan Recreation Complex	Sun	Oct 2-Dec 11	5:00pm - 7:00pm	168768	\$147.68
	South Oshawa Community Centre	Sat	Jan 7-Mar 3	10:00am - 11:00am	168672	\$147.68
	Donevan Recreation Complex	Sun	Jan 8-Mar 4	5:00pm - 7:15pm	168769	\$147.68
<b>Bronze Med/Cross &amp; Standard First Aid</b>	Civic Recreation Complex	Sun	Nov 13-Dec 11	9:00am - 5:00pm	167630	\$263.30
<b>Bronze Cross &amp; Standard First Aid</b>	Donevan Recreation Complex	Sun	Oct 2-Dec 11	5:00pm - 8:00pm	168770	\$211.74
	Donevan Recreation Complex	Sun	Jan 8-Mar 4	5:00pm - 8:30pm	168771	\$211.74
	Civic Recreation Complex	Mon-Fri	Mar 12-Mar 16	12:00pm - 7:00pm	167629	\$211.74
<b>NLS - National Lifeguard Service (Pool)</b>	South Oshawa Community Centre	Sun	Oct 2-Dec 11	9:00am - 11:00am	168640	\$251.46
	Donevan Recreation Complex	Mon-Fri	Mar 12-Mar 16	9:00am - 6:00pm	168801	\$251.46
	South Oshawa Community Centre	Sun	Jan 8-Mar 4	8:30am - 11:00am	168951	\$251.46
<b>NLS - National Lifeguard (Pool Recert)</b>	Donevan Recreation Complex	Sat	Oct 1	1:00pm - 6:00pm	168772	\$87.39
	Donevan Recreation Complex	Sat	Oct 29	1:00pm - 6:00pm	168773	\$87.39
	Civic Recreation Complex	Sat	Dec 17	2:00pm - 7:00pm	167637	\$87.39
	Donevan Recreation Complex	Sat	Feb 11	1:00pm - 6:00pm	168774	\$87.39
	Civic Recreation Complex	Sat	Mar 10	2:00pm - 7:00pm	167638	\$87.39
<b>Red Cross - Assistant Instructor Course</b>	Donevan Recreation Complex	Sun	Oct 2-Dec 18	9:30am - 12:30pm	168791	\$237
	South Oshawa Community Centre	Thu	Oct 6-Dec 8	6:00pm - 7:30pm	168651	\$237
	Civic Recreation Complex	Sat	Jan 7-Mar 3	5:30pm - 9:00pm	167642	\$237
	Donevan Recreation Complex	Sun	Jan 8-Mar 4	9:15am - 12:30pm	168792	\$237
<b>Red Cross &amp; Lifesaving Society Instructor Course</b>	South Oshawa Community Centre	Sun	Oct 2-Dec 11	4:30pm - 6:30pm	168647	\$264.45
	Donevan Recreation Complex	Tue-Thu, Mon	Dec 27-Jan 5	8:30am - 6:00pm	168989	\$264.45
	South Oshawa Community Centre	Sun	Jan 8-Mar 4	4:00pm - 9:00pm	168950	\$264.45
<b>Red Cross - Instructor Recert</b>	Donevan Recreation Complex	Sun	Oct 2	12:00pm - 4:00pm	168799	\$73.42
	Donevan Recreation Complex	Sun	Nov 27	12:00pm - 4:00pm	168800	\$73.42
	Civic Recreation Complex	Sat	Jan 7	2:30pm - 6:30pm	167640	\$73.42
	Civic Recreation Complex	Sun	Mar 11	2:30pm - 6:30pm	167641	\$73.42
<b>Lifesaving Society Advanced Instructors</b>	Civic Recreation Complex	Sat	Oct 8	9:00am - 1:00pm	167634	\$41.40
<b>Lifesaving Society Examiner Standards Clinic</b>	Civic Recreation Complex	Sat	Oct 8	2:00pm - 6:00pm	167635	\$41.40
<b>Lifesaving Society Coaching Course</b>	Civic Recreation Complex	Tue, Thu	Sep 13-20	6:00pm - 10:00pm	167636	\$112.43
<b>Springboard Diving Instructor</b>	Civic Recreation Complex	Sat-Sun	Sep 17-18	10:00am - 6:30pm	167643	\$183.76