How to become a City of Oshawa Lifeguard and Swim Instructor

**Lifeguard Path to Certification**

1. **Bronze Star**
   - *Only required for candidates under 13 years who wish to get a head start.

2. **Bronze Medallion**
   - Prerequisite: Must be 13 years or have Bronze Star

3. **Bronze Cross**
   - Prerequisite: Bronze Medallion

4. **Standard First-Aid**
   - Recognized certifying agencies: Lifesaving Society, Canadian Red Cross, St. John’s Ambulance or Canadian Ski Patrol (as outlined in the Ontario Public Pool Regulation 565/90).
   - Note: City of Oshawa combines Standard First-Aid with Bronze Cross.

5. **National Lifeguard Award (NL)**
   - Prerequisites: Must be 16 years and have Bronze Cross and current Standard First-Aid.

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**Swim Instructor Path to Certification**

- **Aquatic Instructor In-Training**
  - Prerequisite: Must be 14 years of age and have Bronze Cross.
  - This course is an optional program. Strongly recommended for those who will be enrolling in the Red Cross Water Safety Instructor course and for individuals wanting to strengthen their Aquatic Leadership Skills.

- **Red Cross Water Safety Instructor**
  - The Instructor Development Process consists of:
    - Skills evaluation
    - Online component
    - Volunteer teaching experience
    - Classroom and pool time
  - Prerequisites: Must be 15 years of age by end of course and hold a Bronze Cross and Emergency or Standard First-Aid certification.

- **Lifesaving Society Instructor**
  - Prerequisites: Must be 16 years of age by end of course and have either Bronze Cross or NL.

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Please visit [www.oshawa.ca/lifeguarding](http://www.oshawa.ca/lifeguarding) for more information about our leadership programs.

To be considered for employment candidates are required to possess the following certifications: National Lifeguard, Red Cross Water Safety Instructor, Lifesaving Society Instructor and Standard First Aid. All must be current within 2 years.

Online application submissions are accepted for Lifeguard and Swim Instructor positions. Visit [www.oshawa.ca/employment](http://www.oshawa.ca/employment)

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**Junior Lifeguard in Training**

Sign up for the Junior Lifeguard in Training program to experience what lifeguarding is really like. J.L.T. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills. Candidates must be comfortable in deep water, and pass an unassisted skill test on the first night consisting of a: 50 metre front crawl swim and tread water for one minute.

**Age:** 8 to 14 years

**Location:** Donevan Recreation Complex

Select these materials when registering:

Manual Code: 14913

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**Bronze Star**

Participants develop problem solving and decision-making skills individually and in partners. Additional fees for materials and awards are applied at checkout.

**Prerequisite:** Minimum 10 years of age. Must be able to swim 100 metres.

**Age:** 10 to 13 years

**Location:** Civic Recreation Complex
Lifesaving & Leadership Programs

**Bronze Cross & Standard First Aid**
Designed for lifesavers who want advanced lifesaving training, these awards are the pre-requisites for all advanced training programs including National Lifeguard and Instructor certifications. Additional fees for materials and awards are applied at checkout. Prerequisite: Bronze medallion.

*Age: 13 years+
*Location: Donevan Recreation Complex

Select these materials when registering:
- Manual Code: 14697
- Award Codes: 15266 / 14697

**Bronze Medallion**
This course teaches an understanding of lifesaving principles and is the prerequisite for Bronze Cross. Rescuers learn tows and carries, defense methods and releases in preparation for rescues of increased risk involving conscious and unconscious victims. Participants develop stroke efficiency and endurance in a 500 metre timed swim. Additional fees for materials and awards are applied at checkout.

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

*Age: 13 years+
*Location: Donevan Recreation Complex

Select these materials when registering:
- Manual Code: 14695
- Award Code: 14694

Select these materials when registering:
- Location: South Oshawa Community Centre
- Manual Code: 15267
- Award Code: 15266

**Standard First Aid & CPR-C**
This course provides comprehensive training covering all aspects of Standard First Aid and CPR-C. Additional fees for materials and awards are applied at checkout.

*Age: 13 years+
*Location: Civic Recreation Complex

Select these materials when registering:
- Manual Code: 15051
- Award Code: 15050

Additional fees for materials and awards are applied at checkout.

*Age: 13 years+
*Location: Donevan Recreation Complex

Select these materials when registering:
- Manual Code: 14706
- Award Code: 15266

**Standard First Aid & CPR-C - Recert**
Successful candidates will receive both Standard First Aid and CPR-C certification. Recertification can only be done through the original certifying agency. A recertification course can only be taken once. Award holders must then repeat the full Standard First Aid course. Additional fees for materials and awards are applied at checkout.

Prerequisite: Current Lifesaving Standard First Aid and CPR-C certification not more than three years from the date of issue.

*Age: 13 years+
*Location: Civic Recreation Complex

Select these materials when registering:
- Program Date: Sep 22
  - Award Code: 15050
- Program Date: Nov 23
  - Award Code: 15319

Select these materials when registering:
- Manual Code: 14707
  - Award Code: 14705

**Red Cross Water Safety Instructor Course**
The Red Cross Instructor Development program involves 4 components: (1) Skills Evaluation, (2) Online Modules, (3) Volunteer Teaching Experience, and (4) Classroom and Pool. All 4 components are included. The first day of the course is the Skills Evaluation. Candidates must successfully complete the Skills Evaluation component to move forward in the program. Next step information and program materials will be provided at the first class. Upon successful completion of the course, candidates are certified to teach the Red Cross Learn to Swim Program. Prerequisites: Minimum 15 years of age by the end of the course and Bronze Cross.

*Age: 15 years+
*Location: Donevan Recreation Complex

Select these materials when registering:
- Manual Code: 14703

Select these materials when registering:
- Program Date: Sep 15
  - Award Code: 14715
- Program Date: Oct 13
  - Award Code: 14717
- Program Date: Nov 17
  - Award Code: 14716

**Red Cross Water Safety Instructor - Recert**
To retain certification, WSIs attending a recertification will be required to complete the recertification modules: WSI – Skills Evaluation and Professional Development courses (as required). WSI candidates will be evaluated on water safety skills and strokes to meet Red Cross Swim Kids performance criteria. They will also be evaluated on Instructor Emergency Response (IER) skills. As of October 2, 2017, the initial certification period for new WSIs is now two years, with a requirement to complete three specified WSI–Online Professional Development Courses to be eligible to complete the WSI Recertification process. To complete the WSI Recertification process, newly certified WSIs complete the prerequisite online courses and attend the WSI Recertification Course, after which instructors must attend clinics every two years in order to maintain a current certification.

Prerequisite: Red Cross Water Safety Instructor Certification.

*Age: 15 years+
*Location: Donevan Recreation Complex

Select these materials when registering:
- Program Date: Sep 15
  - Award Code: 14715
- Program Date: Oct 13
  - Award Code: 14717
- Program Date: Nov 17
  - Award Code: 14716
Lifesaving Society Instructor

Upon successful completion of this program, candidates will be able to instruct the following awards in the Lifesaving program: Canadian Swim Patrol program, Bronze Medal Award, Waiting Pool Attendant and Emergency First Aid. Prerequisite: Minimum 16 years of age by the exam date, Bronze Cross and Standard First Aid from one of Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Ski Patrol.

Age: 15 years+
Location: Donevan Recreation Complex

Select these materials when registering:
- Program Date: Nov 10
  Manual Code: 14710
  Award Code: 14709
- Program Date: Nov 23
  Manual Code: 14701
  Award Code: 14700

National Lifeguard - Pool

As 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. The course 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 metre sprint challenge, 50 metre rescue drill, and 400 metre endurance challenge. Prerequisites: Minimum 16 years of age by the exam date, Bronze Cross and Standard First Aid from one of Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Ski Patrol.

Age: 16 years+
Location: Donevan Recreation Complex

Select these materials when registering:
- Program Date: Sep 29
  Manual Code: 14699
  Award Code: 14702
- Program Date: Dec 21
  Manual Code: 14708
  Award Code: 14711

National Lifeguard - Recert

The National Lifeguard award remains current for a period of two years. This is a mandatory program to recertify the award. Fitness requirements include a timed object recovery, 50 metre sprint challenge, 50 metre rescue drill, and 400 metre endurance challenge. Prerequisite: National Lifeguard Certification

Age: 16 years+
Location: Donevan Recreation Complex

Select these materials when registering:
- Program Date: Sep 15
  Award Code: 14712
- Program Date: Oct 13
  Award Code: 14714
- Program Date: Dec 8
  Award Code: 14713

Lifesaving Society Trainer Clinic

be appointed as a Trainer for the Society. The course provides candidates with an understanding of the expectations and requirements to teach instructors, and prepares participants to successfully apprentice as a Trainer on the instructor course(s) of their choice. It shapes positive attitudes and values about the Society’s Instructor Training program, planning, learning/teaching, and evaluation content and allows participants to demonstrate their language, skills, teaching, and evaluation techniques. Candidates must purchase the required text for the stream they wish to become a trainer in from the Lifesaving Society directly: National Lifeguard Instructor Trainer, Lifesaving Swim and Instructor Trainer, Standard First Aid Instructor Trainer.

Prerequisites: You must possess the experience and examiner status to become a Trainer in a stream. Example: National Lifeguard Trainers, must be a National Lifeguard Instructor and an Examiner and have experience.

Age: 18 years+
Location: Donevan Recreation Complex

Select these materials when registering:
Manual Code: 14914

Program Registration Information

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Program Registration Information  ...continued

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Water safety tips for children and families:

- Stay within arms' reach of children under five
- Stay On Guard! Supervision of children and non-swimmers is key
- Always swim with a buddy
- Always wear a lifejacket when you are in a boat
- Take swimming lessons
- Swim in lifeguarded areas