Lifesaving & Leadership Programs - Swimming

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

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.

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

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.

Please visit 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 will be accepted beginning April 1, 2019 for Fall 2019 Lifeguard and Swim Instructor positions. Visit www.oshawa.ca/employment

Bronze Medallion/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.

Age: 13 years +
Location: South Oshawa Community Centre

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

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: Camp Samac, Civic Recreation Complex

Bronze Cross
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: Civic Recreation Complex, Donevan Recreation Complex
Lifesaving & Leadership Programs

**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: South Oshawa Community Centre*

**Standard First Aid & CPR - 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: South Oshawa Community Centre*

**Aquatic Instructor In Training**
This exciting program is aimed at improving participants aquatic leadership skills. This course will focus on key components of lifeguarding and instructing such as: stroke improvement, practicing difficult skills, lesson planning, skill evaluation and safety supervision. Candidates will also complete volunteer hours which help them gain useful practical experience through shadow instruction. Prerequisites: 14 years of age and Bronze Cross.

*Age: 14 years+
Location: South Oshawa Community Centre*

**Red Cross Water Safety Instructor**
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, Bronze Cross and either Emergency or Standard First Aid.

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

**Red Cross Water Safety Instructor - Recert**
To retain certification, WSIs attending a recertification will be required to complete the recertification modules: Introduction, Red Cross Swimming & Water Safety Update, WSI – Skills Evaluation, a Professional Development and Next Steps course. 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: South Oshawa Community Centre*

**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 Awards, Wading 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: 16 years+
Location: Donevan Recreation Complex, South Oshawa Community Centre*

**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: Civic Recreation Complex, Donevan Recreation Complex*

Additional fees for materials and awards are applied at checkout.
Lifesaving & Leadership Programs - Swimming

**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:** Civic Recreation Complex

### Program Registration Information

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Facility</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lifesaving &amp; Leadership</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bronze Star</td>
<td>10-13 yrs</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Jul 8-12</td>
<td>8:30am - 10:30am</td>
<td>CRC</td>
<td>9762</td>
<td>$91.95</td>
</tr>
<tr>
<td>Bronze Star</td>
<td>10-13 yrs</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Jul 22-26</td>
<td>10:00am - 12:00pm</td>
<td>CS</td>
<td>11939</td>
<td>$91.95</td>
</tr>
<tr>
<td>Bronze Star</td>
<td>10-13 yrs</td>
<td>4</td>
<td>Tue - Fri</td>
<td>Aug 6-9</td>
<td>4:00pm - 6:30pm</td>
<td>CRC</td>
<td>9939</td>
<td>$91.93</td>
</tr>
<tr>
<td>Bronze Star</td>
<td>10-13 yrs</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Aug 19-23</td>
<td>10:00am - 12:00pm</td>
<td>CS</td>
<td>11940</td>
<td>$91.95</td>
</tr>
<tr>
<td>Bronze Cross &amp; Standard First Aid</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Jul 15-26</td>
<td>8:00am - 11:00am</td>
<td>DRC</td>
<td>10483</td>
<td>$291.74</td>
</tr>
<tr>
<td>Bronze Cross &amp; Standard First Aid</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Aug 12-23</td>
<td>8:00am - 11:00am</td>
<td>DRC</td>
<td>10487</td>
<td>$291.74</td>
</tr>
<tr>
<td>Bronze Cross &amp; Standard First Aid</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Aug 12-23</td>
<td>3:00pm - 6:00pm</td>
<td>DRC</td>
<td>10489</td>
<td>$291.74</td>
</tr>
<tr>
<td>Bronze Medallion/Cross &amp; Standard First Aid</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Jul 2-12</td>
<td>2:00pm - 6:30pm</td>
<td>SOCC</td>
<td>9994</td>
<td>$303.43</td>
</tr>
<tr>
<td>Bronze Medallion</td>
<td>13 yrs+</td>
<td>9</td>
<td>Mon - Fri/</td>
<td>Jul 2-12</td>
<td>8:00am - 10:15am</td>
<td>DRC</td>
<td>10459</td>
<td>$196.61</td>
</tr>
<tr>
<td>Bronze Medallion</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Jul 15-26</td>
<td>4:30pm - 6:30pm</td>
<td>CRC</td>
<td>9836</td>
<td>$196.53</td>
</tr>
<tr>
<td>Bronze Medallion</td>
<td>13 yrs+</td>
<td>9</td>
<td>Mon - Fri/</td>
<td>Jul 29 - Aug 9</td>
<td>8:00am - 10:15am</td>
<td>DRC</td>
<td>10486</td>
<td>$196.61</td>
</tr>
<tr>
<td>Bronze Medallion</td>
<td>13 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Aug 12-23</td>
<td>9:00am - 11:00am</td>
<td>CRC</td>
<td>9972</td>
<td>$196.53</td>
</tr>
<tr>
<td>Standard First Aid &amp; CPR C</td>
<td>13 yrs+</td>
<td>2</td>
<td>Sat - Sun</td>
<td>Aug 17-18</td>
<td>9:00am - 5:00pm</td>
<td>SOCC</td>
<td>10089</td>
<td>$111.12</td>
</tr>
<tr>
<td>Standard First Aid &amp; CPR C - Recert</td>
<td>13 yrs+</td>
<td>1</td>
<td>Sun</td>
<td>Aug 18</td>
<td>9:00am - 5:00pm</td>
<td>SOCC</td>
<td>10090</td>
<td>$98.93</td>
</tr>
<tr>
<td>Aquatic Instructor In Training</td>
<td>14 yrs+</td>
<td>10</td>
<td>Mon - Fri</td>
<td>Aug 12-23</td>
<td>4:30pm - 6:30pm</td>
<td>SOCC</td>
<td>11028</td>
<td>$144.55</td>
</tr>
<tr>
<td>Red Cross Water Safety Instructor</td>
<td>15 yrs+</td>
<td>8</td>
<td>Sun/ Mon</td>
<td>Jun 9 - Jul 22</td>
<td>10:00am - 3:00pm</td>
<td>DRC</td>
<td>10794</td>
<td>$335.74</td>
</tr>
<tr>
<td>Red Cross Water Safety Instructor - Recert</td>
<td>15 yrs+</td>
<td>1</td>
<td>Sat</td>
<td>Aug 24</td>
<td>3:30pm - 7:30pm</td>
<td>SOCC</td>
<td>10088</td>
<td>$82.52</td>
</tr>
<tr>
<td>Lifesaving Society Instructor</td>
<td>16 yrs+</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Jul 15-19</td>
<td>1:30pm - 6:30pm</td>
<td>DRC</td>
<td>10484</td>
<td>$231.44</td>
</tr>
<tr>
<td>Lifesaving Society Instructor</td>
<td>16 yrs+</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Aug 12-16</td>
<td>2:00pm - 7:00pm</td>
<td>SOCC</td>
<td>9995</td>
<td>$231.44</td>
</tr>
<tr>
<td>National Lifeguard - Pool</td>
<td>16 yrs+</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Jul 29-Aug 2</td>
<td>8:00am - 5:00pm</td>
<td>DRC</td>
<td>10485</td>
<td>$329.75</td>
</tr>
<tr>
<td>National Lifeguard - Pool</td>
<td>16 yrs+</td>
<td>5</td>
<td>Mon - Fri</td>
<td>Aug 26-30</td>
<td>9:30am - 6:30pm</td>
<td>CRC</td>
<td>10013</td>
<td>$329.75</td>
</tr>
<tr>
<td>National Lifeguard - Recert</td>
<td>16 yrs+</td>
<td>1</td>
<td>Sat</td>
<td>Aug 24</td>
<td>9:00am - 2:00pm</td>
<td>CRC</td>
<td>10014</td>
<td>$104.91</td>
</tr>
</tbody>
</table>

**Notes:**
- CRC - Civic Recreation Complex
- CS - Camp Samac
- DRC - Donevan Recreation Complex
- SOCC - South Oshawa Community Centre