How to become a City of Oshawa Lifeguard and Swim Instructor

Lifeguard Path to Certification

**Bronze Star**
*For those candidates under 13 years who wish to get a head start on their advance certifications.

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

**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.

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

Swim Instructor Path to Certification

**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 by end of course and hold a Bronze Cross and Emergency or Standard First Aid certification.

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

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)

Lifesaving & Leadership Programs

**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  
**Venue:** Donevan Recreation Complex  
Select these materials when registering:  
*Manual Code:* 14915

**Bronze Star**  
Participants develop problem solving and decision-making skills individually and in partners. Additional fees for awards are applied at checkout. Prerequisites: Minimum 10 years of age. Must be able to swim 100 metres.

**Age:** 10 to 13 years  
**Venue:** Civic Recreation Complex

**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 +  
**Venue:** Donevan Recreation Complex  
Select these materials when registering:  
*Manual Code:* 14880  
*Award Code:* 14878/14896
Lifesaving & Leadership Programs

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 +
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14881   Award Code: 14898

Age: 13 years +
Venue: South Oshawa Community Centre
Select these materials when registering:
Manual Code: 16093   Award Code: 16094

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+
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14901   Award Code: 14897

Age: 13 years+
Venue: Civic Recreation Complex
Select these materials when registering:
Manual Code: 16061   Award Code: 16069

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+
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14903   Award Code: 14902

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+
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14893

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, 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+
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14883   Award Code: 14882

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+
Venue: Donevan Recreation Complex
Select these materials when registering:
Manual Code: 14900   Award Code: 14889

Program Date: Jan 12
Program Date: Mar 16
Lifesaving & Leadership Programs

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+
Venue: 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+
Venue: Donevan Recreation Complex

Course Registration Information

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<tr>
<th>Course</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
<th>Venue</th>
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### Join the City’s Aquatic Team!

We are looking for enthusiastic and energetic certified Lifeguards and Swim Instructors for all our pools. Flexible working hours including available daytime, evening and weekend shifts to fit your schedule.

The City is currently accepting Lifeguard and Swim Instructor applications for Spring hiring until March 1.

Fall Hiring Applications available for submission beginning April 1.

Visit [www.oshawa.ca/employment](http://www.oshawa.ca/employment)

All applicants are thanked for their interest, however, only selected candidates will be contacted.