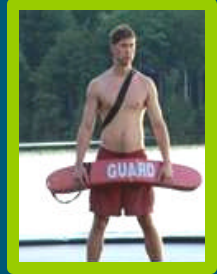




Portage Regional
Recreation Authority Inc.

Aquatic Development Programs

Leadership, First Aid &
Re-certification Courses



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www.pcucentre.ca

COURSE DATES & RATES

Bronze Cross (Southport)	
Jan 15, 22 & 29	5:00 pm - 9:00 pm
Jan 16, 23 & 30	12:00 pm - 6:00 pm
NLS (National Lifeguard Service) (Southport)	
Feb 12 & 19	6:00 pm - 10:00 pm
Feb 13, 14, 20 & 21	9:00 am - 6:00 pm
Bronze Star (Southport) Wednesdays	
Feb 24 - May 5	6:00 pm - 8:00 pm
No class on Mar. 10	

Prices include GST.

Leadership Courses

Bronze Star	Manual not included in cost	\$95.00
Bronze Medallion	Manual not included in cost	\$115.00
Bronze Cross	Manual not included in cost	\$115.00
AWSI	Manual included in cost	\$225.00
WSI	Manual included in cost	\$195.00
LSI	Manual not included in cost	\$300.00
NLS	Manual not included in cost	\$280.00
Red Cross Babysitter's Course		\$45.00

First Aid Courses

Red Cross First Aid (Emergency) new	GST not included	\$85.71
Red Cross First Aid (Standard) new	GST not included	\$107.62

Re-certification Courses

Bronze Medallion & Cross	\$53.00
WSI & NLS	\$106.00
LSI	\$137.80
Red Cross First Aid (Emergency) new	GST not included \$52.38
Red Cross First Aid (Standard) new	GST not included \$61.90

Required Manuals & Materials

Canadian Lifesaving Manual	\$40.00
Alert Lifeguarding in Action Manual	\$40.00
NLS Award Guide Manual	\$20.00
Bronze Family Award Guide Manual	\$25.00
Barrier Device	\$19.00
Whistle with Coil	\$10.00

We want YOU! Continue your training and work within the aquatic field. The progressions below will help guide you :

RED CROSS

Swim Kids 10



Assisted Water Safety Instructor (AWSI)
15 years old



Water Safety Instructor (WSI)
16 years old



National Lifeguard Service Award (NLS)
16 years old

LIFESAVING SOCIETY

Bronze Star (Optional)

Bronze Medallion (BM)
13 years old

Bronze Cross (BC)
14 years old

National Lifeguard Service Award (NLS)
16 years old



SUPPLEMENTARY COURSE

Lifesaving Society Instructor
- Swim for Life Course (LSI)

Swim Instructor + Standard First Aid + Lifeguard = THE POSSIBILITY OF A

16 years old

16 years old

GREAT JOB WITH THE CITY

We have numerous opportunities for you to work in the Aquatic field. We look forward to helping you reach this goal. Please contact the Aquatic Program Supervisor for more information on classes and employment opportunities.



Have you ever wondered what it takes to be a lifeguard or instructor? Well here's your chance to learn all about it! To get started, read about our positions and the minimum qualifications for a variety of aquatic job positions! Contact our Aquatic Manager to see how you can join our exciting team!

JUNIOR LIFEGARD PROGRAM

This program provides for a volunteer experience alongside a lifeguard and instructor to see first hand what it is all about. A minimum of the Red Cross Swim Kids 10 badge or equivalent is required. The program includes 10 hours of lifeguard shadowing and 10 hours of instructor

LIFEGUARD INSTRUCTOR

Become a Lifeguard Instructor! An important job which emphasizes leadership, teamwork, and life skills. If you are interested in instructing the Bronze Medallion and Bronze Cross courses offered by the Lifesaving Society, you are required to also complete the Lifesaving Mega Course.

Requirements: 16 years of age, Standard First Aid, Bronze Cross, (NLS) National Lifeguard Service, and (WSI) Water Safety Instructor

AQUATIC CASHIER

Aquatic Cashiers are the frontline staff! Cashiers receive the public, process cash transactions and perform general clerical duties in an effort to ensure efficient program & customer service.

Requirements: 16 years of age, experience in handling cash and public relations. Swimming experience is not necessary

AQUATIC ATTENDANTS

Aquatic Attendants receive the public at the front gate and at the slide tower to ensure compliance to policy in an effort to maximize safe use of the facility. This is a great experience towards becoming a lifeguard!

Requirements: 15 years of age, Bronze Medallion, and Standard First Aid

LEADERSHIP COURSES

BRONZE STAR

The Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent

preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as partners. They learn cardiopulmonary resuscitation (CPR), and they develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

Prerequisites: None.

BRONZE MEDALLION (Emergency First Aid)

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

Learn tows, carries and release methods in preparation for rescues. You will learn to respond to complex situations involving conscious and unconscious victims with a possibility of an obstructed airway. Provides both theoretical knowledge and practical experience in the lifesaving techniques of rescue breathing and emergency care.

Prerequisites: Bronze Star or minimum of 13 years of age

BRONZE CROSS (Standard First Aid)

Bronze cross is designed for more advanced training including an introduction to providing safe supervision in aquatic facilities. Bronze cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork, and how to rescue spinal-injured, submerged and pulseless victims.

Prerequisite: Bronze Star, Bronze Medallion or minimum of 14 years

NATIONAL LIFEGUARD SERVICE (NLS)

(required to lifeguard in MB at 16 years of age)

NLS builds on the skills, knowledge and values that the Lifesaving Society teaches in its Pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measure 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.

Prerequisite: Bronze Cross, Standard First Aid level C CPR and minimum of 16 years of age

LIFESAVING SOCIETY INSTRUCTOR— SWIM FOR LIFE COURSE (LSI)

LSI prepares you to teach Lifesaving programs up to the Bronze Cross Level. This course will offer you skills in leadership, management, communication, and administration, as well as strengthen your lifesaving skills.

Prerequisite: Bronze Cross, Standard First Aid and minimum of 16 years of age

ASSISTED WATER SAFETY INSTRUCTOR COURSE (AWSI)

This certification course is a prerequisite to the Red Cross WSI Course and covers: the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision, and feedback. Candidates are evaluated during 8 hrs. of assistant teaching and through individual study assignments.

Prerequisite: Swim Kids 10 or equivalent and minimum of 15 years of age

WATER SAFETY INSTRUCTOR COURSE (WSI)

This course further develops instructional ability by focusing on how to apply the information learned in the AWSI Course to effectively plan and teach the Red Cross Swim continuum (Red Cross Swim Preschool, Red Cross Swim kids and AquaAdults programs). Candidates apply their teaching skills and knowledge during 12 hrs. of practical teaching experience.

Prerequisite: AWSI and minimum of 16 years of age

NATIONAL LIFEGUARD SERVICE (NLS) - WATERPARK

With the increasing popularity of multi-use facilities lifeguards need to be aware of the challenges a waterpark provides. The NLS-Waterpark certification builds on the skills, knowledge and values taught in NLS-Pool. Special attention is given to the skills required to safely supervise and effectively lifeguard specific waterpark features such as: slides, river rides, wave pools and other waterpark apparatus. This course is a welcome addition to a lifeguard's training.

Prerequisite: Current NLS Pool Certification