

## Water Safety Instructor Training

### Assistant Water Safety Instructor

The Assistant Water Safety Instructor (AWSI) course teaches candidates the foundation of instructional skills such as teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. The certification allows candidates to co-teach the Red Cross Swim Program with a certified Water Safety Instructor and, is the required pre-requisite to the Water Safety Instructor (WSI) program.

The course is 30 hours long + 8 hours of practice teaching.

### Upcoming Courses

**Set I:** Monday—Friday, July 11—15  
9:00 am—4:00 pm

**Pre-requisite:** 15 years old by last day of course  
Swim Kids 10 ability

**Cost:** \$280.00 includes manual



### Water Safety Instructor

The Water Safety Instructor course focuses on planning and teaching the Red Cross Swim continuum, instructional emergency response skills, and instructional techniques specific to Red Cross programs. The certification allows candidates to teach the Red Cross Swim program.

The course is 25 hours + 12 hours of practice teaching

### Upcoming Courses:

**Set I:** Saturday & Sunday, November 19 & 20  
Saturday & Sunday, November 26 & 27

**Pre-requisite:** 15 years old  
Assistant Water Safety Instructor

**Cost:** \$270.00 includes manual

## Jr. Lifeguard Club



Youth learn attitude and skills that could one day save a life—their life, or someone else's. The Jr. Lifeguard Club (JLC) is designed to let kids participate in activities similar to those of real lifeguards—in a safe, fun, and controlled setting. But just as important, youth experience team work and a sense of belonging. Youth will be inspired to challenge themselves and set personal bests.

### Upcoming Courses:

**Set I:** Saturdays, April 9—June 18  
12:00—2:00 pm

**Cost:** \$78.00 + \$10.00 for Water Log (first time)  
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**Set II:** Tuesday—Saturday July 19—23 & 26—30  
2:00—6:00 pm

**Note:** This camp will include participating in the Riverboat Days Parade and CPR demonstration in George Little Park following the parade.

**Cost:** \$150.00 includes Water Log  
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**Set III:** Monday to Friday, August 15—26  
2:00—6:00 pm

**Cost:** \$150.00 includes Water Log  
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**Set IV:** Saturdays, October 15—December 17  
12:00—2:00 pm

**Cost:** \$78.00 = \$10.00 for Water Log (first time)  
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**Pre-requisites:** 8—12 years old  
Able to swim 25 m and tread water for 1 min

Candidates participating in Lifeguard training courses are welcome to volunteer with the JLC and earn high school credits.

### IMPORTANT INFORMATION

Please be aware that all leadership courses, with the exception of the Jr. Lifeguard Club, require 100% attendance, and 100% participation including the completion of any course assignments. Candidates will sign a "course contract" to ensure compliance with Instructor expectations.

## City of Terrace

## LIFEGUARD TRAINING COURSES

## 2011



Phone 250.615.3030 to register or for more info

# TERRACE AQUATIC CENTRE LIFEGUARD TRAINING

## Build Your Resume for Life!

Lifeguards are more than just good swimmers—they are water rescue professionals trained in emergency care. They prevent accidents. They identify hazards and determine safe practices. They educate the public about the hazards and risks associated with aquatic activities—and, most importantly, they are trained to spot potential trouble and intervene before it becomes life-threatening.

Lifeguarding is a fun, exciting and rewarding job. Lifeguarding is also a job that carries enormous responsibility, which is why lifeguards take courses and train hard for events they hope will never happen and which they work hard to prevent.



Lifeguard Practice

The course listings that follow include all the pre-requisite course of the National Lifeguard Service Award (NLS) as well as instructor courses for work as a Lifeguard—most lifeguards are required to teach Red Cross Swimming Lessons.

### To become a lifeguard:

1. Bronze Medallion
2. Bronze Cross
3. Standard First Aid or Aquatic Emergency Care (with CPR-C)
4. NLS Core and Pool Option

### To work at the Terrace Aquatic Centre:

All the above certifications, as well as:

1. AED (automated external defibrillator) - Responder
2. Pool Safe (Or WHMIS) - recommended
3. Red Cross Water Safety Instructor

## BRONZE MEDAL AWARDS

### Bronze Star

Bronze Star is a 10-hour pre-Bronze Medallion program that helps candidates develop problem-solving and decision-making skills as they relate to water rescue and first aid. Bronze Star includes CPR-A designation.

### Upcoming Courses:

Bronze Star courses are offered during the regular swimming lesson times, please pick up a current schedule

### Bronze Medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education—knowledge, judgment, skill and fitness. Candidates learn self-rescue techniques, defense and release methods, tows and carries, in preparation for challenging rescues involving conscious and unconscious victims. Stroke improvement and completion of an endurance swim are also part of the program. Bronze Medallion includes CPR-B certification.

### Upcoming Courses:

**Set I:** Sundays, May 1—29 (no class May 22)  
11:30 am—5:00 pm

**Set II:** Mondays, April 25—June 6  
6:30—9:30 pm

**Set III:** Monday—Friday, July 4—8  
12:30—4:30 pm

**Set IV:** Mondays, October 17—December 5  
(no class October 31)  
6:30—9:30 pm

**Prerequisite:** 13 years or Bronze Star

**Cost:** \$185 + manual

### Bronze Cross

Bronze Cross is designed for candidates who want the challenge of more advanced training, including an introduction to safety supervision in aquatics. Candidates develop efficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies, while also improving stroke endurance and fitness training skills. Bronze Cross includes CPR-C certification.

### Upcoming Courses:

**Set I:** Sundays, May 1—29 (no class May 22)  
4:00—9:00 pm

**Set II:** Monday—Friday, August 8—12  
12:30—4:30 pm

**Set III:** Sundays, October 16—November 13  
2:00—6:00 pm

**Prerequisite:** Bronze Medallion

**Cost:** \$185.00 (+ manual if needed)

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### **NATIONAL LIFEGUARD SERVICE (NLS)**

Unfortunately we do not have an NLS course scheduled at this time.

Please check the information board at the aquatic centre, or the City of Terrace website at [www.terrace.ca](http://www.terrace.ca).

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### **FIRST AID and CPR-C**

#### Aquatic Emergency Care

If you are planning on becoming a professional lifeguard, or looking for more comprehensive first aid and lifesaving training, Aquatic Emergency Care (AEC) will give you the edge. AEC provides hands-on training in the care of illness and injury common to both aquatic and non-aquatic settings. AEC is standard first aid equivalent with CPR-C, and here at the Terrace Aquatic Centre includes oxygen therapy and certification in Automated External Defibrillator (AED).

### Upcoming Courses:

**Set I:** Monday—Friday, August 15—19  
9:00 am—4:00 pm

**Prerequisite:** Bronze Medallion

**Cost:** \$250.00 (includes manual)