

# LIFEGUARD TRAINING

## Grande Cache



### AQUATIC EMERGENCY CARE

(Equivalent to Standard First Aid –CPR C, AED)

**DATE:** July 12 & 13, 2021  
**TIME:** 8:30 am – 4:30 pm  
**COST:** \$140.00  
**PROGRAM CODE:** AEC20221

Aquatic Emergency Care (AEC) provides comprehensive training covering all aspects of first aid and CPR in an aquatic setting. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, shallow water rescues and medical emergencies. Includes CPR-C certification. The Lifesaving Society's Aquatic Emergency Care training program is approved by the Director of Medical Services.

**Must pre- register in person at the Grande Cache Recreation Centre or online at**  
<https://app.booking.ca/grandecachereccentrepub/>

For more information, please contact 780.827.2446

### BRONZE MEDALLION/ BRONZE CROSS COMBO

**DATE:** July 14 & 15, 2021  
**TIME:** 9:00 am – 3:30 pm  
**COST:** \$180.00  
**PROGRAM CODE:** BNBC2021

The Bronze Medal award family gets you on the fast track towards developing the fitness, skills and knowledge to perform a water rescue and respond to a non-aquatic emergency.

Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

Rescuers learn tows, carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities.

Bronze Cross is the prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes CPR C.

**Prerequisites:** Bronze Star or 14 years old.  
Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard award.

### NATIONAL LIFEGUARD

**DATE:** August 9 – 13, 2021  
**TIME:** 8:30 am – 4:30 pm  
**COST:** \$350.00  
**PROGRAM CODE:** NL2021

National Lifeguard certification is 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. National Lifeguard training 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 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

**Must have current Standard First Aid, Bronze Cross, and be a minimum of 16 years of age.**

