



LIFEGUARD & INSTRUCTOR COURSES

Bronze Medallion

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion Training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross.

Pre-requisites: AB Workplace Approved Standard First Aid with CPR Level C; 13 years or older

Cost: \$180.00

Dates: December 14 - 4:00 pm - 8:30 pm

December 16 - 4:00 pm - 8:30 pm

December 17 - 9:00 am - 5:00 pm

Bronze Cross

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin applying active surveillance principles and techniques in aquatic facilities. Bronze Cross emphasized the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisites: Bronze Medallion; AB Workplace Approved Standard First Aid with CPR Level C

Cost: \$130.00

Dates: December 18 - 9:00 am - 5:00 pm

December 20 - 4:00 pm - 9:00 pm

December 21 - 4:00 pm - 9:00 pm

National Lifeguard

The Lifesaving Society's National Lifeguard certification builds on the fundamental skills, knowledge, fitness, judgment, and values taught in the prerequisite Lifesaving Society lifesaving certifications. The National Lifeguard program develops the basic lifeguarding skills, principles, and decision-making process to help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Pre-requisites: AB Workplace Approved Standard First Aid with CPR Level C; Bronze Cross; 16 years or older

Cost: \$350.00

Dates: Monday - Friday, January 2-6

Time: 9:00 am - 5:00 pm



Pre-registration is required. Please call the GRM at (780) 524-4097