

LIFEGUARD TRAINING

Grande Cache
Recreation Centre

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

DATE: January 4 & 5, 2023

TIME: 9:00 am – 4:30 pm

COST: \$140.00

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.

FOR MORE INFORMATION:

Follow Us on Facebook at
Grande Cache Recreation Centre

WEBSITE: mdgreenview.ab.ca

PHONE: 780-827-2446

BRONZE MEDALLION/ BRONZE CROSS COMBO

DATE: January 6, 7, 8, 2023

TIME: 9:30 am – 4:30 pm

COST: \$180.00

PREREQUISITES: Current Standard First Aid & 14 years old

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.

Bronze Medallion and Bronze Cross are prerequisites for the National Lifeguard award.