



Building healthy  
communities

# National Lifeguard Course

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, 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, 50m sprint challenge, 50m rescue drill and 400m endurance challenge. The National lifeguard training program is designed for lifesavers who wish to obtain a responsible job and leadership experience. Successful candidates are certified by the Lifesaving Society – Canada's lifeguarding experts.

**Prerequisites:** Minimum 15 years of age, Bronze Cross and Lifesaving Society Standard First Aid (need not be current) or Standard First Aid from an approved agency.

**Cost:** Members - \$275.00  
Non-Members - \$295.00

**Required Material:** Alert Manual (provided), Fox 40 whistle, pocket mask, extra gloves, face shield, and hand sanitizer.

## Course Dates: November 2020

Nov 20 & 27 from 4:00 – 9:00 pm  
Nov 21, 22 & 28 from 8:00 am – 6:00 pm  
Nov 29 from 8:00 am – 2:00 pm

100% attendance is required.

If you have any questions, please email  
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## REGISTER TODAY!



Register online or in person:

[www.ymcastratfordperth.ca](http://www.ymcastratfordperth.ca)

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