

ADVANCED LIFESAVING PROGRAMS FREDERICTON INDOOR POOL FALL 2007 - SPRING 2008

BRONZE STAR: The newest edition to the Bronze family. This course is targeted at 12 year olds. Candidates should have completed the Star level of Swim Patrol.

Courses: Fall Courses **442** Sundays Sept 9 – Oct 28, 4:00 – 5:30
Winter Course **3** Tuesdays Jan 8 – Feb 26, 5:30-7:00
Spring Course TBA Tuesdays, April 29 – June 17, 5:30 – 7:00

BRONZE MEDALLION: This award is the first prerequisite toward becoming a lifeguard. Candidates *must* be 13 or have completed the Bronze Star award

Courses: Fall course: **443** Tuesdays Sept 4 – Oct 22, 5:30 – 8:30. Exam Sunday Oct 28 8:00 am
Winter Course: **444** Sundays, Jan 6 – Feb 17, 2:30 – 6:00 Exam Sunday Feb 24, 8:00 am
Spring Course: Sunday March 9 (2:30 – 6) & Wednesdays, March 12 – April 23 (6:00 – 9:00 pm)
Exam Sunday April 27, 8:00 am

BRONZE CROSS: This award is the second prerequisite toward becoming a lifeguard. Candidates *must* be 14 years of age and hold a Bronze Medallion before taking the exam.

Courses: Fall Course: **445** Tuesdays Oct 30 – Dec 11, 5:30 – 8:30. Exam Sunday Dec 16 4 :00 pm
Winter Course: **446** Sundays Jan 6 – Feb 17, 2:30 – 6:00 Exam Sunday Feb 24., 4 :00 pm

SWIMMING INSTRUCTOR:

A. Swim For Life Instructor/Lifesaving Instructor: A forty-hour course for new Instructors

Prerequisites: Bronze Cross, 16 yrs of age
Fall course: **447** Friday Sept 14 (6-10:30) then Sundays Sept 16 till October 21 (9:00 – 5:00)
There will be no class on Thanksgiving Sunday
Winter Course: **448** Friday January 11, (6:00 – 10:30) then Sundays January 13 – Feb 10 (9:00 – 5:00)

**** Both courses require practice teaching at the end of the course**

B. Swim For Life Instructor: A fifteen-hour course for candidates with previous swim instructor qualifications (WSI, YMCA, or I Can Swim Instructor)

Prerequisites: 16 yrs of age and WSI, YMCA instructor or I Can Swim Instructor qualification
Course: Saturday Nov 24 & Sunday 25, 2007. Both days will be from 8:30 am - 5 :00 pm

C. Lifesaving Instructor *This course will be a part of both the fall and Christmas Swim for Life & Lifesaving Instructor vacation courses.* Candidates wishing to take the Lifesaving Instructor part only will be required to come to only that portion of the course. Prerequisite: Bronze Cross, 16 yrs of age

EXAMINER STANDARDS CLINIC : TBA

LIFESAVING WORKPLACE STANDARD FIRST AID:

This is a 16-hour course provides comprehensive training covering all aspects of first aid and CPR. It is for those who want an in-depth understanding of first aid such as; medical/legal aspects, spinal injuries, heat or cold injuries, bone or joint injuries, abdominal and chest injuries, burns, and medical emergencies. This course is ideal for new parents, teenagers interested in babysitting, and those interested in becoming a lifeguard. Prerequisites: 12 years of age

Courses: A. Fall Course **449:** Saturday, September 15 & 22, 2007 (8:30 – 5:00)
B. March Break: **450** Monday March 3 & Tuesday March 4 (8:30 – 5:00)
C. Spring Course: Saturday, May 3 & 10, 2008 (8:30 – 5:00)

NATIONAL LIFEGUARD SERVICE AWARD AND LIFESAVING FIRST AID (pool option):

This is a forty-hour course that trains lifeguards in teamwork, communication, leadership and accident prevention. The course will run on Sundays from 2:00 - 6:00 pm. Materials include the Alert Manual, face shield and gloves

Prerequisites: 16 yrs of age, current Bronze cross and Workplace Standard First Aid awards
Courses: A. **451** Sundays, Sept 16 - Dec 9. Exam Sunday Dec 16 7:30 am. No class Thanksgiving
B. **452** Sundays, March 16 – June 8 Exam Sunday June 15 7:30 am. No class Easter Sun.

NLS recertification: **453** Sept 9 and June 8 7:30 am –12:00

NATIONAL LIFEGUARD SERVICES AWARD (waterfront option):

Prerequisites: 16 yrs of age, current NLS pool option award
Course: **331** Aug 24, 25, and 26, 2007

COURSE AND MATERIALS COSTS

Bronze Star	\$60.00/session
Bronze Medallion/ Bronze Cross	\$75.00 each + Canadian Lifesaving Manual
National Lifeguard Service / Lifesaving First aid	\$150.00 + ALERT Manual -- total = \$176.00
National Lifeguard Service Waterfront Award	\$ 95.00 Recertifications \$40.00
Swim For Life/ Lifesaving Instructor	125.00 + manuals and materials -- total \$218
Life Saving Instructor	90.00 + Instructor Manuals/Binder, CLSM -- total \$140
	Texts are mandatory
	Recertifications are \$45.00
Swim for Life Instructor	\$80.00 (including materials) Recertifications are \$45.00
Lifesaving Workplace Standard First Aid	\$45.00 (price includes manual)\$15.00 pocket mask (not required)

MATERIALS

COST

Canadian Lifesaving Manual	26.00	For Bronze Med., Br. Cross, LS Instructors, NLS
Alert Manual	26.00	For National Lifeguard Award
Lifesaving Instructor Binder	50.00	For Lifesaving Instructor
Lifesaving First Aid Manual	16.50	For National Lifeguard Service Award/ First Aid
Swim For Life Instructor materials	43.00	For Swim for Life Instructor Courses
Pocket Mask	15.00	For National Lifeguard Service Award/ First Aid