

# QUICK REFERENCE GUIDE FOR AQUATIC COURSES

## LIFESAVING SOCIETY (LSS) COURSES

Learn more at [www.lifesaving.bc.ca/lifeguard-programs](http://www.lifesaving.bc.ca/lifeguard-programs).

COURSE	PREREQUISITES	COURSE REQUIREMENTS & NOTES	APPROX. COST	NUMBER OF HOURS
Bronze Star	10+ years	Able to swim 200 metres	\$75.00	10-12 Hours
Bronze Medallion	Bronze Star (recommended) 13+ years by course end date	Able to swim 500 metres in 15 minutes Manual required	\$175.00	20 Hours
Bronze Cross	Bronze Medallion	Able to swim 600 metres in 18 minutes NOTE: Counts for 2 Grade 11 Credits	\$160.00	20 Hours
National Lifeguard Pool	Bronze Cross Standard First Aid 16+ years	Able to swim 400 metres in 10 minutes Manual required	\$375.00	40 Hours

## CANADIAN RED CROSS INSTRUCTOR COURSES

Learn more at [www.redcross.ca/training-and-certification](http://www.redcross.ca/training-and-certification).

COURSE	PREREQUISITES	COURSE REQUIREMENTS	APPROX. COST	NUMBER OF HOURS
Water Safety Instructor	15+ years Bronze Cross or Emergency First Aid	100% Attendance Ability to perform Swim Kids 10 strokes & skills May be offered as two separate courses at some facilities	\$540.00	52 Hours NOTE: 20 Hours are online

## FIRST AID COURSES

Learn more at [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca), [www.sja.ca/english/courses-and-training](http://www.sja.ca/english/courses-and-training) or [www.redcross.ca/training-and-certification](http://www.redcross.ca/training-and-certification).

COURSE	PREREQUISITES	COURSE REQUIREMENTS & NOTES	APPROX. COST	NUMBER OF HOURS
Standard First Aid	14+ years	Manual required NOTE: Offered through Red Cross, LSS, or St. John's. Must include CPR C.	\$160.00	16 Hours