

ZERO TO HERO

Start your Journey to Becoming a Lifeguard



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 defence + 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.

Includes CPR A & AED

Prerequisites: Bronze Star or 13 years old.

Course Runs January 12&13 2019 (10am-5:30pm)

Jasper Fitness & Aquatic Centre

Bronze Cross Award 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.

Includes CPR C.

Prerequisites: Bronze Medallion

Course Runs: January 26&27 (10am-5:30pm)

Jasper Fitness & Aquatic Centre

Lifesaving Standard First Aid (LSFA)

provides comprehensive training covering all aspects of First Aid, CPR & AED. 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, and medical emergencies. Includes CPR-C and AED certification.

Course Runs: February 2&3 2019 Full Course -Emergency Services Building

January 3 2019- Recertification - Jasper Activity Centre

February 1 2019- Recertification - Emergency Services Building

Do Good. Be Better.



The primary role of the National Lifeguard is the prevention of emergency situations and the timely and effective resolution of emergencies. The National Lifeguard certification prepares lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics in a pool setting.

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.

NL Full Course - Valid for 2 years

Prerequisites: Bronze Cross, Standard First Aid and a minimum of 16 years of age.

Class Runs: March 1 (4:30-9:30pm) March 2 & 3 (11:30am-6:30pm)

March 15 (4:30-9:30pm) March 16 & 17 (11:30am-6:30pm)

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