

LIFESAVING SOCIETY (LSS) STANDARD FIRST AID/CPR C – WSIB APPROVED

Provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies. Now includes training in Automatic External Defibrillation (AED). Manual included.

Standard First Aid/CPR C	Sat & Sun	9:30 am – 6:00pm	Dec 5 & 6, 2020	\$155.00	7483
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LIFESAVING SOCIETY (LSS) STANDARD FIRST AID/CPR C RECERTIFICATION**Pre-requisite: Current LSS Standard First Aid**

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses.

Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Standard First Aid/CPR C (Recert)	Sat	9:30am - 6:00pm	Dec. 12, 2020	\$88.00	7492
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INSTRUCTORS — SWIM & LIFESAVING**15+ yrs****Pre-requisite: Bronze Cross (or higher) certification or NLS; Assistant Instructor certification recommended**

The combined Swim and Lifesaving Instructor course prepares the instructor to teach and evaluate swim strokes and lifesaving skills. Through classroom learning and in-water practice, instructor candidates explore proven teaching methods; learning strategies and activities; a variety of stroke and skill drills; effective correction techniques; and evaluation criteria. Practice teaching is emphasized throughout. Materials included. 100% attendance & participation is mandatory. **Due to Covid-19, your in class session on Thursday & Friday will be on Zoom.**

Please make sure your email on your account is accurate.

Instructors - SWIM & LIFESAVING	Thurs & Fri	5:00pm - 7:00pm	Nov 19, 20, 26, 27, Dec 3, 4, 10, 11	\$270.00	7471
	Sun	11:00am - 6:00pm	Nov 22, 29, Dec 6, 13		

NATIONAL LIFEGUARD - POOL (NL)**15+ yrs****Pre-requisite: Bronze Cross and Standard First Aid/CPR-C.**

(Lifesaving Society will only accept Standard First Aid certificates that are recognized in the Ontario Public Pools Regulation — Lifesaving Society, Canadian Red Cross Society, St. John Ambulance, and Canadian Ski Patrol – or programs that are deemed equivalent by the Lifesaving Society.)

The National Lifeguard certification is the standard measurement of lifeguard performance in Canada. This course is designed to develop sound understanding of lifeguarding principles, good judgment and mature, responsible attitude toward the role of the lifeguard. The program emphasizes teamwork, leadership, communications and the prevention of accidents and the treatment of medical emergencies. Participants are taught advanced lifeguarding skills in a lecture format and are required to demonstrate competency in managing a variety of emergency situations within an aquatic environment. Successful completion of this course will certify the candidate in the only nationally recognized lifeguarding award. Manual included. 100% attendance & participation is mandatory. **Due to Covid-19, your in class session on Tuesday & Wednesday will be on Zoom.**

Please make sure your email on your account is accurate.

National Lifeguard Service	Tues & Wed	5:00pm - 7:00pm	Nov 17, 18, 24, 25, Dec 1, 2, 8, 9	\$240.00	7486
	Sat	11:00am - 6:00pm	Nov 21, 28, Dec 5, 12		

NATIONAL LIFEGUARD - POOL (NL) –RECERTIFICATION**15+ yrs****Pre-requisite: National Lifeguard Service (NLS)**

This course is designed for those who need to requalify to be a lifeguard. Successful completion renews the award for 2 years.

NLS Recert	Tuesday	11:30am - 6:00pm	Dec. 29, 2020	\$82.00	15349
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