



Red Cross Assistant Lifeguard Course



This course is a pre-requisite course to the professional lifeguard certification that teaches knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours, and how to be part of an elite team. This ensures youth are trained in prevention of injuries, not just in how to respond to them.

COURSE LENGTH

Classroom and Pool – 25 hours of teaching time
Observation – 2 hours
Final scenarios – 3-5 hours

PRE-COURSE REQUIREMENTS

12 years of age and ability to swim to the Red Cross Swim Kids level 10 or equivalent or higher.

COMPLETION CRITERIA

- Attend and participate in 100% of the course
- Demonstrate competency in all required skills and activities
- Complete observation assignment

EVALUATION

The course is continuously evaluated; final “scenario-based” evaluation.

CERTIFICATION

2-year certification from the last day of the course. Certified as a Red Cross Assistant Lifeguard.

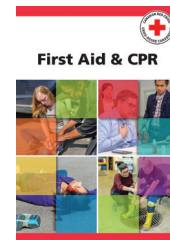
RECERTIFICATION

Classroom and Pool – 6 hours

Candidates with a Bronze Cross certification (current or expired) and who are 14 years of age or older on the last day of the course can take a 4.5-hour Assistant Lifeguard Transfer course and complete a 2-hour observation assignment.

COURSE MATERIALS

Assistant Lifeguard Workbook
First Aid & CPR



COURSE CONTENT

- The Red Cross (includes Introduction)
- Understanding Roles and Responsibilities
- Developing Leadership
- Understanding The Aquatic Environment
- Preventing Aquatic Emergencies
- Supervision and Surveillance
- Developing Rescue Skills
- Caring for Head and Spine Injuries
- Responding to First Aid Emergencies
- Developing Responses to Emergencies
- Getting a Job



Red Cross Lifeguard. Skilled. Proud. Ready.

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