

## National Lifeguard Award (NL)

Description: National Lifeguard (NL) certification is the industry standard for professional lifeguards in Canada. NL guards are water rescue professionals trained in emergency care. The course focuses on prevention, effective rescue response, skills, first aid, teamwork, communication skills as well as fitness components. During the skills evaluation candidates will provide their prerequisites and attempt the mandatory physical standards.

**July 17<sup>th</sup>** 12:00-2:00pm (*skills evaluation*)

**August 12<sup>th</sup> to 16<sup>th</sup>** 8:00-4:00pm

**Cost:** \$150.00

*\*100% attendance is required. Registration will take place under Session # 3.\**

Prerequisites: Candidate must be 16 years of age before the exam dates, have successfully completed the Bronze Cross as well as Standard First Aid CPR C must be from either Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol. Registration will take place under Session # 3.

## National Lifeguard Recertification

The National Lifeguard certification is current for 2 years and is recertified by completing a NL recertification. We are offering one recertification date this summer.

**Friday August 16<sup>th</sup>** 9:00-2:30pm

**Cost:** \$50.00

Come prepared to perform the mandatory physical standards such as *object recovery*: 15 meter approach of a 20lb brick, *sprint challenge*: swim 50 m head-up within 60 seconds and *endurance challenge*: swim 400 meters within 10 minutes.

*For more information please call us at 705-759-5419.*