

## 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.

**Thurs. Feb. 7<sup>th</sup>** 5:00-10:00pm

**Fri. Feb. 8<sup>th</sup>** 5:00-10:00pm

**Sat. Feb. 9<sup>th</sup>** 9:00-6:00pm

**Sun. Feb. 10<sup>th</sup>** 9:00-6:00pm

**Thurs. Feb. 28<sup>th</sup>** 5:00-10:00pm

**Fri. Mar. 1<sup>st</sup>** 5:00-10:00pm

**Sat. Mar. 2<sup>nd</sup>** 9:00-6:00pm

*\*100% attendance is required.*

**Prerequisites:** Candidate must be 16 years of age before the exam date, have successfully completed the Bronze Cross as well as Standard First Aid CPR C from either Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol.

**Cost:** \$150.00