



LIFESAVING SOCIETY
The Lifeguarding Experts

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. February 13th 5:30-8:00pm (*Skill Evaluations*)

Fri. February 21st 5:00-10:00pm

Sat. February 22nd 9:00-6:00pm

Sun. February 23rd 9:00-6:00pm

Thurs. March 6th 6:00-10:00pm

Fri. March 7th 6:00-10:00pm

Sat. March 8th 9:00-6:00pm

Sun. March 9th 8:00-1:00pm (*Final Exam*)

**100% attendance is required.*

Prerequisites: Candidate must be 15 years of age before the exam date, have successfully completed the Bronze Cross as well as Standard First Aid CPR C.

Cost: \$200.00



SAULT STE. MARIE