

**National Lifeguard Service (Pool Option)**

*January – April at UBC Aquatic Centre*

**Instructor:** Joel Sutcliffe

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- Prerequisites:**
1. 16 years old by last day of course
  2. Bronze Cross (current by first day)
  3. SFA and CPR 'C' (current within one year) by first day

**Course Description:** NLS is a 45 hour lifeguarding course developed by the Lifesaving Society of Canada, and is recognized as the standard measurement of lifeguarding performance in Canada. NLS is designed to develop a sound understanding of lifeguarding principles, good judgement, teamwork skills, and mature and responsible attitude towards the role of lifeguarding. The lifeguard's primary role is the prevention of emergency situations and where necessary, the timely and effective resolution of emergencies. NLS training develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies. The NLS course consists of a core content with lifeguarding principles and techniques, together with environment-specific items leading to certification in one of the NLS options: Pool, Waterfront, Surf, or Waterpark.

**Course Evaluation:**

- It is expected that students have a good grasp or pre-requisite knowledge at the beginning of the course. (CPR and First Aid)
- Course is evaluated on a checklist system, and students must complete all items proficiently in order to pass the course.
- Candidates who do not pass must re-take the full course (ie. it is not possible to challenge the NLS course)
- Candidates will need to spend time in preparation and practice throughout the course.

**What to Bring:**

- The 'Alert' manual is a required text for this course and it can be purchased at the front desk. Students must also purchase a pocket mask – this can be done through front desk or elsewhere.
- Handouts will be given throughout the course that candidates are expected to bring to each class.
- Candidates **must** bring their Bronze Cross SFA, CPR, and proof of age by the second day of the course.

## *National Lifeguard Service: Course Introduction*

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- Students are encouraged to bring a fanny pack for their pocket mask, and sandals to wear on deck. Students also will need a swimsuit, whistle, paper, pen and a binder or dougong.

**Attendance:** 100% attendance is strongly recommended, and making up missed work is the responsibility of the student. If missing a class is unavoidable, the instructor must be contacted ahead of time, and the candidate is responsible for the work missed.

**Professionalism:** Because the completion of this course comes with a legal qualification to lifeguard, it is important that candidates treat the course seriously. This includes modeling professional behavior at the pool and taking responsibility for actions.

**Recertification:** Once obtained, the NLS award is current for 2 years. In order to recertify, candidates must take a recert course within 5 years. Candidates who have not recertified the NLS level within 5 years must re-take the complete course. Once NLS is completed once, candidates no longer have to maintain a current Bronze Cross, but will need a CPR 'C' current within one year in order to recertify.

**High School Credits:** Students may use the National Lifeguard Service certification for 2 credits towards Grade 12 through the External Credit Program available for all high school students throughout British Columbia and the Yukon. This course may also count towards work experience if approved by the school.

**Complaints:** If there are any serious concerns about how the course is taught or evaluated, contact the Lifesaving Society at 299-5450 for information on how to proceed.

**Parents:** Candidates are expected to be responsible for their own progress in the course. It is therefore the candidates' responsibility to keep their parents informed about the course (especially if they are paying for it). However, if parents have any concerns, questions, comments, or compliments, they may contact the instructor at any time.

# Welcome to NLS!