



Certifications

Bronze Medallion

This course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education. Rescuers learn tows, carries, defense and release methods in preparation for challenging rescues of conscious and unconscious victims. Include CPR A and AED. **Prerequisite: 13 years of age or successful completion of Bronze Star.**

Bronze Cross

This is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Includes CPR C and AED. **Prerequisite: successful completion of Bronze Medallion.**

National Lifeguard

This class develops the basic lifeguarding skills, principles and decision-making processes to help lifeguards evaluate and adapt to different aquatic facilities and emergencies. **Prerequisite: successful completion of Bronze Cross, current Standard First Aid CPR C AND a minimum of 16 years of age.**

Standard First Aid & CPR-C

This is an occupational health and safety approved first aid course. **Prerequisite: minimum 11 years of age.**

Program details and registration at
www.airdrie.ca/certifications



Water Safety Instructor (four components)

Prerequisite: minimum 15 years of age

1. **Skills Evaluation:** this evaluation ensures that you have the necessary water safety knowledge, strokes and skills equivalent to the Red Cross Swim Kids 10 performance criteria and instructor emergency response skills. **Prerequisite: one of the following: Red Cross Assistant Lifeguard, Bronze Cross, Emergency First Aid or Standard First Aid.**
2. **Online:** focuses on the theory of instruction. Candidate's knowledge is tested through videos, virtual games, workbook and online activities, as well as a knowledge evaluation at the end of each module. Online will take approximately 14 to 20 hours to complete. Please contact the programmer at 403.948.8804 ext. 5507 to purchase materials and gain online access.
3. **Teaching Experience:** candidates complete a minimum amount of hours of teaching assistance with our current Water Safety Instructors (with 100 per cent attendance and participation). Please contact the programmer at 403.948.8804 ext. 5507 for details, and to set up co-teach dates.
4. **Classroom:** this is the final component of the program. Candidates are evaluated on their knowledge and ability to apply the theory for effective planning, teaching and evaluating swimmers in the Red Cross Swim programs. **Prerequisite: completion of the skills evaluation, online and teaching experience (NO EXCEPTIONS).**



Red Cross Babysitting Course

This course offers basic first aid and caregiving skills for youth 11 years and older. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. **Prerequisite: minimum 11 years of age.**

Program details and registration at
www.airdrie.ca/swimminglessons