



LIFESAVING SOCIETY
The Lifeguarding Experts

National Lifeguard Update

The Lifesaving Society has updated the National Lifeguard program following a review to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

The National Lifeguard program review took into account:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices where applicable
- Lifesaving Society values

The National Lifeguard program update also considered the 2020 revisions to the Society's Bronze medal awards. One of the main drivers of the Bronze revisions was to improve skill progressions and enhance the assistant lifeguard content in Bronze Cross – a National Lifeguard prerequisite. The updated National Lifeguard curriculum acknowledges and builds on those Bronze Cross competencies to provide a logical and smooth flow into National Lifeguard training.

Key changes

The updated National Lifeguard program contains improvements to test item descriptions, purpose statements, Must Sees and notes. Some items have been replaced or combined, and a few have been added.

Single-lifeguard and team situations: In Pool and Waterfront options, instructors will find lifeguard situations presented separately to facilitate independent evaluation of the single-lifeguard response versus lifeguard team responses.

New Rescue Aid Proficiency item: designed to demonstrate candidates' mastery of this fundamental lifeguard competency, which is particularly important in single-lifeguard situations.

Measurable physical standard items: All physical standards now have measureable time, distance and weight requirements. Fitness items in which candidates carried a victim have been retired, repurposed or absorbed into other skill items. For example: the "spinal carry" (Waterpark) is retired and "rescue drill" is now a skill item with no time requirement. The physical components of the "approach and carry" (Pool and Waterpark) and "victim carry" (Waterfront and Surf) have been absorbed in the management of a distressed or drowning victim items.

Victim management items: Candidates may choose their own victims in the distressed or drowning, non-breathing and spinal-injured victim items. The distressed or drowning victim item is performed with *and* without an aid. Spinal-injured victim item now includes breathing *and* non-breathing victims.

In addition:

- New items have been introduced: Endurance swim (Waterfront and Surf), Sprint challenge (Waterpark and Waterfront) and Object recovery and Management of an injured victim (Waterpark).
- Some items have not changed but their Must Sees have been updated or refined for accuracy, clarity and achievability.
- Knowledge of the benefits of bag-valve masks and suction is required in Lifeguarding theory and practice (Pool and Waterfront). Use of this equipment is not a requirement.
- The ability to identify appropriate lifeguard supervision zones is now a Must See requirement in positioning and rotation items.
- Appendix A first aid requirements feature some additions and minor updates to ensure continued consistency with Canadian standards and current ILCOR guidelines.



The Lifesaving Society acknowledges and thanks the many National Lifeguard Instructors and Examiners, and Affiliate Members across Canada who piloted the changes to the National Lifeguard program.

No changes to prerequisites or programming hours

There are no changes to prerequisites: National Lifeguard candidates must hold Bronze Cross, Standard First Aid and be a minimum of 15 years of age as of the final day of the course.

There are no changes to the minimum time requirements. For example, National Lifeguard – Pool still requires a minimum of 40 hours. A Pool option recertification remains at a recommended 4 hours for 12 candidates.

New resources

New resources that will support instructors, examiners and affiliates include:

- Updated *National Lifeguard Award Guide*
- *Teaching National Lifeguard* USB with lesson plans, PowerPoints, etc.
- *Recertification Notes for Examiners*
- New award descriptions for affiliate communications
- New Examination Policy and related Equipment List
- New original and recertification test sheets
- Instructor, Examiner and Trainer update opportunities

Ontario transition to the updated National Lifeguard program

The transition plan is in development and will be announced when finalized and all necessary support resources are ready for launch. Stay tuned.

For more information, contact:

Lifesaving Society
400 Consumers Road, Toronto, Ontario M2J 1P8

Tel: 416.490.8844

Fax: 416.490.8766

Email: experts@lifeguarding.com

www.lifesavingsociety.com

www.lifeguarddepot.com