

# Education and Proficiency Program Guide

An at-a-glance guide to Education and Proficiency Programs.



LIFESAVING SOCIETY®

*The Lifeguarding Experts*



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## PROGRAM STREAM GUIDE EDUCATION AND PROFICIENCY

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, well over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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# About the Lifesaving Society

- Saving lives for over 100 years



The Lifesaving Society is a full service provider of programs, products, and services designed to prevent drowning. The Society saves lives and prevents water-related injuries through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport. The Society is a national volunteer organization and registered charity composed of ten provincial/territorial branches, tens of thousands of individual members, and over 4,000 affiliated swimming pools, waterfronts, schools, and clubs.

The Society has been teaching swimming, water safety and water rescue in Canada since 1986. Established in England (1891) as the Swimmers' Lifesaving Society, it became The Royal Lifesaving Society in 1904. Today, it is known simply as the Lifesaving Society. The Lifesaving Society is a leader and partner in the delivery of water safety education throughout Canada and around the world.

## Teaching Canadians to save themselves and rescue others

Annually 1,000,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard, first aid, and leadership programs. Each year, the Society certifies thousands of instructors who provide the leadership for its training programs. Over 30,000 Canadians earn the Society's Bronze Medallion each year. As Canada's lifeguarding experts, the Lifesaving Society sets the standard for lifeguard training and certifies Canada's National Lifeguards.

## Making Canadians Water Smart

The Lifesaving Society focuses Water Smart drowning prevention efforts on people most at risk - like men fishing in small boats - or on those who can make a significant difference, such as parents of young children. The Society delivers Water Smart messages through its swim program, through the media and community action. The Society's Swim to Survive® Program provides the essential minimum skills required to survive an unexpected fall into deep water.

## Drowning Research

The Lifesaving Society conducts research into fatal and non-fatal drowning, aquatic injury and rescue interventions. Ongoing research and analysis supports the Society's evidence-based water rescue training and Water Smart drowning prevention education.

## Setting the Standard

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, governments and the judiciary. The Society offers a suite of services to help aquatic facility operators maintain and improve safe pool and waterfront operations. The Society performs aquatic safety audits and serves as experts in legal cases involving aquatic safety.



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# Education and Proficiency Program Streams and Delivery Model

## Lifeguard Skills

Lifeguard skills programs are skill based programs with value to both lifesavers and lifeguards. These programs will focus on foundational lifeguarding skill to enhance the skills and training of lifeguards or lifesavers exploring the option of becoming a lifeguard. They provide a consistent approach to training and the use of equipment. Lifeguard skills programs will challenge candidates current skill level to promote skill growth and development. Lifeguard skills training does not replace lifeguard training through the National Lifeguard Program.

## Proficiency Programs

Proficiency programs are skill based programs. These programs include skills and knowledge that provides a foundational background to candidates. Proficiency programs support building confidence and mastery of skill and knowledge. By building confidence and mastery of skill and knowledge candidates are better equipped to do the skills and to pass their knowledge onto others. These programs focus on learning the content not learning to teach and as such do not replace instructor training through Lifesaving Instructor and Swim Instructor.

## Attendant Programs

Attendant programs prepare candidates for employment as attendants at indoor and outdoor aquatic and multipurpose facilities. They provide standardized training for current and future staff who do not require specific vocational training such as lifeguards, coaching staff, or personal trainers. Candidates working in and around water receive certification from the standard setting certifying body for aquatic safety.

## Delivery Model

Education and Proficiency Programs can be delivered in a variety of formats to best fit the needs of the course and facility. Delivery options include:

- In-service training for existing staff
- Pre-service training for new employees
- Hiring or continued employment standards E.g. using Lifeguard Fitness Skills as a annual fitness assessment tool for lifeguards
- Regular program option
- Courses for employment preparation

Education and proficiency programs can be targeted to a variety of audiences in the aquatics and recreation industries. Potential Education and Proficiency candidates include:

- Teenagers who have finished the Bronze Medals
- Current staff (lifeguards, instructors, front desk or admissions staff, and facility attendants)
- Parents
- New staff undergoing pre-service training and orientation
- Day camp leaders
- Facility volunteers
- User groups such as day care staff

*The Education and Proficiency Suite of Programs is growing to continue to meet the evolving needs of the aquatics and recreation industry across Alberta and Northwest Territories.*

### Notes

- The Lifesaving Society educates over 1,000,000 Canadians annually in our training programs, but many more never take formal lessons.
- Education and Proficiency Programs are designed to be taken pre or post candidates taking instructor or lifeguard training.
- Education and Proficiency Programs have value to both aquatics staff and candidates working or involved in the recreation industry.
- Education and Proficiency Programs are short programs with a flexible delivery model.
- Education and Proficiency programs are part of the Lifesaving Society program continuum .
- For program policies procedures and pricing please refer to Policies and Procedures and the Affiliate Price List found on the Society website [www.lifesaving.org](http://www.lifesaving.org)

# Lifesaving Society: Lifeguard Fitness Skills



## At-a-glance

The Lifeguard Fitness Skills program will provide candidates with fitness skill challenges to be achieved at three levels of performance (Bronze, Silver and Gold). Candidates will use included training activities to improve personal fitness and meet or exceed their fitness goals.

### Items

Demonstrate:

1. The recovery and removal of a submerged manikin.
2. A roll over of an unconscious victim with a suspected spinal injury in deep water. Carry the victim 10 m while maintaining immobilization and victim's nose and mouth above the water. Once the distance is completed, maintain in deep water at the surface for 30 sec. or more.
3. A swim of 25 m, surface dive, recover a submerged manikin, surface within 5 m of the pick up zone, and swim the manikin back to the starting point.
4. A 100 m swim, maneuvering under obstacles.
5. The support of a 10 lb. (4.5 kg) brick, while maintaining one hand on the object at all times.

### Notes

- It is the Affiliates' choice how to deliver the Lifeguard Fitness Skills program to the public and to staff. The course can be delivered as a course and certification (for staff or public), as an in-service and certification (for staff), or as an in-service (for staff).
- This program is not, in part or in whole, lifeguard certification.
- Lifeguard Fitness Skills is part of the ongoing continuing education and/or maintenance of lifeguard fitness skills.
- Safety is a priority of the Lifesaving Society. All items in this award guide should be performed safely under the right environmental conditions.

# Lifesaving Society: Preschool Proficiency



## At-a-glance

*The Preschool Proficiency program will provide candidates with knowledge about preschoolers and how they learn. Candidates will experience songs, games, Water Smart® messages and skill progressions appropriate for preschool aged learners.*

### Purpose

The program contains knowledge about how preschoolers learn directed to understanding and performance of specific water related skills.

The skill of assisting preschoolers' learning aims to safely support the learner when they are physically and mentally ready for new challenges.

Candidates will demonstrate:

- Knowledge & Understanding of Preschoolers

Candidates will participate in:

- Movement for Preschoolers
- Songs for Preschoolers
- Games for Preschoolers
- Swimming Skills for Preschoolers
- Water Smart® for Preschoolers

### Notes

- It is the Affiliates' choice how to deliver the Preschool Proficiency program to the public and to staff. The course can be delivered as a course and certification (for staff or public), as an in-service and certification (for staff), or as an in-service (for staff).
- This program is not, in part or in whole, instructor certification.
- Safety is a priority of the Lifesaving Society. All items in this award guide should be performed safely under the right environmental conditions.

# Lifesaving Society: Amenity Attendant



## At-a-glance

*The Amenity Attendant Program will provide candidates with the fundamentals of guest relations, communication and observation skills to assist them in providing information and directing activities for amenities within aquatic and multipurpose facilities.*

### Items

1. Explain the roles and responsibilities of attendants in terms of: public education, guest relations, and incident prevention, recognition and response to incidents.
2. Identify facility amenities and recognise access and hazards.
3. Demonstrate an understanding of information and procedures for safe use of the following facility amenities: change rooms, rest rooms, fitness centres, running tracks, ice surfaces, soccer pitches, playgrounds and gyms.
4. Demonstrate an understanding of information and procedures for safe use of the following aquatic amenities: water slide entry points (moderate slides, high speed slides, drop-off slides, free-fall slides, & "kiddie" slides), spray pads, spray parks, and H2O play structures.
- 6a. Demonstrate effective communication to inform guests for safe and enjoyable facility use.
- 6b. Demonstrate effective communication as a member of a staff team.
7. Increase guest knowledge, skills and awareness of facility safe use and Water Smart® behaviour.
8. Demonstrate an understanding of monitoring facility amenities using observation skills and scanning techniques.
11. Identify various emergency equipment in a facility and understand when this equipment is utilized.
12. Understand the importance of written emergency procedures and why they must be followed.
13. Demonstrate an understanding of the importance of facility risk management and the attendants role in this process.

### Notes

- It is the Affiliates' choice how to deliver the Attendant Programs to the public and to staff. The program can be delivered as a course and certification (for staff or public) or as an in-service and certification (for staff).
- This program is not, in part or in whole a lifeguard certification.
- Safety is a priority of the Lifesaving Society. All items in this award guide should be performed safely under the right environmental conditions.
- While in aquatic settings it is recommended that amenity attendants monitor areas with zero depth water.
- Attendants should receive facility specific training on amenities by employers

# Lifesaving Society: Shallow Water Attendant



## At-a-glance

*The Shallow Water Attendant Program will provide candidates with the fundamentals of guest relations, communication and scanning skills to assist them in providing information and directing activities within call of a National Lifeguard for aquatic amenities including water slide landing areas, lazy rivers, and other areas where the water is less than 1.2 m deep.*

### Items

#### Notes

- It is the Affiliates' choice how to deliver the Attendant Programs to the public and to staff. The program can be delivered as a course and certification (for staff or public) or as an in-service and certification (for staff).
- This program is not, in part or in whole, lifeguard certification.
- Safety is a priority of the Lifesaving Society. All items in this award guide should be performed safely under the right environmental conditions.
- Attendants should receive facility specific training on amenities by employers

1. Explain the roles and responsibilities of attendants in terms of: public education, guest relations, and incident prevention, recognition and response to shallow water incidents.
2. Identify facility amenities and recognise access and hazards.
4. Demonstrate an understanding of observation of information and procedures for safe use of the following aquatic amenities: slide run outs and landing pools (moderate slides, high speed slides, drop-off slides, free-fall slides, "Kiddie" slides), river rides (continuous rivers, stop-and-go rivers, slow rivers, and activity rivers), wading pools and hot tubs.
- 6a. Demonstrate effective communication to inform guests for safe and enjoyable facility use.
- 6b. Demonstrate effective communication as a member of a staff team.
7. Increase guest knowledge, skills and awareness of facility safe use and Water Smart® behaviour.
9. Demonstrate an understanding of effective monitoring of an area of responsibility which may contain shallow water using observation skills and scanning techniques.
11. Identify various emergency equipment in a facility and understand when this equipment is utilized.
12. Understand the importance of written emergency procedures and why they must be followed.
13. Demonstrate an understanding of the importance of facility risk management and the attendants role in this process.

# Lifesaving Society: Beach Attendant



## At-a-glance

*The Beach Attendant Program will provide candidates with the fundamentals of public relations, scanning and communication skills to assist them in monitoring outdoor beach areas that may include designated swimming areas and amenities commonly found on a beach.*

### Items

1. Explain the roles and responsibilities of attendants in terms of: public education, guest relations, and incident prevention, recognition and response to incidents.
2. Identify facility amenities and recognise access and hazards.
3. Demonstrate an understanding of information and procedures for safe use of the following facility amenities: change rooms, rest rooms, and playgrounds.
5. Demonstrate an understanding of information and procedures for safe use of the following beach amenities: beach front areas, designated swimming areas and beach volleyball courts.
- 6a. Demonstrate effective communication to inform guests for safe and enjoyable facility use.
- 6b. Demonstrate effective communication as a member of a staff team.
7. Increase guest knowledge, skills and awareness of facility safe use and Water Smart® behaviour.
9. Demonstrate an understanding of effective monitoring of an area of responsibility which may contain shallow water using observation skills and scanning techniques.
11. Identify various emergency equipment in a facility and understand when this equipment is utilized.
12. Understand the importance of written emergency procedures and why they must be followed.
13. Demonstrate an understanding of the importance of facility risk management and the attendants role in this process.

### Notes

- It is the Affiliates' choice how to deliver the Attendant Programs to the public and to staff. The program can be delivered as a course and certification (for staff or public) or as an in-service and certification (for staff).
- This program is not, in part or in whole, lifeguard certification.
- Safety is a priority of the Lifesaving Society. All items in this award guide should be performed safely under the right environmental conditions.
- Attendants should receive facility specific training on amenities by employers

Publications of the Lifesaving Society are available from any Branch office. Inquiries from outside Canada should be directed to the National Office.

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